

**The PPG and All the Staff at Glenroyd Medical  
Wish you all A Happy and Healthy 2019**

The 'Here & There Newsletter' is Compiled and Printed by Members of Your Glenroyd Medical's Patient Participation Group (PPG) Committee for your Information and Amusement.

If you have any Information or Ideas relevant to the Newsletter and your PPG. Please contact us by e-mail  
[Billmacrailway@aol.com](mailto:Billmacrailway@aol.com) OR [Gaffneyelaine@hotmail.com](mailto:Gaffneyelaine@hotmail.com)

Subject: - 'PPG Newsletter' Thank you

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### **GLENROYD MEDICAL TELEPHONE No.s**

**Moor Park 01253 953 500**

Appointment /Cancellation Line - **1** Receptionists Line - **2**  
Secretaries Line - **3**

**Whitegate Drive 01253 951 500**

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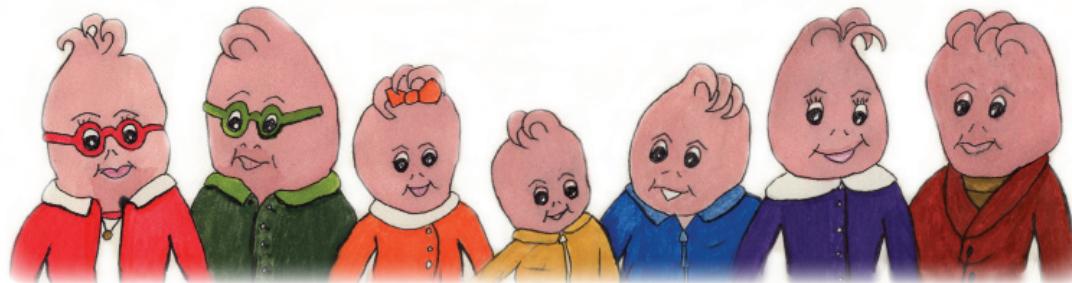
**[www.glenroydmedical.co.uk](http://www.glenroydmedical.co.uk)**

This is the 5th Edition of Glenroyd Medical's Newsletter  
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Lookout for the next Edition from August 2019

# **HERE & THERE**



# **GLENROYD MEDICAL'S FREE SUMMER NEWSLETTER PLEASE TAKE ONE**



**Look Inside to Meet the Royds**  
Gran Pop Mo Titch Will Glenis Glen

**We Hope You Find it Useful & Informative**

# The Royds Enjoying The Beach

Remember:-

- to apply Sun Screen before heading to the beach. Re-apply during the day
- Always be with children in or near the sea, stay within arms reach when in the water
- Sun is strongest from 11 to 3pm, Create shade eg: tent or sunshade for little ones
- Ask a Lifeguard's or Lifesaver's advise before entering the water
- Check the Tides Times:- they change twice a day (NOT like in the Med .)
- Only Swim between the area of Red and Yellow Flags and with a friend or relative
- If you get into trouble, stay calm and stick your hand up to attract attention



Mother - Glenis, Father - Glen  
Grandma - Gran, Grandad - Pop,  
Son - Wills Daughter - Mau (Mo)  
Baby - Titch,

## Who Does What at Glenroyd Medical ?

Glenroyd Medical has a wide range of Highly Qualified Medical Staff who compliment our General Practitioners (GPs).

**They Include** :- The Pharmacist Team, Clinical Nurse Managers,

Advanced Medical Practitioners -- **who can all Prescribe Medications**

**We also have** :- Specialist Nurses, Practice Nurses, Assistant Practitioners, Health Care Assistants **They are all Qualified in different specialisms**

**District Nurses, Midwives, Health Visitors are Attached to Glenroyd**

For details of all the teams qualifications please refer to the Practice Booklet available at receptions or the Practice Website:

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## Our Team of Receptionists Are the front line - 'Our Go Betweens'

The Receptionists at Glenroyd Medical are there to help us, the patients, with any queries, They phone us with messages, from the Medical Staff if you need a follow up appointment after a blood test or a hospital visit.

