



## 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

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

CONTACT PPG by E-Mail- 'ROY" at [GlenroydPPG@hotmail.com](mailto:GlenroydPPG@hotmail.com)

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### 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](http://www.glenroydmedical.co.uk)

This is the 6th Edition of Glenroyd Medical's Newsletter

Published in September 2019

Lookout for the next Edition from December 2019

# HERE & THERE



# GLENROYD MEDICAL'S 2019 AUTUMN NEWSLETTER

# FREE

# PLEASE TAKE ONE



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

# Bonfire Night

Remember the Firework Code  
**Stay Safe at an Organized Display**



## What to Expect From the Glenroyd Medical Staff You Have an Appointment With



When you phone for an Appointment - you do not always have to see a Doctor. Not as in past years when we went to - “**The Doctors**” and that is who we saw. They were then the only Medical Staff who were allowed to treat you for many complaints,

**‘Things have changed and keep on changing’**

Many of Glenroyd Medical’s staff are becoming encouraged to qualified in additional subjects and skills

So when you phone up to see a Nurse you may get an appointment with a Pharmacist or to see a Doctor you are offered an Advanced Clinical Practitioner, and now the Health Care Assistant you may have previously known as a Receptionist or Administration Staff is fully qualified taking B/Ps or your blood etc. Don’t be disappointed, they are all qualified in many procedures, be it to prescribe medication, a hospital referrals or be there just to listen, they all just want to care for you. (See the Practise Booklet)



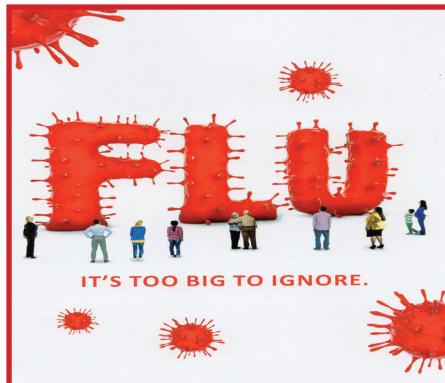
So make use of all the Glenroyd Medical Staff - the receptionist on the phone knows who is qualified to deal with your problem, hence that is why they ask you about your symptoms, they are not being nosy they just want to do the best for you, as do all the staff at Glenroyd Medical, no matter what their position.

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Doctors are still available if its them you want to see but as you will know there is a National Shortage of GPs so now with more Glenroyd staff qualified in a wide variety of procedures we can take advantage of their skills, so you do not have to wait 2-3 weeks for an appointment, unless it is one member of staff you would like to see, then you may have to wait a little longer.



# MORE STEPS TO HEALTH



FROM THE 27th SEPTEMBER  
Flu Jabs will be available to  
the Over 65yrs and  
from 14th OCTOBER to  
the Under 65yrs  
At Glenroyd Medical Surgeries  
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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 all eligible for a FREE Flu Vaccination..

**Book your Appointment NOW at your Surgery**

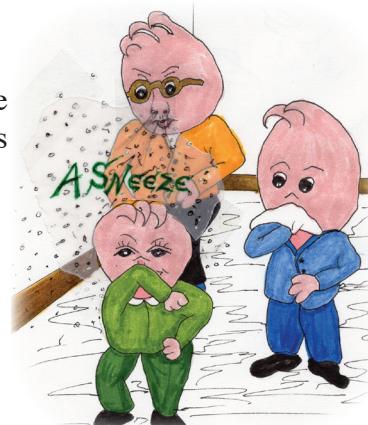
## FIGHT FLU THIS WINTER 3 STEPS TO STOP THE SPREADS OF FLU

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



## QUIZ ANSWERS

THE 10 BITTING BUGS  
NUMBER OF SQUARES - 49  
MOSQUITO + FLEA + TICK + FLY + HORNET  
Gnat + Bedbug + Ant + wasp + midge

# GLENROYD MEDICAL'S NEWS

Your PPG (Patient Participation Group) **Need Your Help**, by 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](mailto: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 as well as past and future Editions.



(See Pages 5 to 7)

Thank you again to all those of you who have supported the **PPG Book Stall at Moor Park and now the Paperback Book Stall at Whitegate Drive Surgeries**, 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 to arrange the collection.



