

HERE & THERE



GLENROYD MEDICAL'S 2019 - 2020 WINTER NEWSLETTER **FREE**

PLEASE TAKE ONE



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

Christmas Surprise Draw

GLEN- Look what I have won in the Christmas Draw, at work,
this **Massive Turkey** !



GLENIS :-OH!- Oh but its **FROZEN**

GLEN :- That's OK - just bung it
in the old oven and cook it!
- that will thaw it out !

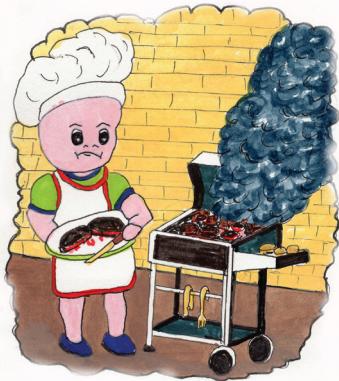
GLENIS :- Hmm - NO we've seen
your cooking skills before
Remember the Summer barbecue ?

GLEN:-

Hm m'yes er
well !

GLENIS :-

Frozen poultry needs to be thoroughly **thawed** before we think about cooking it. It should tell us on the package the weight and how long it takes to thaw per kg/ pound. With some birds it can take days, depending on the size, and where we can defrost it. Its too big to go in the fridge, so its a cool room for 3-4 hours per kg, or at room temperature (20c) allowing 2 hours per Kg.



We have to place it on a deep plate to catch the juices while it thaws. After thawing, remove all the packaging, take out the giblets and store separately. Then follow the length of time it says on the packaging.

Cooked Turkey will keep for 2 days. If kept in the fridge, no longer than 4 days. We can freeze cooked turkey by removing it from the carcass and freeze it in stock or gravy, to remain moist.

***“Hope you remembered to ‘thaw your bird’ and any future
Frozen Foods - Read the Instructions !”***

THE ROYDS ENJOYING THEIR CHRISTMAS FAMILY MEAL



Wishing You And Yours A Happy & Healthy New Year- CHEERS!

GLENROYD MEDICAL'S NEWS

Glenroyd Medical's Comings and Goings

The PPG would like to welcome the New Receptionists who seem to be settling in and doing a 'Grand Job' along side those who are more established and passing on the do's and don'ts of life on Glenroyd Medical's Receptions. Thanks to you all and a special thanks for your help selling the Christmas Raffle tickets.

Hope You Bought Your Raffle Ticket and were lucky and won one of the many prizes, given by Cohens Chemist, the PPG and the Practise

**Thank you to those who supported this years Christmas Raffle
Well over £200 . 00 raised**

Your PPG (Patient Participation Group) Need Your Help, to become a PPG 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 Friday pm to pack up and put the goods away, on a Rota.

Please leave your details with the Receptionists, or e-mail 'ROY' at Glenroyd_PPG@hotmail.com Thank You.

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, such as the production of this Newsletter, in the past and future Editions. Thank you again to all those of you who have supported the PPG Book Stall at Moor Park and now the Book Stall at Whitegate Drive Surgery, either by purchasing the Books, CDs & DVDs and/or supplying the goods to sell

If you know of any such goods that are finished with, especially Paperbacks, 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 OR leave your details and we will arrange collection.

Just email 'ROY' at the address above. and a PPG member will contact you.



VICTIM OR SURVIVOR

I am a Stroke Survivor, Note **NOT** a Victim.

A Stroke is a Life Changing Experience and it's quite Frightening.

I was 46 years old when I experienced a stroke, I was sat at work, it was a normal day and about 10 o'clock in the morning, I felt a strange "pins and Needles" sensation in my right arm which then spread down my right leg and into my foot. My thought was 'this must be cramp'. I stood up and almost passed out, I then realized that something was definitely wrong!

I made an appointment with my GP, who immediately sent me to hospital, where a CT Scan revealed that I had experienced a **Cerebrovascular Accident** (i.e. Stroke) which had affected the left side of my brain and this in turn affected my right limbs. I had no feeling in my right arm and I was unable to use my right leg properly. The hospital consultant told me that I was fortunate as I recovered from the stroke almost immediately, but it had left the right side of my body impaired.

