

Winter Edition

December 2019



THE VILLAGE GREEN SURGERY

# The Green Grape Vine

## Welcome to the 2019 Winter edition of THE GREEN GRAPEVINE.....

We would like to take this opportunity to welcome and inform you of some changes over the last year.

Firstly, we would like to announce the retirement of Dr Mark Westwood, Lynn Cook our reception supervisor and Practice Nurse Alison Hedley. We would like to thank them for many years of service to the Village Green. We would also like to welcome our new team members joining us in the New Year, Dr Mian, Dr Rozane and Dr Angus.

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 also have an out of hours service for evening and weekends. Please ask a member of staff if you require one of these appointments. 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!



### e-Consult

We now offer an online consultation service at the practice. If you would like to ask about common problems such as back pain or mental health, discuss symptoms or request a sick note or enquire about test results, please visit our website and fill in the contact form on the homepage and a GP or team member will contact you within 24 hours.

### Flu Jabs

Have you had your flu jab this year? We are still offering appointments to anyone who has not yet had their vaccination this year. Getting your flu jab can help to protect not only you but others around you such as family and friends.

If you are not sure if you are eligible, please ask a member of staff to check for you.



### Useful Contacts Numbers

For appointments call  
**0191 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  
**0191 295 8512**

Between the hours of 8.30am and 5.00pm

For repeat prescriptions call  
**0191 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 215 1515**  
(Monday -Friday)

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

For Health Visitors call  
**0191 643 8861**

For a Doctor's advice call  
**0191 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

## Christmas and New Year Opening Times

\*Please note that the surgery is only open between 8.30am and 6pm, there will be no late surgeries during this period...

Monday 23 <sup>rd</sup> December	08.00am-6.30pm
Tuesday 24 <sup>th</sup> December	08.00am-6.30pm
Wednesday 25 <sup>th</sup> December	<b>CLOSED</b>
Thursday 26 <sup>th</sup> December	<b>CLOSED</b>
Friday 27 <sup>th</sup> December	08.00am - 6.30pm
Monday 30 <sup>th</sup> December	08.00am - 6.30pm
Tuesday 31 <sup>st</sup> January	<b>CLOSED</b>
Wednesday 1 <sup>st</sup> January	08.00am - 6.30pm
Thursday 2 <sup>nd</sup> January	08.00am - 6.30pm
Friday 3 <sup>rd</sup> January	08.00am - 6.30pm

To see or speak to a Doctor out of surgery hours please call 111



### Snowman Biscuits

#### **Ingredients**

125g softened butter  
125g golden caster sugar  
1 egg, beaten  
1 tsp vanilla extract  
250g plain flour, plus extra for dusting

#### **For Decoration**

400g white fondant icing  
Icing sugar for dusting  
100g mixed ready to roll icing  
Tube icing - black and white



#### **Method**

Heat oven to 190C/gas 5.  
Cream butter and sugar then beat in egg and vanilla extract. Stir in the flour to make a soft dough.  
Tip onto lightly floured surface and gently knead.  
Put the dough on a plate, cover and chill for at least 2 hrs.  
On a lightly floured surface roll to a thickness of 0.5cm. Using a cutter, cut out the biscuits and re-roll extra dough and repeat. Place biscuits on 2 lined baking trays and bake for 8-14 mins. Leave to cool.  
To decorate cut out white fondant rounds with the same cutter as the biscuits then dab with icing sugar to stick to biscuits. Using coloured fondant icing, create hats, noses scarves etc. and attach tube icing.  
Biscuits will keep for up to 5 days.

### Are you a carer?

A carer can provide practical and emotional support for a family member, friend, partner or neighbour.

Often people can be carers without even realising. You might not think of yourself as a carer however many of us will have a caring role at some point in our lives. There are lots of support available, not just from your GP surgery but from the wider community too.

At the Village Green Surgery, we aim to offer all of our patients the best support possible. By filling in a short questionnaire on our check-in kiosk, it will help us to make sure we are providing all the support you need as both a patient and a carer.



### Do you struggle with BACK pain?

Come and listen to advice from our physiotherapists on the best ways to manage your back pain.

These sessions are FREE of charge and you don't need an appointment! If you would like more information, please ask a receptionist.

### Giving Back at Christmas

1 in 3 children will be in poverty this Christmas. The Village Green Surgery is once again collecting gifts for the Metro Radio Christmas Mission. The appeal launches on 11<sup>th</sup> November and if you would like to donate a gift, please make sure they are **new or unwrapped** and suitable for children ages 0-18. Kindly drop your gifts off at main reception with one of our staff.

This year we will also be collecting donations for the Meadowell Food Bank, if you would like to contribute, please leave your items with one of our reception staff. This could include food, personal hygiene products, new gloves, hats,

