

Danestone Matters



Working together, caring for your health
Danestone Medical Practice

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HERE COMES THE SUMMER!



Sun care - Most of us love a bit of sun – and in moderation it is good for us, helping to produce vitamin D. However we must be careful not to overdo it which can lead to a range of skin problems. When you're out in the sun for prolonged periods, remember this:

- Slip** on a long sleeved top
- Slop** on some sunscreen - re-apply every two hours
- Slap** on a broad brimmed sunhat
- Seek** some shade regularly
- Slide** on a pair of sunglasses to help protect your eyes and eyelids.

Sleep Well - Resist the urge to stay up later during long summer days. Instead maintain good sleep habits by keeping the same bedtime and wake-up times. Don't drink alcohol within 3 hours of bedtime. Try and avoid naps during the day unless you take them every day at the same time, for the same amount of time.

Healthy eating – Take advantage of the fruit and salads available in Summer to overhaul your eating habits. Cut down on fatty/ sugary foods and make sure you get your 5-a-day fruit and veg! Don't forget to keep your fluids up – plenty of water. Watch your alcohol intake as it is easy to overdo it in the good weather!

Exercise - Pick an outdoor activity – eg going on a hike, taking a nature walk, playing games such as tag with your kids or cycling. Remember gardening counts as exercise too! To improve stress levels, plant a small garden, cultivate a flower box, or plant up a few pots and enjoy the colourful results.

Here is a really informative website about sun safety. www.sunsmart.org.uk

Are you travelling abroad this year?

If you are travelling abroad you may need additional vaccinations. Please collect a travel questionnaire from the practice and return it **AT LEAST SIX TO EIGHT WEEKS** prior to your trip. This is to allow time to book in any vaccinations that may be needed - certain vaccinations may need to be ordered and must be given one month before your travel and you may also require a course containing more than one dose. One of our nurses will check what is required for your travel itinerary. Please contact the surgery ten days after you have handed the form in to check if any vaccinations are required.



Please note that some vaccinations are not covered on the NHS and there may be a charge to purchase and administer the vaccine. www.fitfortravel.scot.nhs.uk is a useful website with lots of information and advice for travellers



MEDICAL STUDENTS

Our current year 1 and year 2 students are now finished for the summer. However, year 4 students have fewer holidays so you may still see them around the practice. Many thanks to all patients who kindly agree to speak to our students and make the learning experience more meaningful for our doctors of the future!

Hay fever season!

There are several different types of hay fever remedy available over the counter. Tablets, eye drops and nasal sprays. Your local pharmacist can give lots of useful advice about dealing with hay fever.

You can also help yourself by: Planning ahead by **checking the pollen forecast** - online or on the TV weather report. **Vacuuming and damp dusting** to help remove all stray pollen from your house. **Keeping windows and doors closed.** This stops the pollen from getting in in the first place



We are delighted that Danestone Medical Practice is involved in this new venture, providing good food and good company every second Friday in the Danestone community Centre. This is hosted by Caf4e who provide a team of volunteers to serve lunch and to organise entertainment. Please speak to anyone in the practice if you are interested in coming along or if you would be able to volunteer occasionally. Volunteers are needed to help at the lunch, or as a driver allowing housebound folk to attend. The cost is £4 with transport available by arrangement if required.



All our receptionists work to set guidelines laid down by our doctors. When you phone us for an appointment or with a query, we will always deal with you as per the doctors' instructions.

Receptionists are not trained to make medical decisions, and we will not prevent you having an appointment with the doctor. We have a carefully laid down appointment system designed to meet the needs of the practice population as a whole.

There are times it is necessary for reception staff to ask you for an indication of your medical problem.

This is always at the request of the doctor and is to ensure that you receive the most appropriate medical care from the most appropriate health professional at the most appropriate time. We understand there may be times you may feel an issue is personal and do not wish to say what this is and we will respect that. You can also ask to speak in private away from reception if you are attending the practice in person. Every staff member is bound by the same strict confidentiality rules as the doctors and nurses.

Thank you for your support

DANESTONE GALA

We are once more looking forward to the gala which is planned for **Saturday 2nd July 2016**. There will be the usual fun activities and stalls in the community area at Danestone to suit all ages. Come and see us at the Medical Practice Stall. We will have the Red Cross with us measuring blood pressures and some information on alcohol consumption awareness...come along and say hello!



Mental Health Awareness Week
May 16th – 20th

Mental wellbeing should be equally as important as our physical wellbeing yet there is still reluctance to talk about it. In order to start overcoming this stigma we recently ran a week long promotion of mental health awareness along with a 2 day patient event in the local community centre. A number of organisations supported the event with stalls providing information including Sport Aberdeen; Aberdeen Foyer; CFINE; Community Chaplaincy Listening; the Health Promotion Team and the Wellbeing Team who carried out Fitness MOTs and exercise plans. Feedback from those who attended, as well as the organisations involved was extremely positive and so we hope that this could become an annual DMP event...watch this space next May!



Scottish Families Affected by Alcohol and Drugs is a national organisation commissioned by the Scottish Government.

Families and Concerned Significant Others (CSOs) have a crucial role to play in the recovery journey of a loved one's substance abuse. Scottish Families offers support, advice and guidance to those affected by a significant other's alcohol or other drug use. Through our helpline, family support groups and online presence we engage with family members/CSOs across Scotland signposting them to the most appropriate support locally. If this is something you would like to find out more about please contact Scottish Families by one of the methods listed below or check out their website at www.sfad.org.uk

Here to help when you're ready.
Free Confidential Helpline Tel:08080 10 10 11
E:helpline@sfad.org.uk Webchat available online

www.sfad.org.uk  

Protected Learning Time (PLT)

We are closed for training on the following afternoons:

- 17th August 2016**
- 26th October 2016**
- 9th November 2016**

Any patients in need of urgent advice or to see a doctor during PLT afternoons should phone the surgery number and an answering machine message will give you the phone number for NHS24