My first thought was "Will I ever recover ? "

Then the depression set in.'

Following my discharge from hospital and before I was well enough to return to work. I didn't want to leave the house and I felt that the bottom had dropped out of my world. I was studying for a University Degree at the time of my stroke.

Would I ever be well enough to finish it?

Fortunately, my wife Alison realized what my problem was and set about encouraging me to get back on track. She would set me small tasks- for example, as she was leaving home for work, Alison would say "I've left the breakfast pots, would you wash them up?" or "There is some ironing that needs doing. Can you do it for me ?" Alison would also encourage me to take a walk to the newsagents to buy the morning paper and that got me out of doors again.

Dr Shearer was also very encouraging and enrolled me on the 'Exercise on Prescription Scheme', If you complete the course you get a T-shirt, I was determined to get that T-shirt, So I completed the course which boosted my morale no end and it got my affective limbs working again.

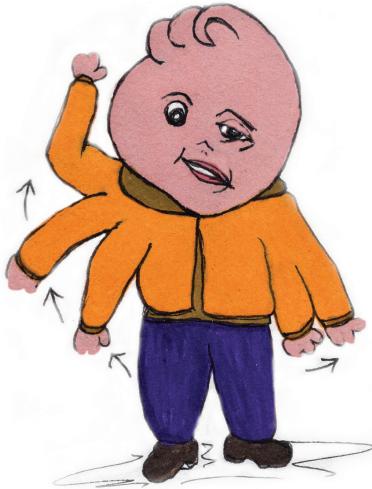
I consider myself one of the lucky ones, I survived the stroke, making a full recovery and full use of my limbs. by gentle but determined encouragement, thanks to Alison, Dr Shearer and the Trainers at the Fitness Centre, I got my life back.

***This is the secret to recovering from a stroke -
'Do small things first, don't over do it and
gradually build up to bigger things***

I Say to people "**You CAN recover from a stroke,**"

By the way I did get my University Degree !

By W.M.McCormick B.A.(Hons) Diploma in European Humanities.



Learn the signs of a Stroke

F. A.S. T.

Face:- Ask the person to Smile

- Does one side of the face droop ?

Arm:- Ask the person to raise both arms

- Does one arm drift down ?

Speech:- Ask the person to repeat a phrase

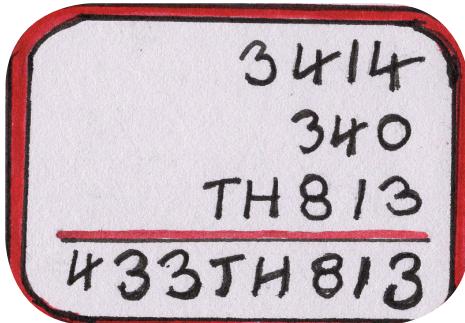
- Is their speech slurred or strange ?

Time:- If you see any of these signs

Call 999 right away



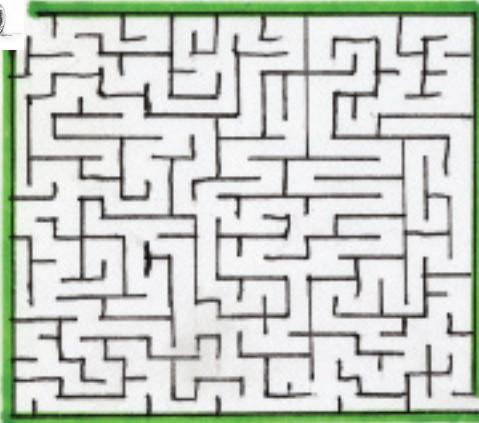
Trees & Boats - the trunks of the Palms become part of the boats & Visa Versa



This Maths Problem is Wrong. To find the solution look at its reflection in a mirror.



