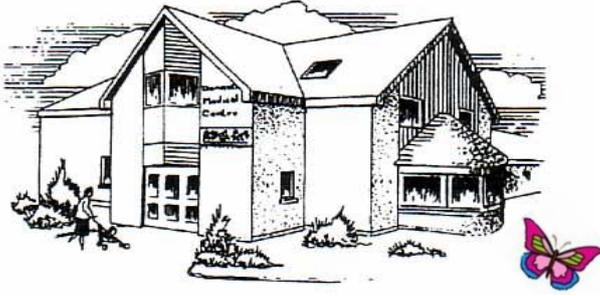


Danestone Matters



Working together, caring for your health

Danestone Medical Practice

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Spring 2019

KEEP ANTIBIOTICS WORKING

No-one likes being sick and its especially upsetting when your child is ill. But please remember, antibiotics aren't always needed, and can actually be harmful in the longer terms if we take them unnecessarily.

If you or a family member are feeling unwell, have a cold or flu and you haven't been prescribed antibiotics, there are some effective self-care ways to help you feel better such as:

- asking your pharmacist to recommend medicines to help with symptoms or pain
- getting plenty of rest
- making sure you or your child drink enough to avoid feeling thirsty

Fever is a sign the body is fighting the infection and usually gets better by itself in most cases. You can use paracetamol if you or your child are uncomfortable as a result of a fever.

If you have a cold or flu, make sure to use a tissue for your nose and wash your hands frequently to avoid spreading your infection to family and friends

www.nhsinform.scot/campaigns/keep-antibiotics-working

Taking antibiotics encourages harmful bacteria that live inside you to become resistant. That means that antibiotics may not work when you really need them. This puts you and your family at risk of a more severe or longer illness.

Taking ANTIBIOTICS when you don't need them puts you and your family at risk



STAFF NEWS – WELCOMES AND FAREWELLS

We are delighted to be welcoming back **Dr Jane Latham** following her period of maternity leave. Staff and patients have missed Dr Jane and we are thrilled she is returning from the beginning of March. As with most of our GPs Dr Jane will be working part time - 2 days per week in her case. Many thanks to **Dr Elspeth Aspinall** who has been helping us out with some locum sessions in Dr Jane's absence. Dr Elspeth has been a great asset

to the team and will be free to help us out in future if required

We said goodbye to our Secretary **Christine Harding** before Christmas as she decided to move on to new pastures. Seems like a long time since Christmas! Our new Secretary/Admin Assistant who has taken up this post is **Ashton McCombie**. Ashton has quickly settled in with us and is a great addition to the Danestone Team. Thanks to all our patients for bearing with us as Ashton completes her training.

BOOKBUG

THE SCOTTISH BOOK TRUST



Bookbug gifts book bags to every child in Scotland. They also run free song & rhymes sessions across the country. Sharing stories, songs and rhymes with your child has many wonderful

benefits. It's lots of fun and just a few minutes a day will:

- Develop your child's language skills
- Give you time to cuddle and help you bond together
- Help you and your child feel more relaxed
- Boost your child's confidence
- Encourage your child to draw and write
- Give your child a head start in life

How to get the most from Bookbug

1. **Collect your free bags of books** - Usually you will receive the bags from your Health Visitor or Nursery.
2. **Come along to free Bookbug Sessions** - Join in fun sessions at your local library. Check the website below or contact Bridge of Don Library, Scotstown Road to enquire 01224 702800

If you have any comments or questions about Bookbug, get in touch with the team as below:

Email: bookbug@scottishbooktrust.com

Telephone: 0131 524 0179

Facebook: www.facebook.com/Bookbug_SBT

www.scottishbooktrust.com/bookbug



Healthy Helpings is a free weight management programme run by NHS Grampian suitable for those aged over 16 who are overweight and want to lose weight.

It offers a relaxed and informative way of finding out more about a healthy lifestyle, and the best way to put it into practice in your everyday life. A group is made up of around a dozen people and topics covered include: Sensible weight loss targets; How best to plan and make changes; Healthier food choices; Fluid intake; Appropriate portion sizes; Physical activity; Label reading; Meal planning; Alcohol.

If you would like to take part please ring this number below to register your interest. 01224 556556

There is also a new website "Healthy Weight" which is packed full of useful information and tips. Check out www.healthyweightgrampian.scot.nhs.uk

LINK PRACTITIONER AT DMP

We are delighted to have **Rachael Gibbon** working in the practice one day a week. Rachael is a Primary Care Link Practitioner employed by SAMH (Scottish Association for Mental Health).

What is a Link Practitioner?

Link Practitioners support people with a wide range of non-clinical issues they may be experiencing and can help people to talk about what really matters to them. They can enable people to set goals and overcome life's challenges. They have an overview of what is happening in the local community and can help people access all the local community has to offer.

Some of these topics include:

- Money/benefit advice
- Debt management/budgeting
- Local activities & social groups
- Self-help & support groups
- Care services & carers support groups
- Volunteering opportunities
- Getting into work, training & education

If this is something you think might be useful to you, speak to your usual GP.

"MEET US AT THE MOVIES"

Sunday 3rd March 2019 at 2pm Danestone Community Centre

Free

Film screenings for people with dementia & their carers

For tickets or further information contact the Community Centre on 01224 828333



WHY MOVING MORE IS IMPORTANT FOR YOUR OLDER RELATIVE

You probably know that keeping active helps us to maintain independence and have a better quality of life.

You might not know that moving more often has many benefits in later life even for the oldest and most frail.

Sometimes older people can get out of the habit of moving. This has negative consequences. Prolonged sitting leads to poor health such as frailty, falls and bone health. It also results in a poorer quality of life, depression and loneliness.

Many benefits can be achieved in later life by moving more - even by the oldest and most frail. Families sometimes worry that it might be risky for their older relative to start moving more and it may be better if they sit still. However research shows that it is actually more risky to sit or lie for long periods of time.

What about falls?

Did you know that falls aren't an inevitable part of growing older and can happen for many reasons. We lose strength and balance in our legs when we become less active. We can help reverse this. If we increase the number of times we stand up and sit down during the day, we start to improve our leg strength and become less likely to fall. So it's really important to encourage your relative to keep active throughout the day.

For more information visit www.capa.scot



Encourage your older relative to move, reach, twist, stretch, sit forward, walk, and stand up



DATE FOR YOUR DIARY

DANESTONE GALA SAT 6TH JULY

Here is a date to mark on your calendar...

Come along to the Danestone Community area to join in the fun of the annual gala. Once again we will be assisted on our stall by members from our Patient Participation Group and St Andrews First Aid. As usual we'll be offering free blood pressure measurement and advice on how to get active. We can give you information about the local Parkruns and can also help you sign up to join in Parkrun on Saturday mornings if that's something you would be interested in. There are lots of other stalls and activities available – with something to suit everyone in the family....don't miss it!