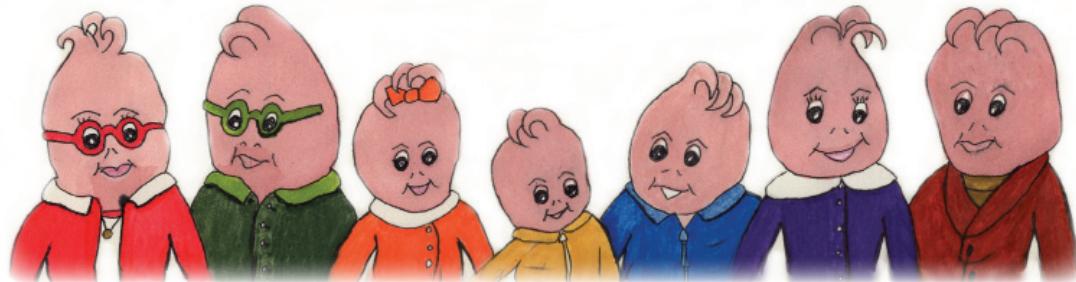


HERE & THERE



GLENROYD MEDICAL'S 2019 SUMMER NEWSLETTER PLEASE TAKE ONE



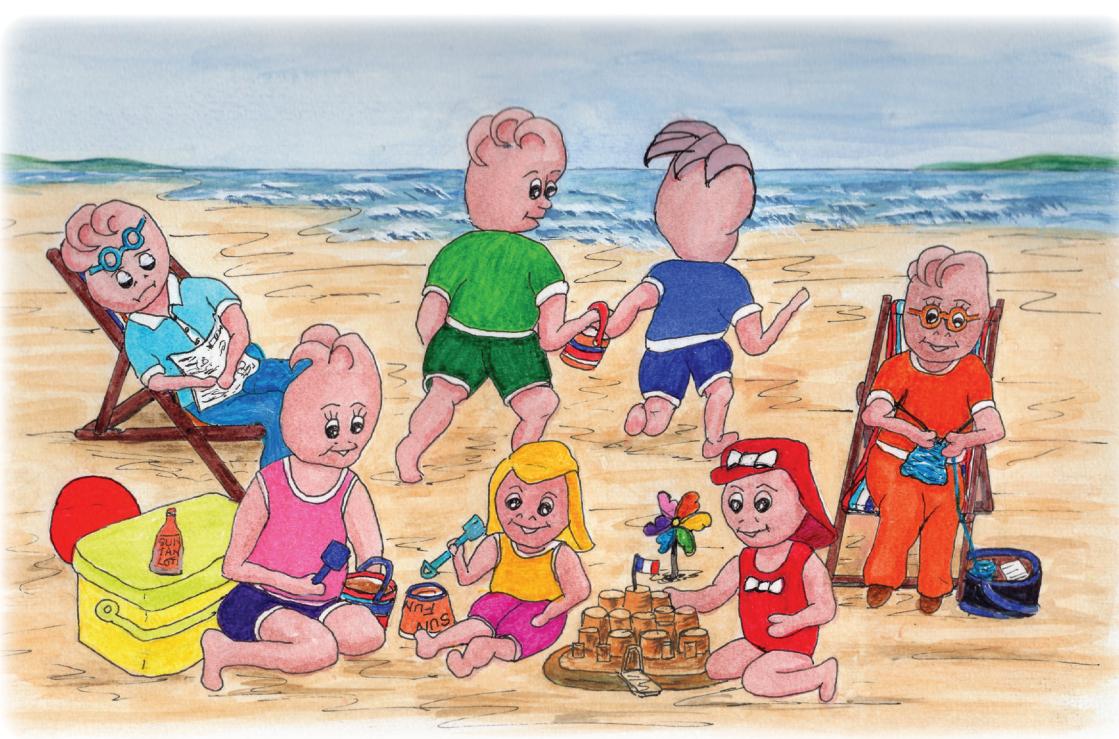
Look Inside to Meet the Royds
Gran Pop Mo Titch Will Glenis Glen