## Glenroyd Medical's Comings and Goings

The PPG would like to welcome Dr. Bolsell as a New Partner at Glenroyd Medical, after nearly two years of service to the Practice

Welcome back Dr Sarah Taylor from maternity leave

From September there will be two New Pharmacists joining the Practice, one P/T the other Full Time to ease the waiting time for appointments

# FUN PAGE

## STRANGE BUT TRUE

President of the United States John F Kennedy was assassinated in Dallas, Texas on 22nd November 1963.

The car he was travelling in when he was shot was a Ford Lincoln.

98 years before in 1865, President Abraham Lincoln was shot in Ford's Theatre.

At the time of his assassination, Kennedy's secretary was called Lincoln.

Lincoln's secretary was called Kennedy.

Kennedy was succeeded by his vice president Lyndon B Johnson.

Lincoln was succeeded by his vice president Andrew Johnson.

Both Johnsons (unusually for a U.S. president) only served for one term.

Kennedy's assassin Lee Harvey Oswald and

Lincoln's assassin John Wilkes Booth both have 15 letters in their names.

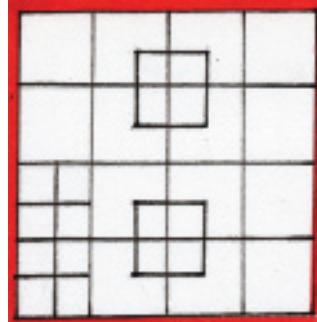
After shooting Kennedy from a warehouse, Oswald hid in a theatre.

Booth shot Lincoln in a theatre and hid in a warehouse.

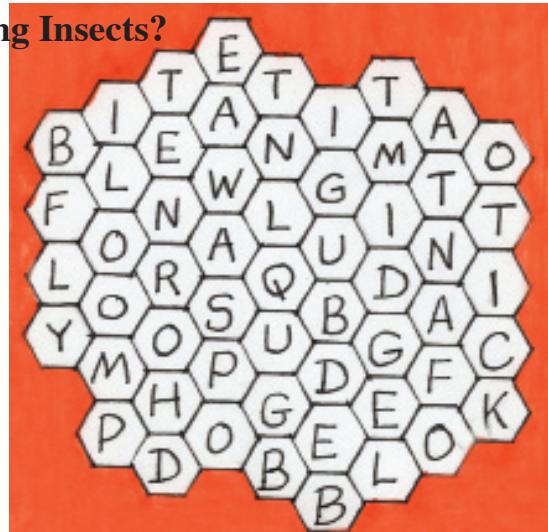
Both Presidents were sat next to their wives when they were shot.

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## Can You Find 10 Bitting Insects?



How Many Squares  
Can You Find?



ANSWERS ON PAGE 10

## STEPS TO HEALTH

## Why Should You Have Your Children Vaccinated Against Infectious Diseases?

Years ago, may be when your parents or grand-parents were children, there were no vaccinations against what are called 'Childhood Diseases', - Mumps, Measles, Chickenpox, Diphtheria, Rubella (German Measles) etc So when a child caught one of these diseases it meant weeks off school for the child and time off work for the parent or carer.



If they are unlucky, the child was left with complications of the disease, a rash that left pot marks for the rest of their life. Deafness, Blindness, Fatal Pneumonia, Learning Difficulties or worse.

**Measles kills.** It had virtually disappeared in the UK but in 2018 1,000 cases were reported in England, three times more than 2017. Measles is not just a Rash the child gets and it's all over in a few days, it is a Highly Contagious Disease.

Social Media puts out 'Scare Stories' about the side effects of the injections, and it's fuelling a tripling in the number of measles cases world wide. **'More Fake News'**

The side effects of any of these Childhood Diseases, your child catches, are far worse, than any reaction to a Jab. That's why Scientists struggled for years to find these vaccines, to protect your child. As long as 95% of children are protected, then there is less chance of an epidemic of one or more of these diseases but in England it is now lower, 1 in 7 school children are not vaccinated with the MMR . So if your un-vaccinated child is sitting next to a child incubating one of these diseases, before you know it half the class is ill and some may not make it back to school after the illness has run its course.

**So Please, Please get your child Vaccinated its never too late.  
You are not just protecting your child but all those children  
who may be too young or too ill to be Vaccinated**

# STEPS TO HEALTH

Are you Feeling Lonely ?  
Do You Need a Reason to Go Out?  
Would you Like Someone to Talk To ?  
Begin a New Friendship ?  
Help Improve Your Mobility ?

