

The PPG and All the Staff at Glenroyd Medical Wish you all A Happy and Healthy 2020

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.

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If you have any Information or Ideas relevant to the Newsletter and your PPG. Please contact us by e-mail
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Subject: - 'PPG Newsletter' Thank you

CONTACT PPG by Email- 'Roy' at GlenroydPPG@hotmail.com

GLENROYD MEDICAL TELEPHONE No.s

Moor Park 01253 953 500

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

Whitegate Drive 01253 951 500

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www.glenroydmedical.co.uk

This is the 8th Edition of the Glenroyd Medical's Newsletter

Published in February 2020

Lookout for the Next Edition from May 2020

HERE & THERE



GLENROYD MEDICAL'S FREE Spring Newsletter 2020 PLEASE TAKE ONE



Look Inside to Meet the Royds
Glenis Titch Glen Wills Gran Mo Pop
We Hope You Find it Useful & Informative

The Royd Family

Taking advantage of a Crisp Spring Day to get some Exercise and a Breath of Fresh Air



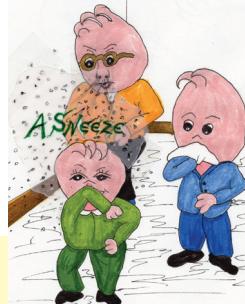
*Grandad - Pop, Grandma - Gran, Daughter - Mau (Mo),
Mother - Glenis, Baby - Titch, Father - Glen, Son - Wills*

Spring 2020 Newsletter's Contents

- P. 3 Dietary Help for Type 2 Diabetics
- P. 4. Low - Carb Recipes
- P. 5. 'Race for Their Lives'
- P. 8. Help to Stop Smoking
- P. 9. Fun Page -Answers on Page 11
- P. 10. Glenroyd News
- P. 11. Loneliness; Help Prevent Infections Spread, & Fun Page Answers
- P. 12. PPG Info and Contact Details / Glenroyd Medical's Phone No.s

MORE STEPS TO HEALTH HELP PREVENT SPREAD OF INFECTIONS

1. Eat a well Balanced Diet
2. Keep Fit
3. Sneeze into your Elbow
4. Dispose of Used Tissues - 'Bag & Bin'
5. Wash your Hands with Soap and Water



SILVER LINE operates the only confidential, **FREE** helpline for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year. **HELPLINE - 0800 4 70 80 90**

They also offer **Telephone Friendship** where they match volunteers with older people based on their interests, facilitated group calls and help to connect people with local services in their area.

Silver Lone Telephone Friends:- where callers enjoy a regular friendship call from volunteers who enjoy talking to older people.

Silver Circle are groups of 6 to 8 people with shared interests. **Calls free.**
They are always in need of Volunteers at the Blackpool call centre.
Interested in helping ? Phone the No. above.

If you have access to the internet there are a number of **Social Groups** listed within 25 miles of Blackpool

From 'Table Top Board Games for over 40yrs'; 'Dog Walking Meet Ups'; 'Lancaster Outdoor Fun'; 'Ladies who Lunch' and many more

FUN PAGE ANSWERS

- | | |
|--|---|
| 1. A Man got his bow tie caught in a Lift Door | 2. A Bird's Eye View of a Cowboy Riding a Bicycle |
| PUZZEL DRAWINGS* | 3. When it's full! |
| AFRICA | 4. Flying saucers! |
| NEW ZEALAND | 5. Because there was no atmosphere! |
| INDIA | JOKES & RIDDLES |
| AUSTRALIA | LION'S MANE COUNTRIES |
| CANADA | |

GLENROYD MEDICAL'S NEWS

"Why do Patients Still Miss Appointments?"

When you phone up for an Appointment, with a Doctor, Nurse or Pharmacist, *unless its Urgent*, to be told you will have to wait, may be weeks, it is upsetting.