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 Mediterranean.)*
- 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,**

MORE MEMORY JERKERS :- If you don't know, ask an OLD UN! 2*

GLENROYD MEDICAL'S NEWS

"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 **Friday 4pm** 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 need 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, 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

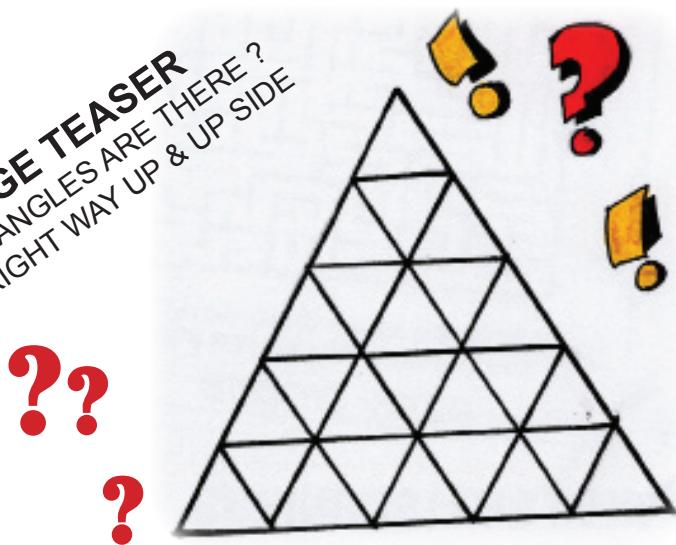
1. Who was the author of Treasure Island?
2. Which U.S President said “We choose to go to the Moon” ?
3. Which is the furthest West - Cardiff or Edinburgh ?
4. What is peculiar about the Manx cat ?
5. What occurs Twice in a week, once in a year, but never in a day ?

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 11 - Hope you enjoyed them !

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:



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



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

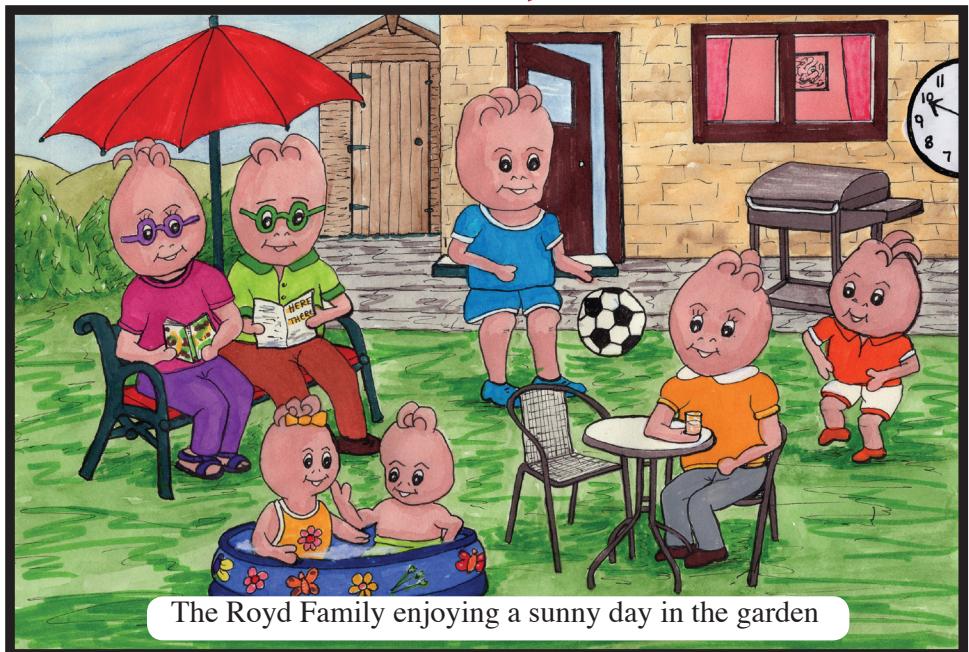
OR Out of Surgery Hours - 01253 952 950

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

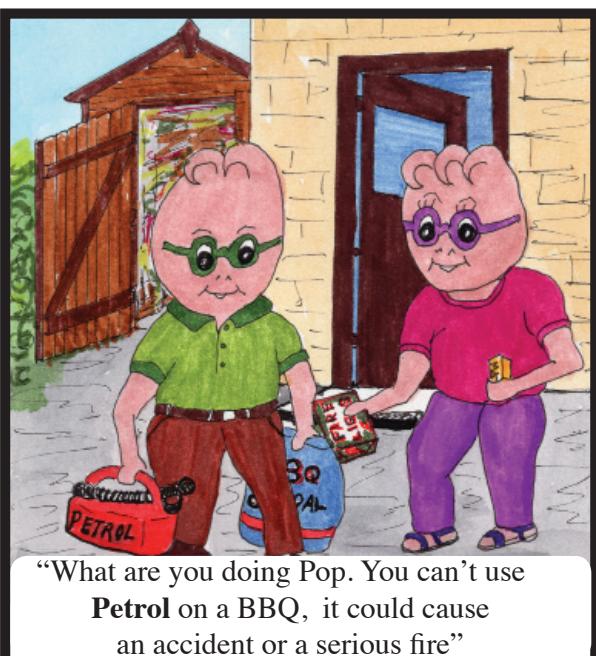
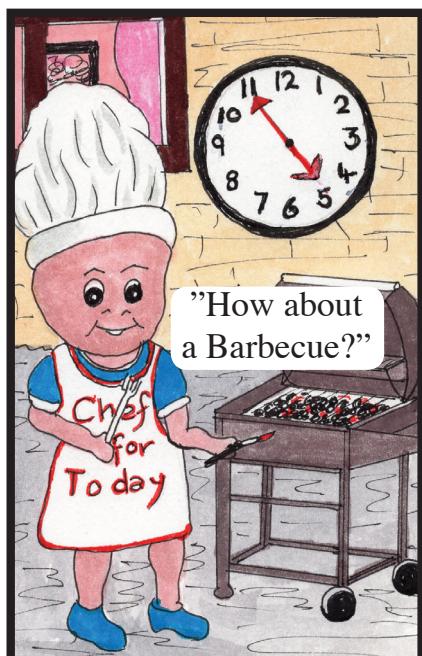


THE ROYD FAMILY

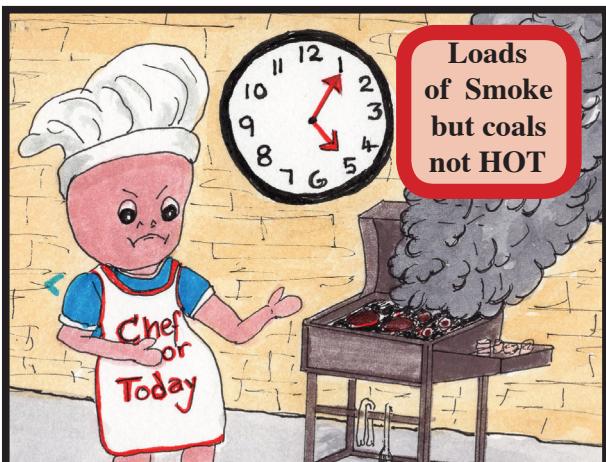
“It’s Barbecue Time”



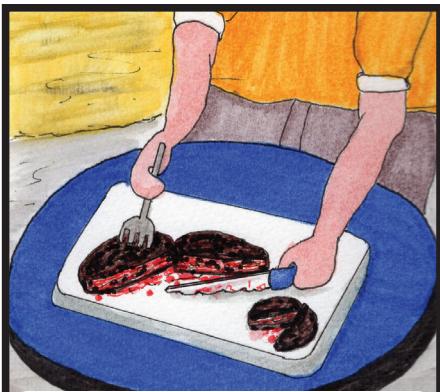
The Royd Family enjoying a sunny day in the garden