## Does the Surgery Have All Your Contact Details ?

Have You changed your Name, Address or Phone Number recently ?

Did You Notify the Surgery of these New Details?

**It is important, so they can still contact you if necessary**

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## Fylde Coast Integrated Urgent Care Service Pre- Bookable Evening & Weekend Appointments With GPs & Other Health Professionals At Blackpool, Fleetwood, Freckleton

No matter where you live in the Fylde Coast or which GP practice you are registered with

**Mon - Fri** -From 6-30pm, **Weekends** 8am to 8pm  
**Pre- Book Appointments** through

Your GP Surgeries

**OR** Out of Surgery Hours - 01253 952 950

**Please Treat All Our Staff with the same  
Respect You Would Expect to be Treated**



## Signs and Symptoms of Ovarian Cancer

- \* Abdominal Bloating or swelling
- \* Quickly feeling full when eating
- \* Weight loss
- \* Discomfort in the pelvic area
- \* Changes in Bowel Habits - such as constipation
- \* A frequent need to urinate

Evidence suggests that Ovarian Cancer grows very quickly -

*It can progress from early to advanced stages within a year.*

Treatment :- scan, surgery and chemotherapy

If you have any of the above symptoms consult your Doctor,  
don't delay to see if the problem goes away

## Signs and Symptoms of Prostate Cancer

- \* Burning or pain when urinating
- \* Difficulty Urinating
- \* More frequent urges during the night
- \* Loss of bladder control
- \* Decreased flow or velocity of urine stream
- \* Blood in Urine
- \* Blood in semen
- \* Difficulty in getting an erection and / or pain

With any of these symptoms consult your Doctor. who will examine you  
and usually recommend a PSA test, even though unreliable it can  
suggest the possibilities of Prostate Cancer.

## QUIZ ANSWERS

1. Robert Louis Stevenson
2. John F. Kennedy!!
3. Edinburgh!!
4. It has no Tail!
5. The Letter 'e'.

1. Anything you like, he can't hear you!
2. So she can reach the high notes!
3. You're looking pretty sharp today!
4. An Adder!

## JOKE & RIDDLES

48

## NUMBER OF TRIANGLES

QUIZ

## "Why do Patients Miss Appointments?"

When you phone up for an Appointment, with a Doctor, Nurse or Pharmacist, to be told you will have to wait ages, it is upsetting.

Then to find out that over **300 Patients** did not turn up or cancel their appointments last month -- something is **WRONG** !

We know that the occasional missed appointment can not be helped because of a family emergency., and other unforeseen incident **BUT PLEASE** make that phone call to **CANCEL**, no matter how close it is to the time of that **NOT** needed appointment - then someone else can have that time slot, for

what could be a - **"Life Saving Visit"**



Your PPG (Patient Participation Group) **Need Your Help**, to become a **Volunteer** to help run the Book Stall, at the Moor Park Surgery. Especially on **Monday morning** to assist in the setting up the stall and/or on **Wednesday Mid-day** to pack up and put the goods away, on a Rota. **Please leave your details with the Receptionists, Thank You.**

Without this help we may have to stop running the Book Stall and thus we will be unable to raise the much needed money to fund the production of this Newsletter as well as past and future Editions. The funds raised in past years has also paid **£ 817.80** for the new 'Treatment Couch' so the District Nurses can carry on their vital work. Also higher seated chairs for both waiting rooms

Thank you again to all those of you who have supported the **PPG Book Stall at Moor Park**, either by purchasing the books and /or the CDs and DVDs on sale **most Mondays and Tuesdays, all day, and Wednesday mornings**, as well as supplying us with the goods to sell.

