Introduction
Welcome to issue 1 of Railway Medical Group’s (RMG) new Newsletter “The Inside track”.

The aim of the Newsletter is to help keep patients informed of important announcements as well as focussing on the range of services provided by the Practice.

Historically members of the practice patient participation group (PPG) used to prepare a twice yearly newsletter. However with an ever changing NHS, it was felt that a more regularly newsletter was appropriate and the PPG sadly felt that due to time constraints it would be better if they handed the newsletter back to practice staff.

Whilst it’s hard to envisage with bright sunshine shining through the windows as I type this article, the annual flu season is fast approaching. As such the surgery has already planned its first three flu immunisation weekends with two planned for September and one in mid-October. For most healthy people, influenza (flu) is an unpleasant but usually self-limiting disease. However, children, older people, pregnant ladies and those with underlying conditions are at particular risk of severe illness if they catch it.

As such all GPs within the practice strongly recommend that if you are aged over 65 or suffer from a long term medical condition that you book an appointment as soon as possible to get your flu jab.

In this issue we also have details of an exciting new project that the practice is looking to start for any patients who would like to create artwork and meet like-minded patients. The practice in collaboration with the social enterprise Unisus has been successful in obtaining various grant funding to run creative wellbeing project to help improve well-being to patients of Railway Medical Group (further details of this project will be in the next newsletter edition).

Finally in this first issue we have details of both a First Aid awareness course that the practice is hosting for carers and also details of Health watch's Conference which is being held in Blyth, and not forgetting a healthy recipe for all you budding chefs.

As always we look forward to any feedback on this issue of the newsletter and suggestions on content for future editions.

Chris Watson
Managing Partner / Practice Manager

Railway Medical Group are now holding Flu and Shingles Clinics
Support your Surgery and book your appointment now
Ring 01670 355080 / 01670 355440
And speak to a Receptionist.

Shingles and Flu Clinic
Saturday 12th October
8.30am —2.00pm
And
Karbon Homes Community Fund and the Trusthouse Charitable Foundation have given grant funding to Unisus to pilot an innovative project in partnership with Railway Medical Group in Blyth. The Creating Blyth project will be based in Railway Medical Group’s Gatacre Street premises and will facilitate weekly sessions for participants to create artwork which represents the cultural and community identity of Blyth. The project will work closely with local businesses and community groups, to get inspiration, support and ideas.

A recent study carried out at the University of Otago in New Zealand has shown that spending time carrying out creative activity increases positive emotions, a sense of purpose and social connection. The new project is intended to make it simple for clinicians and practice staff to be able to signpost people who they think will benefit from creative activity, being provided on site. The creative focus of the project will provide a means for participants to engage more with things going on in their local community, so that they will be more able to access the everyday creative and feel-good opportunities and activities which many of us take for granted.

First Aid Awareness For Carers

Do You Look After Someone?
Come along to our first aid awareness session for carers

8th October 2019
Blyth 1.30pm—3.30pm

Booking is essential to reserve your place

Call 01670 320025
This year’s conference is going to be bigger and better.

The Health Watch Conference will be held at the Phoenix Theatre in Blyth on Wednesday 16 October. The event is free and there’ll be an ‘information buffet’ providing information on local health and support services, a free raffle, plus lunch and refreshments will be provided.

This is a chance for people to share experiences with those that provide them and find out what’s available locally.

‘Come and join in the community conversation about your local health and social care services’.

Health Watch Northumberland Conference 2019

Please join us at our Conference 2019 ‘It Starts With You’

Healthwatch Northumberland is the independent champion for people who use NHS and social care services

- Listening Workshops
- Guest Speakers
- Film
- Free Raffle
- Lunch provided
- Review of the Year
- Information Buffet
- Find out about local services
- Share your experience

Phoenix Theatre, Blyth
Wednesday 16 October 2019
10.00am - 3.30pm

If you live or work in Northumberland we’d love to see you there!

Register for free by calling: 03332 408468
or visit bit.ly/HWNConference2019

NEW RECEPTION STAFF

We are pleased to announce that over the last few months we have recruited four new receptionists to join our team.

With both the closure of the neighbouring Collingwood Medical Group and the increased new houses being built in Blyth the number of patients registered with the practice has been increasing.

As such we have recruited additional receptionists to both answer the telephone and deal with your queries at the reception desk.

The practice has also been recruiting additional clinical staff which will be joining in the next few months and will be at the practice in time for the next Newsletter.

Loren

Nicola

Jade

Gemma
Asian Pulled Chicken Salad With Crushed Peanuts

Serves: 5
Prep time: 20 mins
Cook time: no cook time

Method

1. Combine the dressing ingredients in a small bowl and set aside.
2. Remove all the meat from the chicken, shred into large chunks and pop in a large bowl. Add the cabbage, carrots, spring onions, chillies and half coriander. Toss together with the dressing and pile onto a serving plate, then scatter over the remaining coriander and peanuts.

Ingredients

- 1 small roasted chicken, about 1kg
- Half red cabbage, cored and finely sliced
- 3 carrots, coarsely grated or finely shredded
- 5 spring onions, finely sliced on the diagonal
- 2 red chillies, halved and thinly sliced
- Small bunch coriander roughly chopped, including stalks
- 2 heaped tbsp roasted salted peanuts roughly crushed

FOR THE DRESSING

- Three and a half tbsp hoisin sauce
- One and a half tbsp toasted sesame oil