

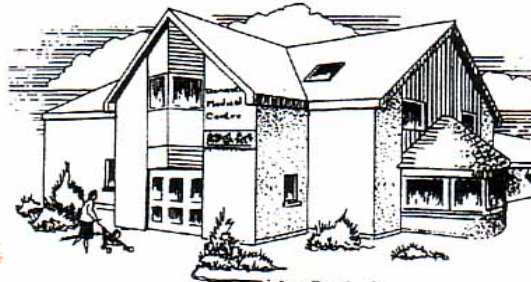
# Danestone Matters



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

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**Autumn 2014 Newsletter**

## Autumn & Winter vaccinations

Our clinics will be starting in October 2014 for the following vaccinations.

**Flu vaccination** is available for those in the following "at risk" groups – please phone to book your appointment:

- You will be over age 65 by 31.3.15
- You have diabetes
- You have heart disease
- You have liver disease
- You have kidney disease
- You have had a stroke
- You have a neurological condition (eg MS)
- You have a chronic chest problem (includes asthma requiring steroid inhalers)
- You have a compromised immune system (eg no spleen or taking certain medications)
- You are currently pregnant
- You are a carer

**Pneumococcal vaccination** For patients in most of the above "at risk" groups we can also offer vaccination against pneumococcal disease which may rarely cause pneumonia and other potentially serious infections. This vaccination is only required once in your lifetime and can be given at the same time as your flu injection.

**Shingles vaccination** Shingles (also known as herpes zoster) can be a very painful nerve and skin condition and is more common among older people.

Supplies will be provided to GP practices to immunise patients who will be aged **70 OR 79** on 1st September 2014. We will be writing to these patients to invite them to make an appointment. This vaccine can be given at the same appointment as your flu jab. It is also a one-off vaccine only required once in your lifetime.



At the end of **Goodbye** July we waved off one of our secretaries, **Sarah Shackleton**. Sarah had been with us for over 20 years and we will miss her cheery and cheeky presence around the practice. We also say farewell and well done to **Dr Kunle Adeyemi** who has completed his final rotation with

us as part of his GP training. Dr Kunle passed his exams with flying colours and we wish him all the best as he takes up his new post in General Practice in Aberdeenshire.

**Hello** We welcome **Fiona McWilliam** who is joining the team as Secretary/Admin Assistant. We are sure she will enjoy being part of the Danestone Medical Practice family. **Dr Gurpriya Kaur** has returned to us for her final year of GP rotational training. Welcome back Dr Gurpriya! Finally, we are delighted to announce that **Dr Kevin Cormack** is taking up a partnership with the practice.

*"I was born in Thurso, Caithness but moved to Bridge of Don as a child. I studied Medicine at Dundee University and initially trained in Paediatrics in hospitals all over Scotland. I changed course to General Practice and completed my training in 2009 in Aberdeen. I still maintain an interest in children's medicine. I enjoyed a year long spell at Danestone Medical Practice in 2009/10 so much that I am delighted to return. I still live in Bridge of Don with my wife and three children and I'm a member of the local St Columba's Church of Scotland."*



### Protected Learning Time (PLT)

We will be closed from 1.30pm for staff training on

**November 12<sup>th</sup> 2014**

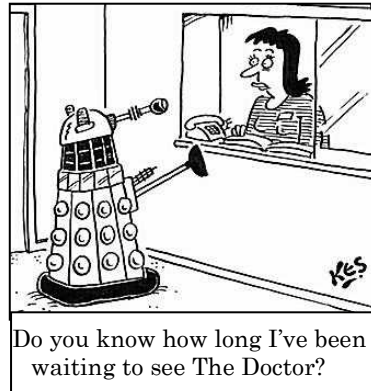
Patients in need of urgent advice or who need to see a Dr during PLT afternoons should telephone the surgery number and an answering machine message will give you the telephone number for NHS 24



Another fun day was had at this year's Danestone Gala. We were assisted at the practice stall by members of the Patient Participation Group together with St Andrew's First Aid.



We were measuring people's blood pressures and giving away apples...an apple a day does keep the doctor away so they say!



As with all other areas of public life, there will be times when we just can't help keeping you waiting.

Please help us by being a patient patient.

- Remember we also have telephone appointments throughout surgery times
- Doctors from the hospital need to speak to our doctors at times throughout the day
- Some patients need urgent treatment arranged which cannot wait till the end of the day
- The doctor will not rush your appointment to try and make up for lost time – please allow other patients the same courtesy
- If you have been waiting for 30 minutes past your appointment time, please check with our receptionist



### MIGRAINE AWARENESS WEEK 7<sup>th</sup> – 13<sup>th</sup> SEPTEMBER 2014

1 in 7 people in the UK suffer from migraine. Migraine Action is a national membership based charity offering support and information to people with migraine living in the UK.

Call: 0116 275 8317

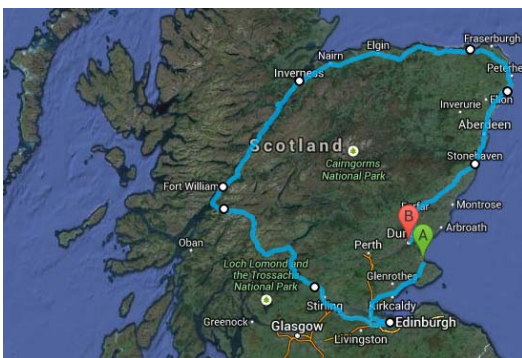
Visit: [www.migraine.org.uk](http://www.migraine.org.uk)

Connect at [facebook.com/migraineaction](https://www.facebook.com/migraineaction)

## Archie's Challenge 2014

## CYCLE... ROW... RUN... SWIM... WALK ...

The Archie Foundation is a vibrant, exciting charity that is making a real difference to the lives of sick children in the North of Scotland and the Islands who need medical care in the Royal Aberdeen Children's Hospital, in children's wards in Inverness and Elgin or in their own community. In January 2014, the Royal Aberdeen Children's Hospital was 10 years old and has cared for over a million children and their families. Now the hospital itself needs some TLC so that it matches the amazing medical care it provides, so The ARCHIE Foundation has launched '**HIGH10 for ARCHIE**' appeal to ensure that we continue to make the children's hospital world-class for the next 10 years. Teams of up to 5 people are being invited to sign up for a "virtual" 500 mile journey around some well known locations in Scotland. Our team "Fit Like" Danestone is made up of Fiona, Maxine, Lynne, Tracey and Anne. (See below) We are taking part in this challenge in the month of September and if anyone would like to sponsor us there will be a sign up sheet and collecting tin in reception. We also have a Just Giving page at [www.justgiving.com/Fit-Like-Danestone/](http://www.justgiving.com/Fit-Like-Danestone/)



GO GIRLS!



Editor Note: At the time of printing our team has travelled "virtually" from the starting point of St Andrews to Inverness. Half way there girls!