If you know of any such goods that are finished with, we are always grateful to receive them. They can be left when the stall is open or with the Receptionists at both surgeries, any time



# FUN PAGE

## MERRY JOKES RIDDLES & JESTS

1. What do you call a Teacher wearing headphones?
2. Why does the Music Teacher need a ladder?
3. What did the ruler say to the pencil ?
4. Which type of snake is good at sums?

## QUIZ

1. Who was the author of Treasure Island?
2. Which U.S President said “We choose to go to the Moon” ?
3. Which is the furthest West - Cardiff or Edinburgh ?
4. What is peculiar about the Manx cat ?
5. What occurs Twice in a week, once in a year, but never in a day ?

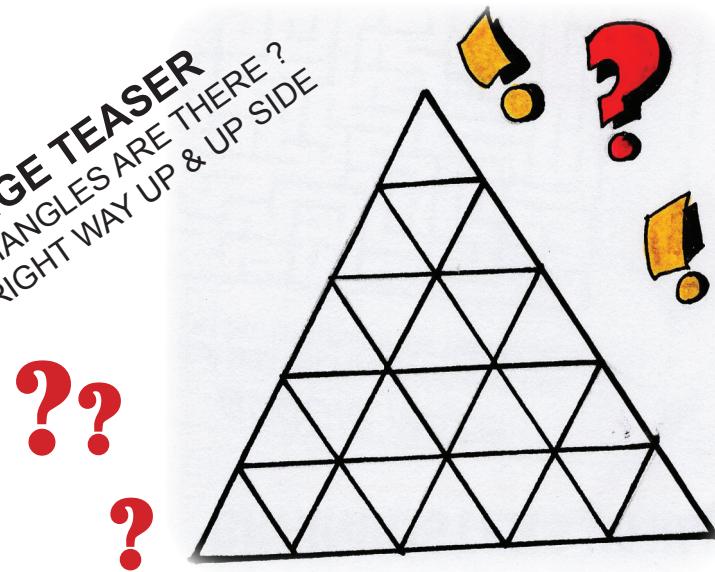


## Read These Words Aloud, Then Say the Colours

GREEN, BLUE, PURPLE, RED, PURPLE, BLUE,  
YELLOW, ORANGE, GREEN, YELLOW,  
RED, BLUE, GREEN, BLACK.



**TRIANGLE TEASER**  
HOW MANY TRIANGLES ARE THERE?  
BIG, SMALL, RIGHT WAY UP & UP SIDE



FUN PAGE Answers on Page 10 - Hope you enjoyed them !

# STEPS TO HEALTH

## FAQs about Breast Screening

Women aged 50 to 71 years are invited to attend a Mammogram Screening for Breast Cancer., every 3 years.

A Mammogram can be uncomfortable,  
it has been compared to having your blood pressure measured.  
Women over 70 yrs, - can ask for the tests to continue every 3 years.

**BE BREAST AWARE** - for many people, its a subject they'd rather avoid thinking about - but it's Important that we do.

**TOUCH** -Can you feel a lump- Either in the breast, upper chest or armpit?

**LOOK** - Any change in size, shape or look of the breast or nipples  
eg. one breast larger or lower than the other ?

**CHECK** - Is anything unusual?

**If so, get it checked out at the Surgery as soon as possible.**

## FAQs about Cervical Screening (A Smear Test )

A Cervical Smear Test is a check on the health of the cervix - the opening to the womb from the vagina. It is not a test for Cancer, its a test to prevent cancer. All women and people with a cervix aged 25 to 64 yrs should be invited by letter -

Every 3 years for those 25 - 49 years.

Every 5 years for those 50 to 64 years

During the screening a small sample of cells will be taken from the cervix, which are tested for changes to the cells of the cervix.