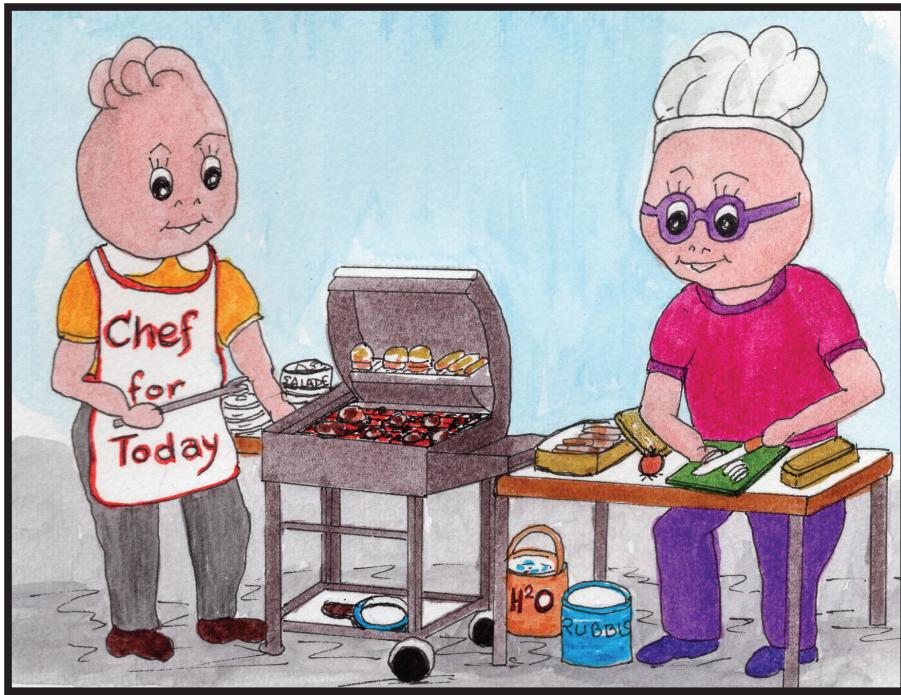
“What are you doing Pop. You can’t use
Petrol on a BBQ, it could cause
an accident or a serious fire”



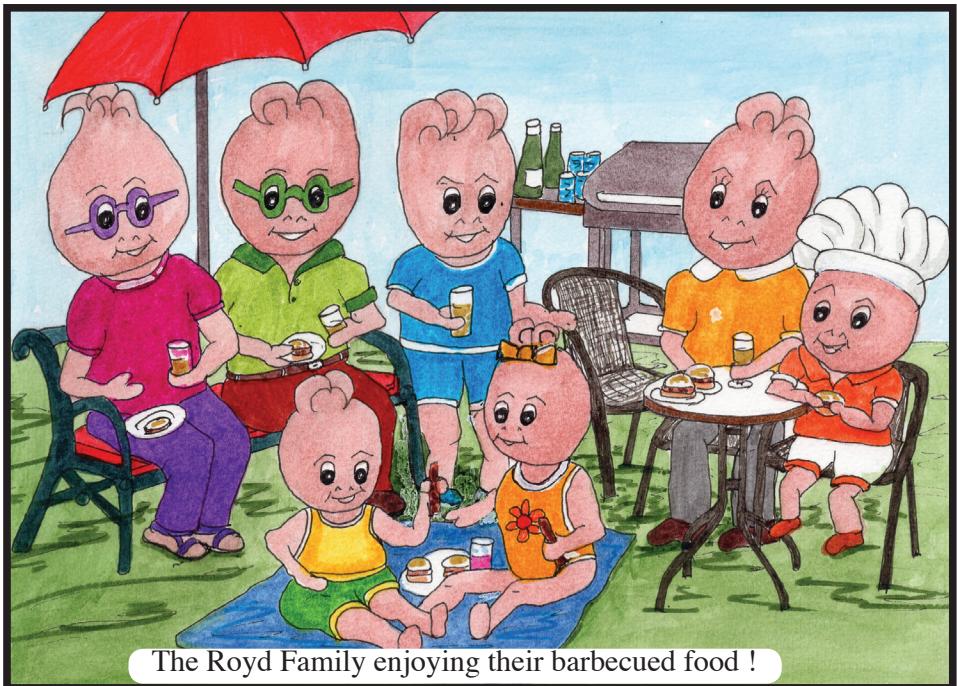
"Right let's sling some steaks on the old barby. I'm looking forward to this, perfectly barbecued - well done!"