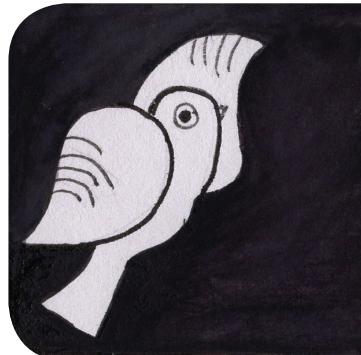
Can you help Mo to Find her way through the Maze to Gran and Titch



Place a coin or your thumb
the ducks will move.
Now do the same to the head of

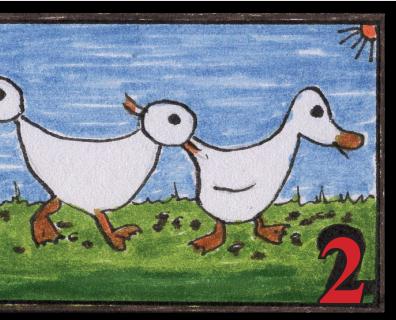
QUIZ

1. In the Summer, how many eggs does a Queen Bee lay, a day - 100, 1,000?
2. Which TV Soap Opera is set in 'Summer Bay' ?
3. Which fruit do the Italians call 'apple', Tomato, Pomegranate, Orange?
4. What is the name of the Holiday in Hi - de - Hi ?



Bring the Page closer
Watch the Bird Fly

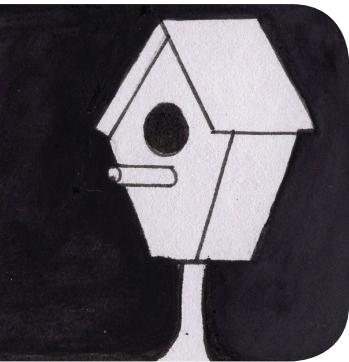
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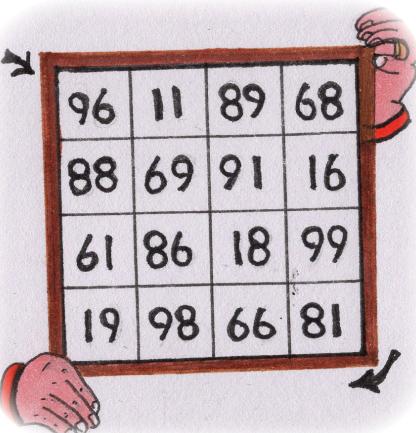
on the head of Duck No.1
ove to the right.
Duck No.2 they will travel left

eggs can a
000, 2,000 ?
in

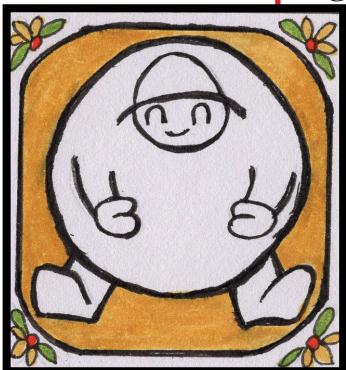
all 'golden
or Pineapple
day Camp



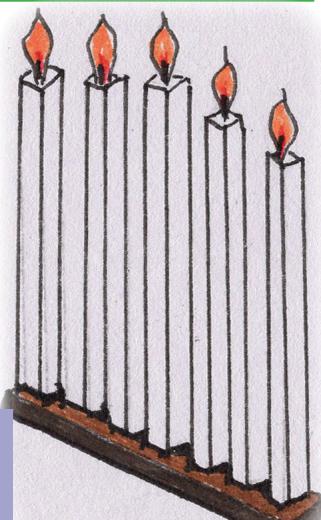
er to your Face &
Fly to the Perch



MAGIC SQUARE - each Horizontal line adds up to 264 - as do the vertical and diagonal lines - it also works upside down.
Get your Calculators out and check?



This Fat Man has eaten too much.
What will happen to him if he carries on eating ?
Turn to Page upside down & you will see.



**How many Candles
are there ?**

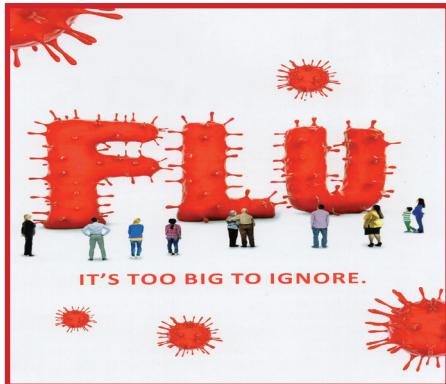
1st Count the Flames - 5

Now count the
Bases of the Candles - 7

**What is Shut when it's
Open and
Open when it's Shut?**

**ANSWERS
on Page 11**

MORE STEPS TO HEALTH



FROM THE 27th SEPTEMBER
Flu Jabs have been available to
the Over 65yrs and
from 14th OCTOBER to
the Under 65yrs
At Glenroyd Medical Surgeries

If you are over 65 yrs, Pregnant, a child, morbidly obese (BMI>40), suffer from severe asthma, chronic liver disease, diabetic or immunosuppression, have heart, kidney or lung conditions, have suffered a stroke or transient ischaemic attack.