Then to find out that over **250 Patients** did not turn up or cancel their appointments last month, even though that's a slight improved --
- something is **STILL WRONG !**

We know that the occasional missed appointment can not be helped because of a family emergency, and other unforeseen incident **BUT PLEASE** if possible 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 a PPG Member to set up the stall and/or on **Friday at Approx 4PM** to pack up and put the goods away, all on a Rota.

Without this help we may have to stop running the Book Stall and thus we will be unable to raise the much need money to fund the production of this and past and future editions of the Practise Newsletter, as well as helping to fund other much needed equipment for the Practise

Thank you again to all those of you who have supported the **PPG Book Stalls at Moor Park, Mondays to Friday twice a month and the Smaller Stall at Whitegate Drive open Daily**, either by purchasing the books and /or the CDs and DVDs on sale, as well as supplying us with the goods to sell.

If you know of any such goods that are finished with, we are always glad to Recycle them. They can be left when the stalls are open or with the Receptionists at both surgeries, any time. If you can help with the Moor Park Book Stall **OR** If you have a problem bringing goods to the Surgeries contact the PPG by e-mail - 'Roy' at GlenroydPPG@hotmail.com

A PPG Committee Member will contact you

Thank You



Dietary Help for People with Type 2 Diabetes

by Doreen Rigby- Chair of Blackpool Diabetic Support Group

A Different Way of Eating Based on Research by David Unwin

There have been some exciting developments on how to Manage Type 2 Diabetes.

When I was diagnosed over 14 years ago, It was Diet Controlled for the first 12 months, then on Medication. As Diabetes is a progressive Disease, years later I was prescribed Insulin. The advise at the time was followed by a Low Sugar and Low Fat Diet and Exercise but exercise isn't always possible for some people with other complaints.

New Research is now finding that it is a **Low Carbohydrate Diet** that is helping to lower blood sugar levels. This is a very easy regime to follow, :-

All Proteins {Meats & Fish etc} are allowed and All Full Fat Dairy Products.
The Restrictions are on Bread, Potatoes, Rice & Pasta.

People are buying Low - Carb. bread eg 'Danish or High -Low' {Just Google - 'Low Carb Breads"} and substituting cauliflower or celeriac for potatoes. You can also buy pasta made with Soya Beans or Endame beans.

This eating plan is having dramatic affects.

Personally I have reduced my blood sugar levels and gradually reduced my Insulin dosage (with the advice, from my Diabetic Nurse). I hope to come off Insulin in the next few months. Some people are managing to reverse their Diabetes and are now in Remission.

There are many Recipes and tips on the internet for alternative products to Flour and Sugars

Alternatives when Baking :- available at Supermarkets

ie. Flours ---use ---Almond flour or Ground Almonds; Coconut ; Flaxseed or Linseed Flours

Sugars ---use -- Erythritol; Stevia; Xylitol; Inulin

Glenroyd Medical is committed to helping people Manage their Diabetes and will offer any support they can - Just Ask !

'A Low Carbohydrate - Diet'

Dietary Help for People with Type 2 Diabetes

Or Those who Just want to Loose Weight

A Low-Carb Diet is generally defined as below 130g of carbohydrate a day, that aims to help you maintain a healthy, balanced diet while reducing the amount of carbs you eat.

Not forgetting your important 5 portions of fruit and veg.

Diabetics should always use a Low Carb- Diet under the Supervision of the Medical Staff because you may be at an increased risk of hypo (low blood sugar levels)

The Medical Staff can adjust your medication to reduce the risk

There are Many Recipes available on the Low Carb web-sites

A Hearty Stew is Perfect for Cold Winter Nights - Serves 2

250g lean braising steak, cubed 250g new potatoes

2 tsp. seasoned flour/see alternatives on Page 3

1 clove garlic crushed

200g can chopped tomatoes

1 tbsp tomato puree

Half red pepper, chopped

1 onion, chopped

1 tsp paprika

150ml (quarter pint) beef stock



METHOD - Preheat the oven to 180°C/gas mark 4.

Toss the steak in the seasoned flour.

