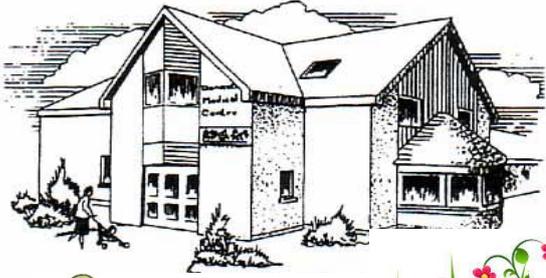


Danestone Matters



SPRING 2020

It's great to enjoy the fresh air and sunshine after a long winter!

From about late March/early April to the end of September, most of us should be able to get all the vitamin D we need from sunlight. The body creates vitamin D from direct sunlight on the skin when outdoors. As summertime approaches you need to be aware about getting too much sun though, and use sunscreen to protect against getting burned. Here is a useful chart from Cancer Research UK

DON'T LET SUNBURN CATCH YOU OUT

Check the UV index at www.metoffice.gov.uk/uv to see how strong the sun's rays are.



Bridge of Don Men's Shed
Escape to the Shed !

5th Feb - Breaking News!!

Bridge of Don now has their very own Men's Shed! As from today, they have occupancy of their new home at the Guardhouse, Gordon Barracks, Bridge of Don. Find them on Facebook for more information. [@BridgeofDonMensShed](https://www.facebook.com/BridgeofDonMensShed)



Working together, caring for your health

Danestone Medical Practice

Fairview Street, Danestone,

Aberdeen AB22 8ZP

Tel: 01224 822866 Fax: 01224 661586

Website: www.danestonemedicalpractice.co.uk

PUBLIC HOLIDAYS – WE WILL BE CLOSED ON MONDAY 13 APRIL & FRIDAY 8 MAY

IF YOU NEED ADVICE WHEN WE ARE CLOSED PLEASE CALL NHS24 ON 111

Coronavirus

If you've visited or travelled through mainland China, Hong Kong, Japan, Macau, Malaysia, Republic of Korea, Singapore, Taiwan, or Thailand and have symptoms of cough, fever or shortness of breath within 2 weeks of returning, or if you have symptoms of cough, fever or shortness of breath after being in contact with someone with a confirmed case of Coronavirus

STAY AT HOME & CALL YOUR GP OR 111

Learn more at www.nhsinform.scot/coronavirus

Patient Participation Group (PPG)

We have an active PPG who meet to discuss the services offered by the Practice and how this can be improved for the benefits of the patient and the Practice. If you are interested in contributing to the group and can spare an hour every quarter, then please contact the Chairman, Andy Cowie on acowie999@btinternet.com

Danestone Gala – Saturday 4th July 2020

Date for your Diaries!

Come and join the fun in the community area car park outside the practice. The Gala Committee put in a huge amount of effort throughout the year to ensure a fun-packed day for all the family.

Staff News!

Welcome to our new Assistant Practice Manager Sandra Edwards. Sandra will be working part time in the practice and will mainly support the finance side of the practice.

We recently said Goodbye to our Pharmacist Rachel Williamson. We look forward to her replacement starting in March.



Free Wednesday Classes

12.30pm to 2pm

22 April to 20 May 2020

Limited Spaces Available

Cook some of your old favourites:

Apple Crumble Sticky Toffee Pudding

Chicken Pie - Quiche Lorraine -

Eves Pudding - Meat Loaf

Book a Place

Contact : Lyndsay Johnstone

Tel 01224 828333 or Email Danestonecentre@btinternet.com

Alcohol – So, what are the guidelines?

- It is safest for both men and women not to drink more than 14 units a week on a regular basis.
- If you regularly drink as much as 14 units per week, it's best to spread your drinking evenly over three or more days. Saving up your units to have one or two heavy drinking episodes a week is binge drinking and increases your risk of long-term illness and injury
- Having several drink-free days per week is a healthy strategy to reduce the amount of alcohol you drink. There are some useful apps that can help you stay in control of how much you are drinking and ensure you are staying within the guidelines e.g. Drink Free Days Tracker.

What does 14 units look like?

HOW MANY DRINKS IS THAT?
Here are a few examples of what 14 units could look like:

	OR		OR	
PINTS 568ml at 4% ABV		MEASURES 50ml at 40% ABV		GLASSES 175ml at 13% ABV
6 pints of medium strength beer, lager or cider		7 double measures of spirits		6 medium glasses of wine

Home BP Machine – Amnesty!

We have a supply of electronic Blood Pressure machines which we lend to patients – usually for a week. It appears that a number of our machines have gone astray, making it difficult to continue lending machines to patients who need to keep a check on their blood pressure.

If you have had a machine on loan from us, would you mind checking your cupboards to be sure you haven't forgotten to return it? Ours look like this and they will **have a registration number on a sticker on the back.**



We'd be very grateful indeed for any which are returned and can be put back into service for others.



Reaching out to everyone who's been thinking about doing their 1st parkrun. Stop thinking about it and just do it - you won't regret it. Which step are you on? Come along to [Aberdeen parkrun](#) and see what it's all about? #loveparkrun #parkrunpractice #RCGPparkrun

Please share this with non parkrun friends - the more the merrier.

FREE registration: www.parkrun.org.uk/register/

The 8 steps to your first parkrun

WHICH STEP HAVE YOU REACHED TODAY?

Patient Access

Speak to Reception about registering for this online service where you can book routine GP appointments and order repeat medication.