



The Green Grape Vine

Welcome to the 2018 Christmas edition of THE GREEN GRAPEVINE.....

We would like to take this opportunity to welcome and inform you that we have a new F2 Doctor called Dr Krishakumar starting with us in December. He will be with us for the next 4 months and will replace Dr Zaniani.

We would like to thank Dr Zaniani and wish her all the best with her future career.

During the winter months, the demand for NHS services increases significantly. Please try where possible to use other services. This would include asking a Pharmacist or calling 111 for advice - antibiotics aren't always the answer.

We are hoping to introduce a new system of SMS (text) reminders next year, please ask for a consent form from reception if this is a service you would like to use.

On behalf of everyone here at The Village Green we wish you all a very Merry Christmas and a Happy New year

Practice Notices



It is important that you look after yourself during the winter months. Health isn't just about medicine, it is about your overall wellbeing. Our team of Care Navigators; Lisa, Sharon and Katy, are highly trained and have a wealth of experience designed to help guide our patients towards local support groups, social activities and helpful organisations within the local area. If you would like to speak to the Care Navigation team, please just ask one of the friendly receptionists who will guide you in the right direction.

Please contact our Nurse Reception if you have yet to make an appointment for your **flu vaccination**. This is also available to patients that are carers.

The Pharmacy team have requested that you PLEASE order your prescriptions early if you want them in time for Christmas - The latest that you can order is Thursday 20th of December for before Christmas and before Thursday 27th December if you need it before New Year's Day

Please note that if you need to book an appointment between Monday 24th December and Friday 4th January, these cannot be booked in advance so for **AM** appointments please call from 8am the previous day and for **PM** appointments please call from 8am the same day

There will be **no baby clinic on Thursday 27th December**

Useful Contacts Numbers

For appointments call
295 8500

We have a number of "same day" appointments available which can be booked from 8.00am onwards.

We also have numerous appointments which can be booked at any time of day up to 4 weeks in advance

For Nurse Appointments call
2958512

Between the hours of 8.30am and 5.00pm

For repeat prescriptions call
295 8514

Prescriptions can be phoned in to the surgery and would be ready for collection 48 hours after the request was made

For ambulance bookings call
0191 650 0560

(Monday -Friday)

Ambulance bookings can be requested over the phone with 48 hours notice

For Health Visitors call
2952767

For a Doctor's advice call
295 8500

You can speak to a Doctor for advice from 11.15-11.45 or book a telephone consultation

Out of hours Doctor
111

When the surgery is closed please call NHS 111

"IF YOU LOOK AFTER SOMEONE THEN THIS MAY BE FOR YOU"...

A message from our Care Navigating team

Are you a carer? Do you know or have a carer who could use some additional support? Do you look after someone with a serious diagnosis such as cancer? Or do you care for family members such as grandchildren?

Our Care Navigation team want to help carers in the local area. We have a range of resources and information to help support local carers. We can offer help and guidance to people of all ages.

Carers are the unsung heroes of our generation and we want to make sure that you have all the help and support you need in place in order for you to provide the best care possible. Our team of care navigators have been equipped with resources and local knowledge and are able to offer a variety of support whether this be advice on housing and accommodation issues, financial help for both you and the person you care for and local services to help you engage with the caring community.

Christmas and New Year opening times

Thursday 20th December	08.00am - 8.00pm
Friday 21st December	08.00am - 6.30pm
Monday 24 th December	08.00am to 6.30pm
Tuesday 25 th December	CLOSED
Wednesday 26 th December	CLOSED
Thursday 27 th December	08.00am - 6.30pm
Friday 28 th December	08.00am - 6.30pm
Monday 31st December	08.00am - 6.30pm
Tuesday 1st January	CLOSED
Wednesday 2nd January	08.00am - 6.30pm
Thursday 3rd January	08.00am - 6.30pm
Friday 4th January	08.00am - 6.30pm

To see or speak to a Doctor out of surgery hours please call 111 or ask about appointments at our local GP hub surgery at Battle Hill

Eggnog Pudding



Ingredients

2 cups cold milk
 1 package (3.4 ounces) instant vanilla pudding mix ("Angel Delight")
 1/2 teaspoon ground nutmeg
 1/4 teaspoon rum extract

Directions

In a bowl, combine the first four ingredients. Beat for 2 minutes. Spoon into individual dishes. Sprinkle with nutmeg if desired.

Nutrition Facts

1/2 cup: 117 calories, 1g fat (0 saturated fat), 1mg cholesterol, 328mg sodium, 23g carbohydrate (0 sugars, 0 fibre), 7g protein. **Diabetic Exchanges:** 1 starch, 1/2 fat-free milk.



We need your Help?

Over the last couple of years we have supported Metro Radio's Mission Christmas - they have raised £2.4 million for over 47,000 children across the North East, and we want to do even more this year by once again being a local drop of point.

We're looking for new and unwrapped gifts suitable for children and young people aged 0 to 18 years. Please help us support our local community by donating

Don't forget that everything raised locally stays local, so you can be sure that your gift will directly benefit a local child.

We need all gifts here by Monday 17th December.

For more information please speak to a member of our reception team or visit metroradio.co.uk/mission or other ways to support this worthy cause.

Thank You and Merry Christmas!