Heat the oil in a flameproof casserole dish, add the steak, then fry for 2–3 minutes until browned all over.

Add the remaining ingredients, bring to the boil, then cover and place in the oven.

Cook for 1&1/2 to 2 hours, until the meat is tender. *Serve with plenty of vegetables.*



Low - Carb Peanut Butter Cookies

250g No added sugar peanut butter

1 large egg

150g powdered Erythritol

1/2 tsp. Baking powder

1/2 tsp Vanilla Essence

METHOD

1.Pre heat oven to 350f/180c /Gas mark 4

2. Line a cookie tray with Baking paper

3. Mix all the Ingredients together until a smooth dough.

4. Divid the dough roughly into 35g balls, flatten, place on the Cookie tray,

5. Bake for 12 -15 ins, Remove to a cooling tray.

6. When cool drizzle melted Dark Choclate85% on the top. (remember that this is Increasing the carb slightly)



FUN PAGE

STRANGE BUT TRUE



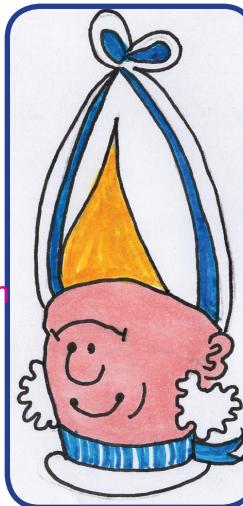
In 1898, an American author named Morgan Robertson wrote a novella entitled Futility. The story features a fictional ocean liner which sinks in the North Atlantic after striking an iceberg. The liner and its sinking have been noted to be very similar to the real-life Passenger Ship, the White Star liner RMS Titanic, which sank fourteen years later in April 1912.

Like the Titanic, the fictional liner was considered to be unsinkable and did not carry enough lifeboats to accommodate all of the passengers and crew.

Compared to the Titanic, the liner was 800 feet long,

-- whilst the Titanic was 882 feet and 9 inches long.

I forgot to mention the name of the fictional liner - she was called Titan.

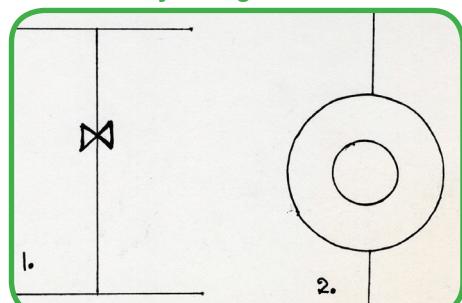


The Bishop has a
Brother, Turn the
Page Upside down
to Find Him



BELOW ARE 2 PUZZLE DRAWING

- Can you Figure them out ?



MERRY JOKES AND JESTS

1. Why didn't people like the restaurant on the Moon?
- 2.What do astronauts have their dinners served on?
3. When has the Moon had enough to eat?



**What 5 Countries and
the word Colonies are
there in the Lions mane ?**



FUN PAGE Answers on Page 11 - Hope you enjoyed them !



SMOKE FREE BLACKPOOL

- the starting point for stopping smoking.

www.blackpool.gov.uk>Public Health/Smoking

If you are ready to quit, help is at hand! Choose the right level of support for you, find out what is the best option for you; face-to-face support to medication or simply going it alone.

Begin: **Make a List of Reasons to Stop; Set a date; Tell Friends & Family you are Quitting.**

The Council Website lists the options, where they are available, and if it may cost you.

1. Support via a **FREE** download to Blackpool Residents, '- Quit Smoking App'?
 - it's like having a specialist advisor with you 24 / 7 from your Smart Phone

 2. Face-to-face Support from your local Pharmacy (Chemist)
 - you can drop into your local pharmacy [see the list in the website] where a specialist adviser will provide you with **Free expert advice**, on what is best for you

 3. Face-to-face support from your GP Practice
 - [this service is **NOT** available with Glenroyd Medical OR North Shore Surgeries]

 4. Support to Stop Smoking when Pregnant
 - stopping smoking is the best thing you can do for your Baby, to give them the best possible start in life, its never too late on in your pregnancy to stop.
 - for the best support, speak to your midwife who will be able to refer you directly to the - 'Blackpool Maternity Stop Smoking Service.'