Finding any abnormal changes early means they can monitor or treat you before they turn into Cervical Cancer

## IMPORTANT :-

**Try not to put off your invite for a cervical screening (A Smear Test)**  
**It's one of the best ways to protect yourself from Cervical Cancer**

# STEPS TO HEALTH

## FAQs about Screening for AAA Abdominal Aortic Aneurysm

In the year that men turn 65 years they are invited for an 'Ultrasound AAA Screening' to help spot a swelling in the Aorta early (*The Aorta is the main artery, situated largely in the abdomen, that conveys blood from the heart to the rest of the body*)

The test is to help reduce AAA related mortality among men aged 65 to 73 years. Men are 6 times more likely than women to be affected. The test is only offered to women and younger men, if there is a family history of AAA, then given 5 yrs before the age that the close relative was diagnosed.

### PRECAUTIONS to reduce the risk:-

- not smoking
- eating healthily
- regular exercise

## FAQs about Bowel Cancer Screening

Bowel Cancer is the 4th most common cancer in the UK and the 2nd biggest killer. Every year over 41,000 people are diagnosed.

**However it is treatable and curable, if diagnosed early.**

Bowel Cancer Screening Tests are posted to everyone aged 60 to 74 yrs registered with a GP, every two years. Screening can detect tiny amounts of blood in poo, which can't normally be seen.