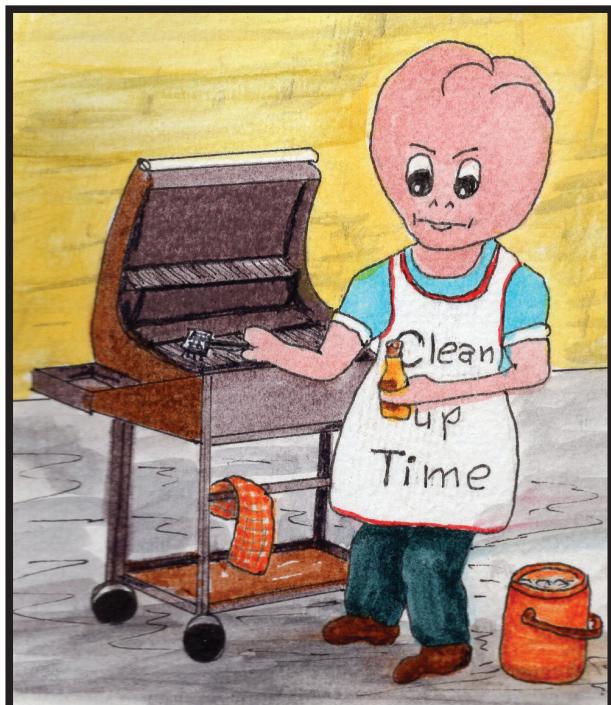
"Look at these - raw inside, dripping with blood ! They're not even remotely cooked. We could all end up with food poisoning if we eat these."



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!



The Royd Family enjoying their barbecued food !



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.

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,

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

MORE STEPS TO HEALTH

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! |
|---|--|

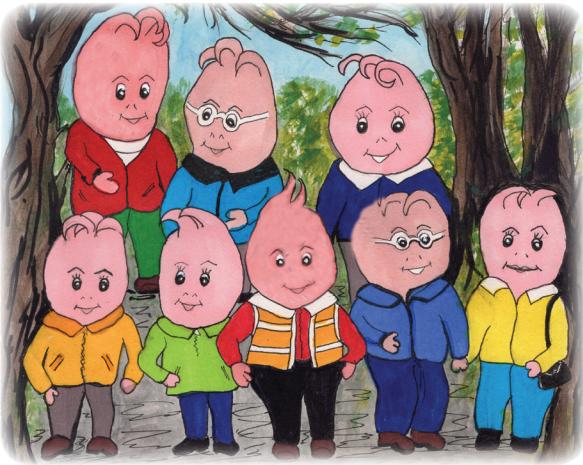
JOKES & RIDDLES

QUIZ

48

NUMBER OF TRIANGLES

- * TUCKING YOUR DRESS INTO YOUR KNICKER LEGS TO DO HAND STANDS UP AGAINST THE WALL *



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 OR Gaffneyelaine@hotmail.com

Subject: - 'PPG Newsletter' Thank you

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

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

www.glenroydmedical.co.uk

This is the 5th Edition of Glenroyd Medical's Newsletter
Published in May 2019

Lookout for the next Edition from August 2019