 5. Stop Smoking Medication, there are two stop Smoking medicines,
 - Champix and Nicotine Replacement Therapy (**NRT**).
- Champix** are tablets, taken for 12 weeks, prescribed by your Doctor to control the cravings
NRT comes in a range of forms, Patches, Chewing gum and Lozenges

THE ROYD FAMILY

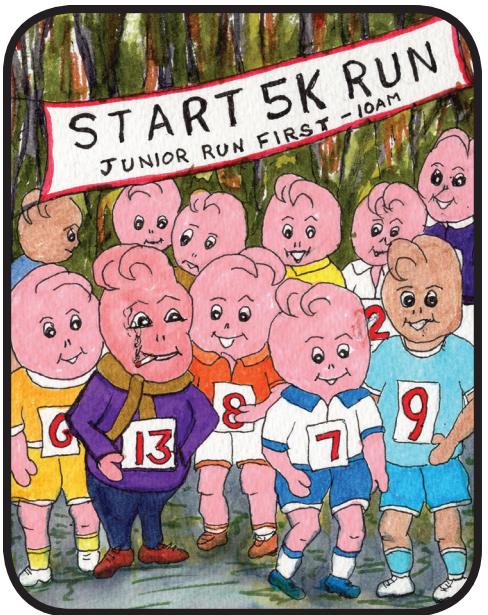
“The Race For Their Lives”



Meet the 'Mauler Mob' - "Slug, Red, Mauler Moggs, Lanky and Boots"

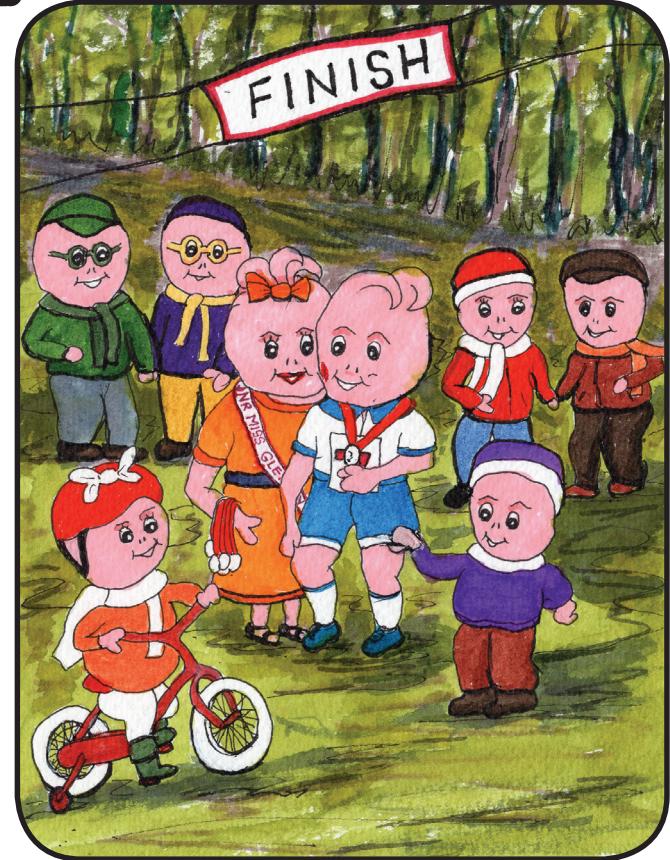
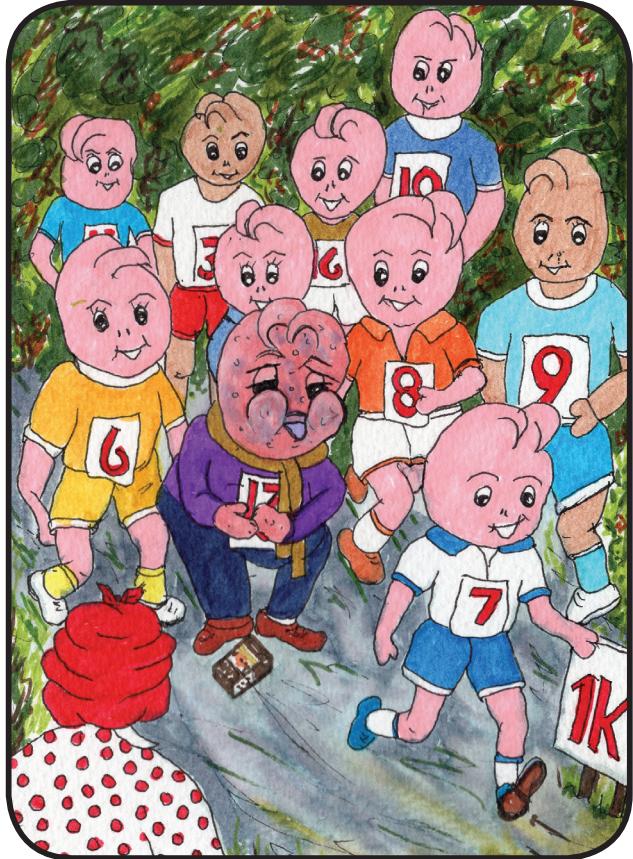