**Bowel Cancer Screening could save your life.**

**SYMPTOMS** :- Bleeding from your bottom and/or in your poo

A change in bowel habit lasting 3 weeks or more

Extreme tiredness for no obvious reason

A pain or lump in your tummy

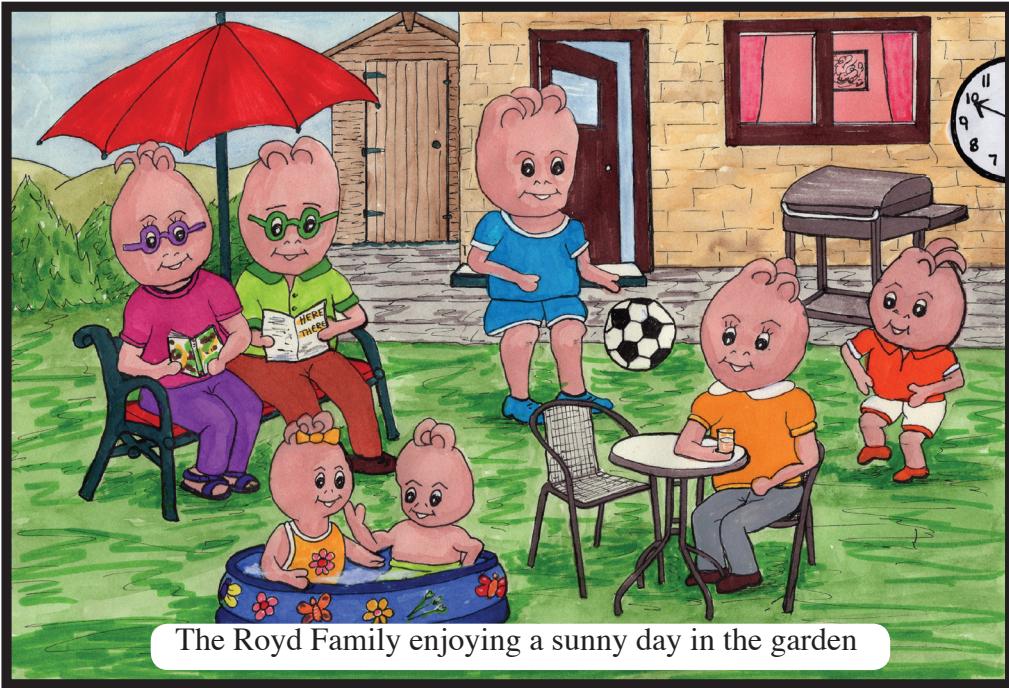
Unexplained weight loss

**Most people with these symptoms don't have bowel cancer.**

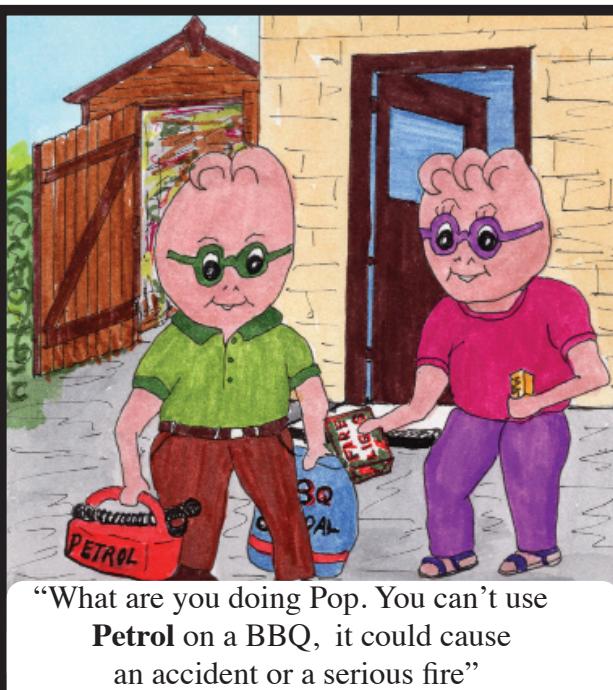
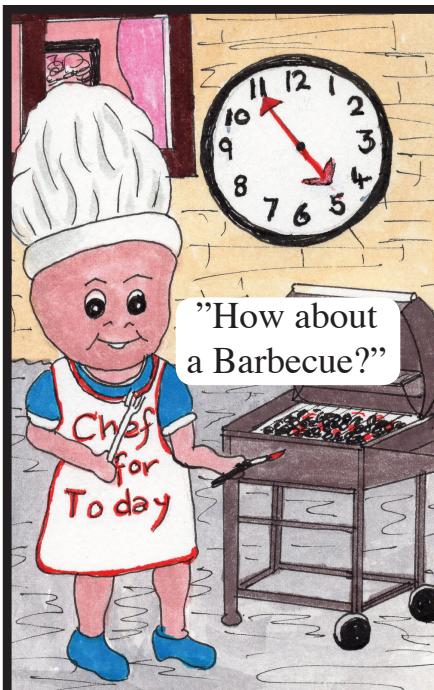
**But if you have one or more, or if they don't feel right, visit your GP,**

