



New Staff joining Grassington Medical!

We are pleased to welcome Lisa Reeday who has joined us as a practice nurse as well as working for the local district nursing team.

Also joining us is Dr Oliver Sykes, who has worked as a GP for many years in Otley. He will be doing 2 days a week here at Grassington Medical and 1 day at Ilkley Moor.

Baby Bodey!

Dr Claire Bodey started her maternity leave in January and gave birth to a healthy baby boy.

Make May Purple!

May is the annual stroke awareness month.

Individuals show support for those affected by stroke and help raise awareness and essential funds for the Stroke Association.



The main symptoms of stroke can be remembered with the word F.A.S.T.:

- **Face** – the face may have dropped on one side, the person may not be able to smile, or their mouth or eye may have dropped.
- **Arms** – the person with suspected stroke may not be able to lift both arms and keep them there because of weakness or numbness in one arm.
- **Speech** – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake.
- **Time** – it's time to dial 999 immediately if you see any of these signs or symptoms.

Spring
2018

Grassington Medical Practice



Practice update

There has been more work done at Grassington Medical Centre, new fire doors have been installed and upstairs the Grassington Dental Practice have had another surgery room fitted!

Car Park

As the warmer weather approaches please remember that the Medical Centre car park is only for those with appointments here or visiting the pharmacy. There have been a few instances recently where the car park has been full even when the Medical Centre is quiet.

National Stop Snoring Week

The 23-27th April is National Stop Snoring Week. This is an annual event promoting general awareness that nobody needs to suffer as a result of snoring and that it can be treated.

The sound of snoring is irritating and can lead to sleep deprivation for your bed partner but the noise can also cause a number of health problems.



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