"Hey Roydy wanna fag before you start the Run ? -- No thanks Mauler. How about You joining in the Run?"

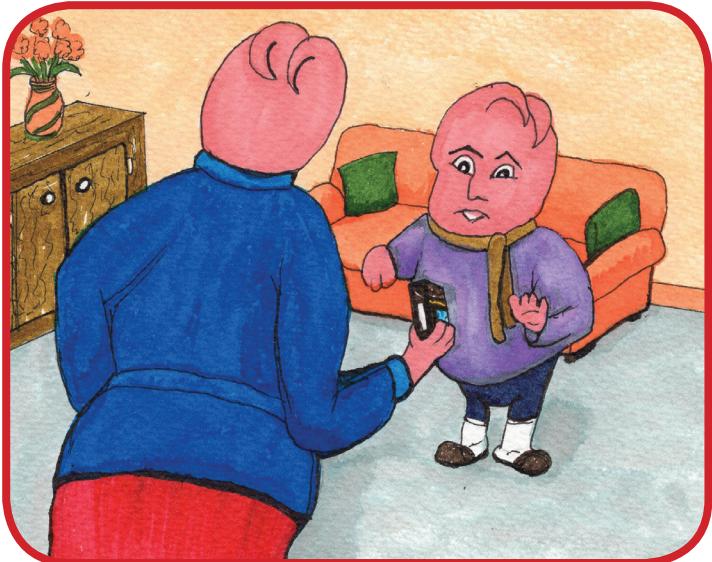


"How are you feeling Mauler? "No Sweat Roydy, I'll win this Race, No Problem you wait and see!"

"The Race For Their Lives"



As the Run nears the 1Km marker, Mauler seems in trouble - he is breathless and as he stops he is going a nasty colour.



Surrounded by "The Mob"
- Mauler gets a once over from the First Aider, who checks his pulse to see if he needs some Oxygen?
As Ma Moggs watches on.

Wills is full of Smiles with his Medal and a Kiss on his Cheek from Junior Miss Glenroyd, as The Royd Family gather to congratulate him on his run.

Ma Moggs - Now we are back home, after your Incident at the Fun Run , I believe these are yours Mortimer? Don't deny it, I saw this packet of cigarettes fall from your pocket, as you stopped running.
Mortimer - S, s -Sorry Ma
Ma - *Well I'm Stopping your Spends' if all you are spending it on is these things !*
It's time we got you some help, we will go and see the Chemist for a start -----