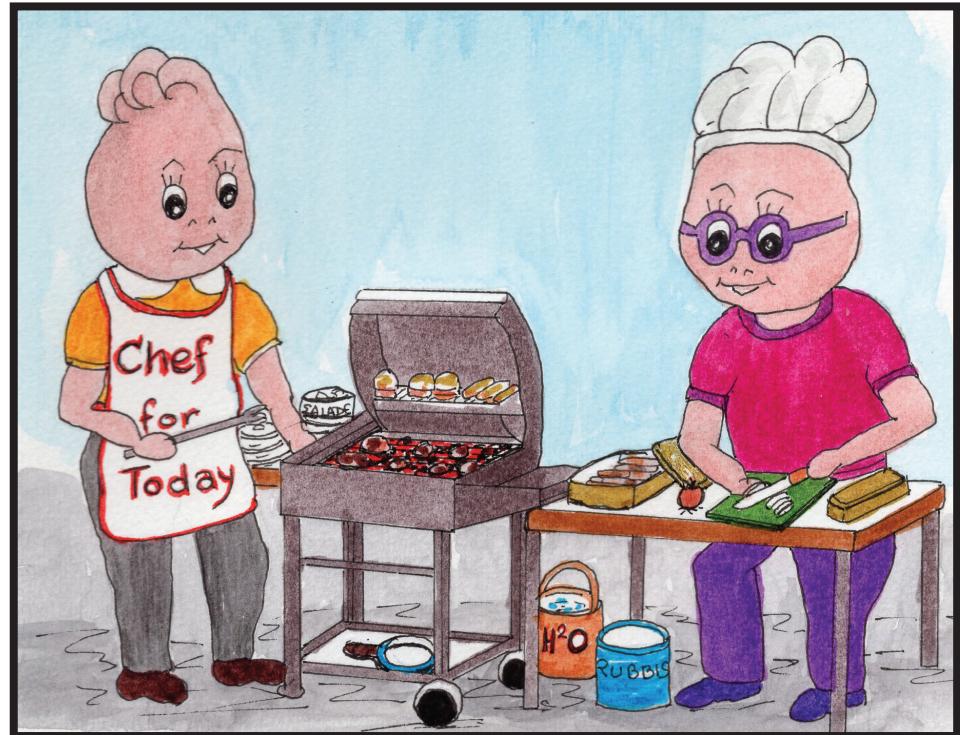
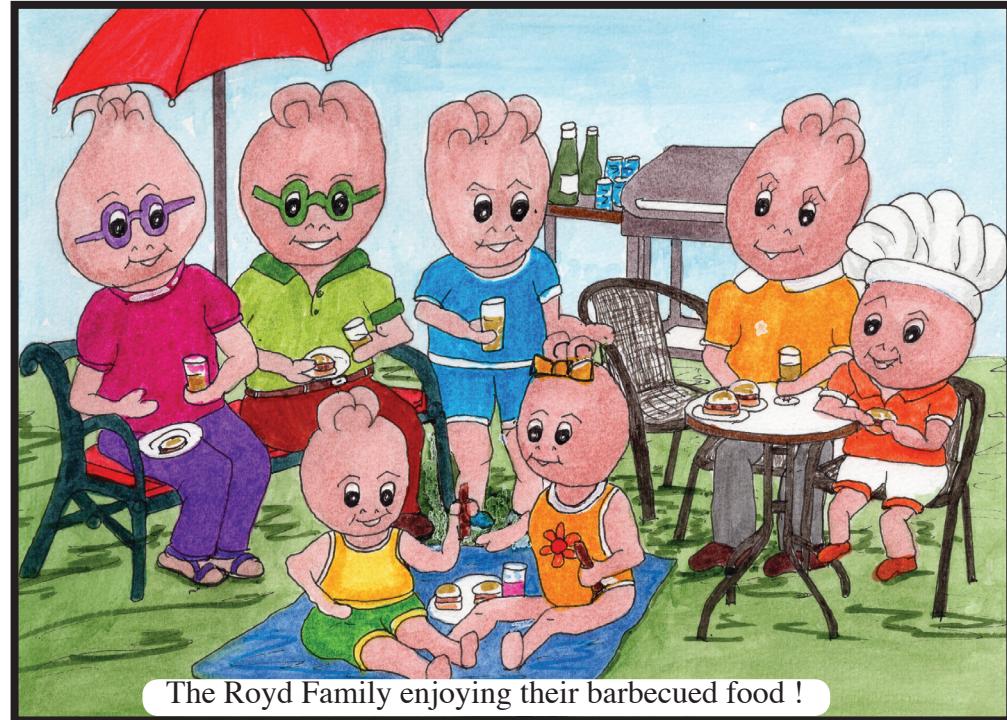
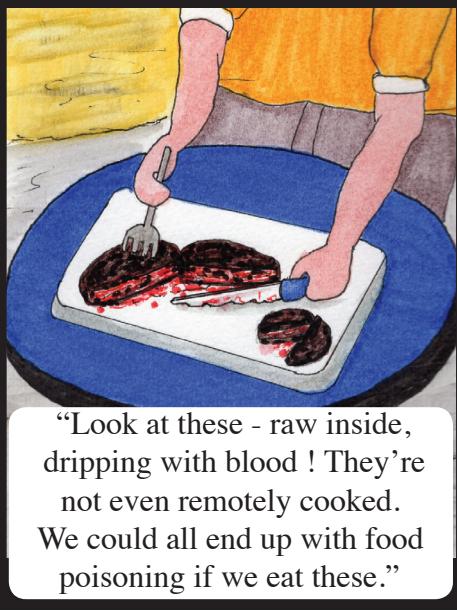
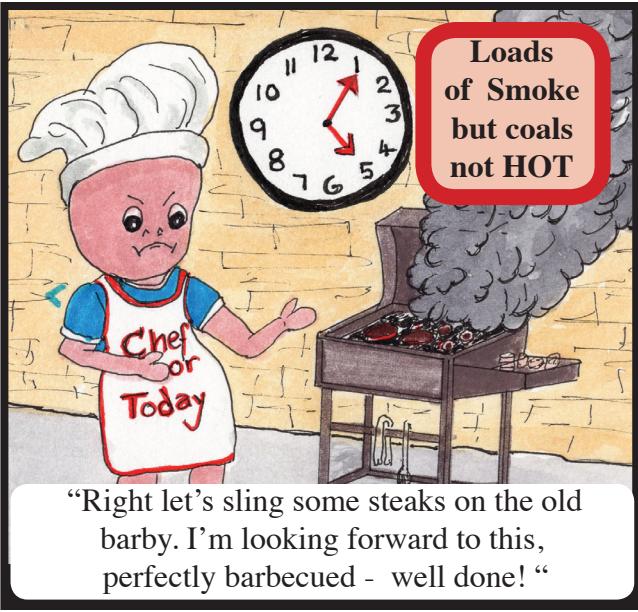
# THE ROYD FAMILY