These are the 'at risk group' and if you are a carer of anyone in this group, you are also eligible for a FREE Flu Vaccination.-

Still Available so -

Book your Appointment NOW at your Surgery

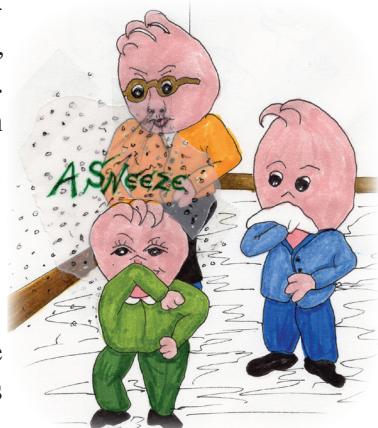
FIGHT FLU THIS WINTER 3 STEPS TO STOP THE SPREADS OF FLU

1. Wash hands regularly with soap and water:-
Flu germs are carried in almost invisible droplets, from saliva, sneezes, coughs and runny noses. They live on surfaces for hours and spread when people touch the infected surface

2. Get a Flu Vaccination

3. Cough and Sneeze into your elbow

- When you don't have a tissue handy its a place on your body less likely to touch other surfaces and will help to stop the spread of the disease



SILVER LINE

*'I don't want to Monopolise my daughter, she has her own family.
she does come and see me - but in between it's so lonely'*

Is that how you feel sometimes ?

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.

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.

The Silver Line is a helpline and friendship service for people ages 55 and older. Offering confidential, free helpline every day and night of the year.

Their specially trained team can -

- * offer information, friendship and advice
- * link callers to local groups and services
- * offer regular friendship calls
- * protect and support older people who are suffering abuse and neglect.

68% of calls to helpline are made at night and weekends. Free to callers, all costs are covered by the Silver Line relying on donations.

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 ?

For More Information on joining Silver line, just for someone to talk to or as a Volunteer Phone - **SILVER LINE HELPLINE - 0800 4 70 80 90**

Just Good Friends

The aim of ‘Just Good Friends’ is to Combat Loneliness and Isolation and bringing people together in friendship and to make sure no-one is EVER on their own again

Originally organized in St Annes there are now *Just Good Friends Groups in St, Annes, Fleetwood and Kirkham*, they are established groups who meet up regularly for a variety of activities,

From Nights Out, Days Out, Coach Trips.
New Evening Group, Monthly Quiz Nights at
St Annes Contact Bev:-0755 7734 233

At Fleetwood there are

Games at the Library on Mondays,
New Venture Club on Thursdays
and Monthly Saturday Breakfast,
Monthly Sunday Lunch

Contact : Maureen on 077 297 87 444
www.justgoodfriends.org.uk

There is no ‘Just Good Friends’ at this time in Blackpool because they do not have funds to run one as yet.
If you have access to a computer there are a number of Social Groups listed within 25 miles of Blackpool
Groups for :- Table top Board Games(40 yrs.+),
Dog Walking Meet Ups; Lancaster Outdoor Fun;
Ladies who Lunch and many, many more Groups

QUIZ ANSWERS

A Level Crossings

What is Shut when it's Open and Open when it's Shut?

1. 2,000 2. “Home & Away” 3. “A Tomato” 4. “Mappleins”

Centre Pages Quiz Answers



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.

Illustrations by Elaine M.E. Gaffney BA(Hons)

If you have any Information or Ideas relevant to the Newsletter, Please contact us by e-mail

Billmacrailway@aol.com OR Gaffneyelaine@hotmail.com

Subject: - ‘PPG Newsletter’ Thank you

CONTACT PPG by E-Mail- ‘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

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