

NEWS FROM THE SURGERY

Congratulations to Dr Adisa on the safe, but early arrival of Molayo (I have joy) who arrived at 11.01am on 10th April 2016 weighing in at 7lbs 8oz We had a lovely visit from Dr Adisa and Molyo last week and we have attached a photograph from that visit



STAFF CHANGES

We say a fond farewell to two members of staff this week. Karen Beeny and Catherine Horner are both leaving us to relocate in the South of England. We will be introducing a new receptionist to you in the next edition, and hope that transition goes smoothly. We are delighted that Angela has increased her commitment to the surgery and will be covering much of the work that Karen undertook

BOOKS ON PRESCRIPTION

We are pleased to announce that the surgery is in the process of adopting the Reading well books on prescription scheme to help patients to manage their well-being using self-help reading. The scheme is endorsed by health professionals and supported by public libraries.

We are currently procuring a small library of books covering a range of conditions that we intend to have to loan out to patients. The books selected are all taken from a list devised by The Reading Agency and have been recommended by clinicians. The 'Books on Prescription' scheme is intended to work in partnership with libraries and Barnard Castle library have kindly agreed to lend us a small number of titles that we can lend out. Our aim is to supplement those books lent to us by the library with a supply of books owned by the surgery that we can lend out to patients. We are in the process of building up this library of books and have been grateful for the support of publishers, bookshops and patients for their donations.

The books provide helpful information and step-by-step self-help techniques for managing common conditions, including stress, depression and anxiety. There's also a range of books for young people and some that you might find helpful if you have dementia, are caring for someone with dementia or would like to find out more about the condition. We also have a range of books produced by Macmillan nursing which are designed to help patients that have been diagnosed with cancer.

If you would like to sponsor a book for our library please ask at reception.