## "It's Barbecue Time"

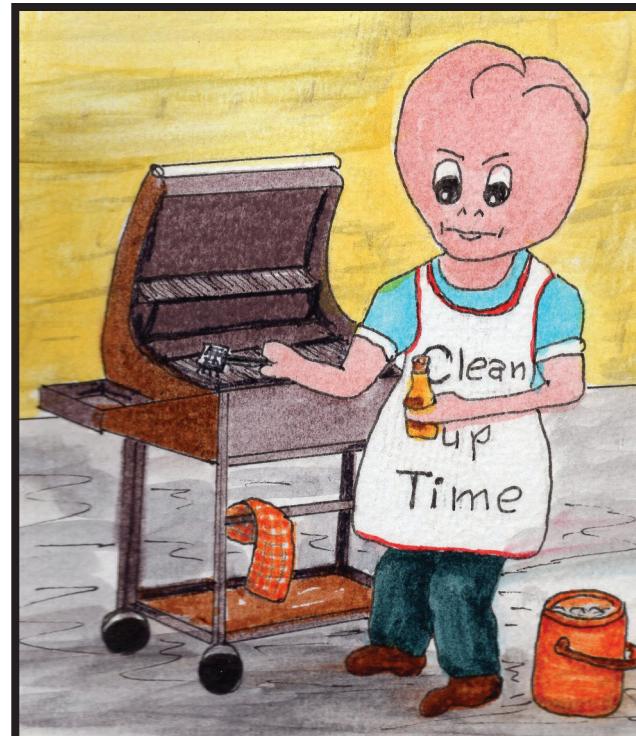


The Royd Family enjoying a sunny day in the garden





**Mum and Gran take over**, a bucket of water close by - they start by preping the food, different tables for raw and cooked food. Let the BBQ get to the right heat, NO smoke. Don't rush things. Then carefully place the food above the hot coals, keep turning it to make sure its thoroughly cooked through. Test the food. Inspect the inside. **If in doubt don't eat it!**



## BBQ OVER

**Make sure all the coals are Extinguished even if you have to use the hosepipe or a bucket of water that should always be close by.**

**Never leave a Barbecue unattended until all the fuel is COLD!**

**Glen is left with the cleaning up.**