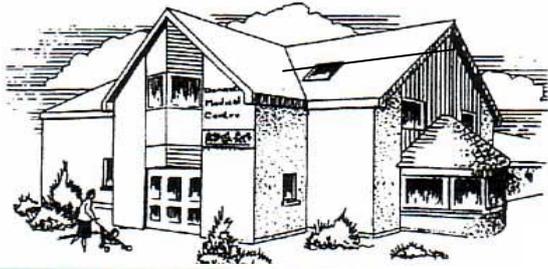


# Danestone Matters



Working together, caring for your health  
**Danestone Medical Practice**

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**SUMMER IS HERE - HOPEFULLY  
WITH SOME SUN TO COME!**



**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:

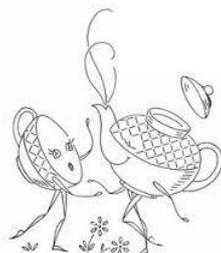
- Slip** on a long sleeved top
- Slop** on some sunscreen - re-apply every two hours
- Slap** on a broad brimmed sunhat
- Seek** some shade regularly
- Slide** on a pair of sunglasses to help protect your eyes and eyelids.

Here is a really informative website about sun safety. [www.sunsmart.org.uk](http://www.sunsmart.org.uk)

**AND IT'S ALSO HAY FEVER SEASON!** Several different types of hay fever remedy are available over the counter, eg tablets, eye drops and nasal sprays. Your local pharmacist can give lots of useful advice about dealing with hay fever. You can also **check the pollen forecast** - online or on the TV weather report. **Vacuum and damp dust** to help remove all stray pollen from your house. **Keep windows and doors closed** to stop the pollen from getting in in the first place

**IF YOU ENJOY TEA DANCES AND SINGALONGS  
THIS IS FOR YOU**

A number of dates have been organised for Tea Dances and Singalongs at the Beach Ballroom. For further details contact Elaine and George on 01224 823699 or email [georgesim@btinternet.com](mailto:georgesim@btinternet.com)



## CHEERIO ANNE

This month we said our goodbyes to **Anne Coombes**. Anne has worked in the practice for the past 25 years – 23 of those as Practice Manager. Anne was the first Practice Manager here and has overseen the development of

much of what you see in the practice today – including the building of our extension. Plans for that got underway very shortly after she arrived in post – talk about being thrown in at the deep end! She has presided over the coming and going of many many staff and doctors over the years and now, sadly, it's her own turn to leave us. Having worked part time for the past 2 years as HR Manager, Anne feels the time has come to hang up her DMP badge once and for all. She has lots planned for her time – including seeing a lot more of her 3 lovely grandchildren. Anne has worked tirelessly in the practice over these years and we will miss her professionalism, wisdom and sense of humour!

**HEALTHY HELPINGS COURSES  
ARE BACK**



Healthy Helpings aims to help motivated people tackle their (over)weight by making small, sustainable changes to their diet and lifestyle. And so to achieve a slow, steady and maintainable weight loss. If you are interested you can self-refer by phoning: 01224 556556

You need to:

- Be aged 16 or older
- Have a BMI of over 25
- Be motivated to lose weight
- Be happy to take part as a group (average 10 people in a group)



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**

**WELLBEING EVENT**

We held another successful Wellbeing Event in the local community centre on 17 May. People in our community had the opportunity to access information on groups and organisations which can enhance their health and wellbeing and become and find out about groups and services available locally and in the city.

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.



**SMALL STEPS TO BETTER HEALTH**

- Get more sleep – go to bed 10 or 30 minutes earlier
- Eat 1 more piece of fruit/portion of vegetables a day
- Use the stairs instead of lift/escalator. Walk an extra stop for the bus – or walk the whole way if you can!
- Swap one of your usual cups of coffee for green tea
- Count your blessings - take a moment each day to acknowledge the good things in your life. This is one way to tap into positive emotions - linked with better health, longer life, and greater well-being.

**TURN TO YOUR OPTICIAN/OPTOMETRIST**

If you have an eye problem, such as **sudden loss of vision, blurred vision, painful or red eyes, sudden flashes or floaters**, you can make an emergency appointment with an optician (also known as optometrist). These appointments are provided free by the NHS and will ensure you receive the right specialist care as soon as possible. Opticians have the same specialist equipment as specialist eye doctors and may be able to treat and manage your eye problem without a need for you to go anywhere else. They can refer you to the hospital eye clinic if necessary. To make an emergency appointment, telephone your optician/optometrist on contact NHS24 on 111

**MESSAGE IN A BOTTLE – IT COULD HELP SAVE YOUR LIFE**



We have received a supply of 50 Emergency "Message in a bottle" tubes as a pilot - funded by the local Lions Club. The Lions Club Message in a Bottle is a simple idea that encourages people, particularly the elderly who live alone, to keep their basic personal and medical details in a common place where they can be found in an emergency. The information is kept in a bottle in the fridge, where emergency services will expect to find it in the event of being called to your home. They will know you have a bottle by two labels – one is fixed on the inside of the front door of your home the other to the door of your fridge. Ask at the practice for your Message in a Bottle or email [miabcenorder@lions.org.uk](mailto:miabcenorder@lions.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](http://www.fitfortravel.scot.nhs.uk) is a useful website with lots of information and advice for travellers.