

HOLLYWOOD COMES TO GLOSSOP !



Many thanks go to Clive Eastal who has recorded and edited a short film detailing many of the activities available in the Glossopdale area - from water aerobics to crown green bowls.

The film can be watched in the Hadfield Surgery's Waiting Room. It's really good to be able to see the wide range of activities and what they look like. A leaflet listing the activities is available from Hadfield Reception.



Tips for a Healthy Summer

1. Apply Your Daily SPF. ...Protect your skin with the best sunscreen for your face and body.
2. Embrace "Healthier" Barbeques. ... Instead of burgers and fatty foods, try some healthy veg like corn-on-the-cob. Grilled mushrooms & Butternut Squash.
3. Hydrate, Hydrate, Hydrate. ...Keep yourself hydrated with good old-fashioned water!
4. Travel Light. ...Wear cotton shirts or skirts. Loose clothing keeps you cool & fresh.
5. Eat Breakfast! ...The most important meal of the day. A fresh fruit compote with some Greek yogurt is a great start to your day.
6. Avoid Over-Intoxication. Yes enjoy a beer or glass of wine, just not too much.

The Manor House Glossop and Hadfield Newsletter is compiled and produced by the **Patient Participation Group (PPG)**. If you have any suggestions for inclusion in our next newsletter please contact us on manorhouseppg@hotmail.co.uk

GLOSSOP AND HADFIELD PATIENT PARTICIPATION GROUP



NEWSLETTER SUMMER 2019



Inspected and rated

Outstanding



'Outstanding' News!

We are delighted to hear that Manor House Glossop has been awarded an overall rating of 'outstanding' following the recent Care Quality Commission (CQC) inspection. This follows the 'outstanding' rating given to Manor House Hadfield after their inspection last year. The CQC is the independent regulator of health and social care in England, making sure that all health and social care services provide high quality, effective, safe and compassionate care.

The outstanding result is a reflection of the skill and dedication of all our staff in providing a high level of care for our patients. We are extremely proud of all our staff at Manor House and are very grateful for their expertise, care and professionalism.

Well done everyone!



GP Training Programme at Manor House

Manor House surgery is fortunate to have a full complement of medical staff. This very positive situation is partly due to the fact that we are a successful training practice. We train students who, when qualified, are often happy to stay with us. Another important benefit is that the surgery can provide extra appointments for patients with those students who have graduated as qualified doctors.

We take in both medical and nursing students from Manchester University at various levels of their training, some in Glossop, some in Hadfield. Here is a little more information about the wide variety of students we help to train.

Undergraduate medical students. These students, who have not yet qualified as doctors, come for four to eight weeks depending on which course module they are following.

Graduates. These postgraduate students have completed five years study at the University and at least one year as a doctor. They come in their second year after qualifying to gain experience of a GP surgery and stay for four to six months. Some will decide to become GPs and go into Primary Care; others may decide to pursue a career in Secondary Care in hospital.

Specialist Trainees. These students have completed at least three or four years training after graduation and have chosen to become GPs. These Trainees stay for six to 12 months. Some then join the surgery as GPs

Nursing students. These students stay for different lengths of time depending on their training programmes.

Physician Associates. These students are a new type of health care practitioners who can deal with certain conditions. The length of their stay at the practice varies.

We also train Apprentices who are not health trained but work in administration. All students, apart from Apprentices, can see patients. How much review and support students need from supervising clinicians depends on their level of training. For example, patients seen by undergraduate medical students need a full review whilst Specialist trainees need minimal review.

Patients will always be asked if they are happy to be seen by a student. If they are happy, they have to agree formally to be seen by a trainee.

IT'S BBQ TIME!

How to enjoy your barbeque safely!

It's summer time, the weather is (hopefully) warm and it's when many of us get out the barbeque. Here are a few tips to help prevent you and your guests from suffering unexpected and unpleasant tummy upsets!



1. Wash your hands before starting to cook and remember to wash them again after touching any raw food to avoid cross contamination. Keep a hand sanitiser in a convenient place outside.
2. Keep all perishable ingredients in the fridge or a chilled cool box in the shade, until you are ready to use them. Make sure all food is protected from flies, wasps, pets etc.
3. Check that any frozen meat is fully defrosted before you put it on the barbeque otherwise it may appear cooked on the outside but will still be raw in the middle.
4. Make sure that the barbeque is hot enough before you start cooking and turn food during cooking to ensure it is evenly cooked.
5. Before serving meat that has been cooked on a barbeque make sure that it is steaming hot throughout and there are no pink juices or pink meat visible. Burgers must always be well done and never served 'rare'. This is because when meat is minced to produce burgers any harmful bacteria on the surface will be spread throughout the burger. Thorough cooking will kill the bacteria.
6. Consider cooking all chicken and pork in the oven first to ensure that it is thoroughly cooked, then give it a final finish on the barbeque. It will still have the chargrilled taste, but without the worry of it not being fully cooked.
7. Never use the same plates, dishes and utensils (tongs etc) that have already been used for raw food with ready to eat food.

ENJOY!

The **PPG** is looking to increase its membership. We have levels of membership to suit everyone so if you are interested, please contact us. Our email address is manorhouseppg@hotmail.co.uk or we have a box in each Surgery where you can leave your details and a member of the PPG will contact you.