## Why Not Join the Practice Champions

*The Aim of Patient Champions is to create a Community between the Patients and the Medical Staff*

at Moor Park Health & Leisure Centre in a Joint Get Together between Glenroyd Medical and North Shore Surgeries

### ACTIVITIES You are Invited to

“Coffee Club” on the 1st Wednesday of the Month 12MD to 2pm

“Craft Club” run by North Shore Practise Champions on a Wednesday with Painting, Card making Classes etc

### A Social Walking Group “A Step Forward”



Meet on a Wednesday Afternoon at 2pm

At the Cafe in Moor Park OR outside the Cafe in Stanley Park,  
Then finish the walk with well earned Brew, Cake and a Natter

Could you be a ‘Champion’ who can Teach ?

Creative Work, Singing,

How to Play a Musical Instrument,  
Other Suggestions welcomed

More Details E-mail - [glenroydhealthchampions@gmail.com](mailto:glenroydhealthchampions@gmail.com)

# THE ROYD FAMILY

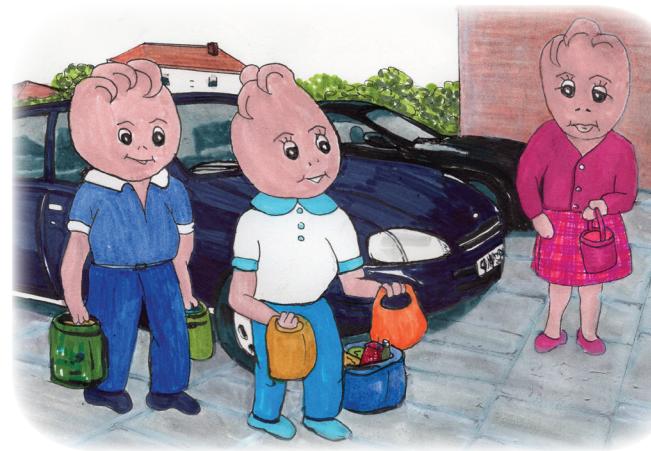
“What is the PPG ??” (Patient Participation Group)

GLENIS : Hello Mrs. Mac How are you settling in ?

MRS MAC : It's hard work cleaning up and then working out where to put everything, when you move into a new home.

GLEN : When we have put the shopping away, we are going to have a cuppa in the garden, why don't you join us

MRS MAC : That would be lovely, there is something I wanted to ask you. I'll see you soon.



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GLEN : Oh, Mrs Mac, glad you could make it, come in and make yourself at home. What would you like, tea or coffee ?

MRS MAC : Coffee, milk and one sugar., thank you, Glen.

GLENIS : Is your coffee OK?

Help yourself to cake.

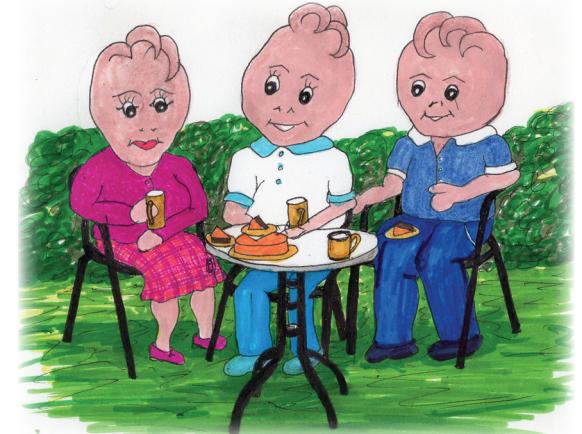
MRS MAC : Thank you.

Which Doctors are you registered with? I have just registered at Glenroyd Medical, everyone seem very nice and helpful.

GLENIS : We are all registered at Glenroyd, we have always found everyone attentive.

MRS MAC : I have been looking through the Practice Booklet and I noticed a few posters at the surgery. What is this PPG (Patient Participation Group) ?

P.T.O



# “What is the PPG ?” ( Patient Participation Group)

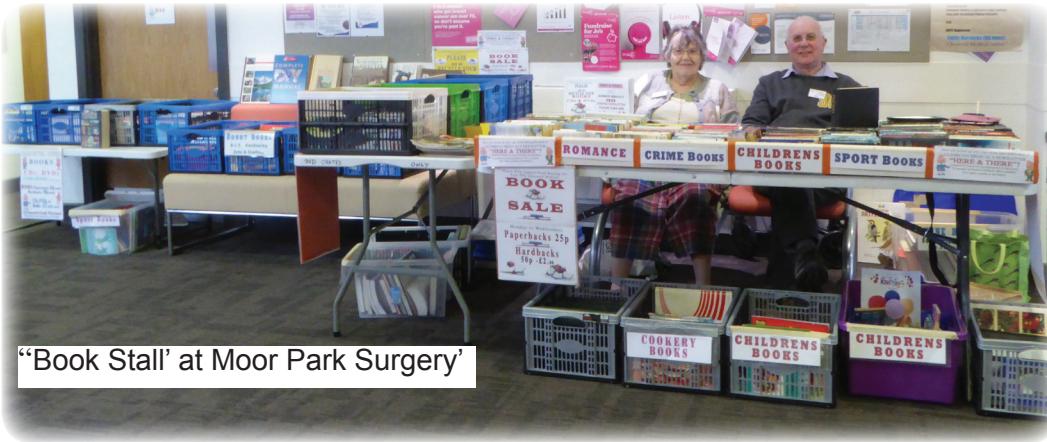
- Continued

**GLENIS :** The PPG Committee is made up of a group of patients who provide support to the surgery and staff to foster improved communications between the Practice and Patients. It is run by a collection of about a dozen patients of assorted interests and professions in a Committee who meet once a month with the Practise Manager

**MRS MAC :** That sounds interesting. What sort of thing do they do ?

**GLENIS:** The Committee along with a few PPG Volunteers run a ‘Book Stall’ each day, on a couple of weeks in the month, at Moor Park, selling recycled Hardbacks, Paperbacks, CDs & DVDs, supplied by the patients, all at reasonable prices. Then there is the Christmas Raffle, when Cohens Pharmacy provide the star prize of a couple of Hampers, and there are dozens of other prizes usually supplied by the Committee and the Practice.

Now there is a small Permanent Book Stall at Whitegate Drive Surgery selling mostly Recycled Paperbacks, all provided by the Patients.



“Book Stall’ at Moor Park Surgery’

**MRS MAC:** Are they profitable? And what do they do with the money?

**GLENIS:** Yes, the money is ploughed back into the Practice to buy all those extras not provided by the NHS. The PPG have paid for or contributed to the cost of a number of items, big and small, over the years.

Including Christmas Decorations for both Surgeries and buying New Books for the children, in the Waiting Rooms to replace the grubby books

At the beginning of 2019 the District Nurses at Whitegate Drive reported that their Examination Couch had been condemned and without a replacement they would have to stop their vital work at Whitegate Drive Surgery. When this was put to the PPG Committee it was agreed to pay the £817.80 for a new table. Funds have also been used to pay for the, Paper, Printer Inks etc, in the production of a Quarterly Practise Newsletter, that is compiled and printed by members of the Committee.

It contains useful information about the comings and goings of the Practise, hints

on Health and Well Being Matters, all explained by the ‘Royd Family’ and there is a ‘Fun Puzzle’ Page

It was noticed by members of the Committee that some patients with mobility problems were struggling with the seating in the Surgery Waiting Rooms and Higher Seated Armed Chairs were needed. So the PPG paid towards two such chairs for each Surgery.

So that is how your PPG Committee works, when a Problem is noticed it is reported to the Practise Manager and the between them they try to solve it. If you can help on the Book Stall or be considered for the PPG Committee

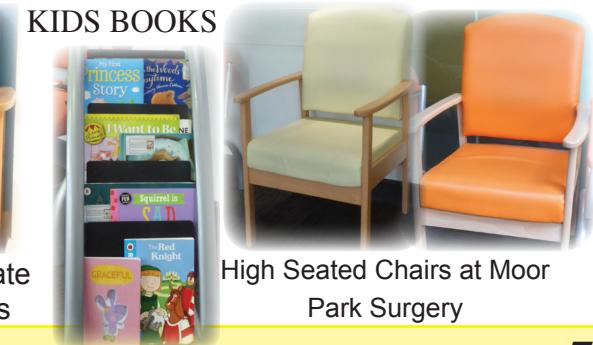
E-mail ‘Roy’ on [GlenroydPPG@hotmail.com](mailto:GlenroydPPG@hotmail.com)

Leave your details and a member of the PPG Committee will contact you

**MRS MAC :** That is so interesting, I could begin by being a Volunteer and later consider applying to join the PPG Committee



High Seated Chairs in Whitegate Drive Surgery Waiting Rooms



High Seated Chairs at Moor Park Surgery