

Danestone Matters



Autumn 2015 Newsletter



Working together, caring for your health

Danestone Medical Practice

Fairview Street, Danestone,

Aberdeen AB22 8ZP

Tel: 01224 822866 Fax: 01224 661586

Website: www.nhsgrampian.org/danestone

Flu clinics start soon!

Our clinics will be starting in October 2015 - please ring to make an appointment.

Free **flu vaccination** is available for those in the following "at risk" groups:

- You will be over age 65 by 31.3.16
- 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 very overweight (BMI over 40)
- You are currently pregnant
- You are a carer

Free **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.

Happy Retirement Lesley!



Lesley Boast-Bowen, who was running our Doing Well With Depression clinic has taken early retirement. We will miss her cheery face around the place and wish her all the best for the future.

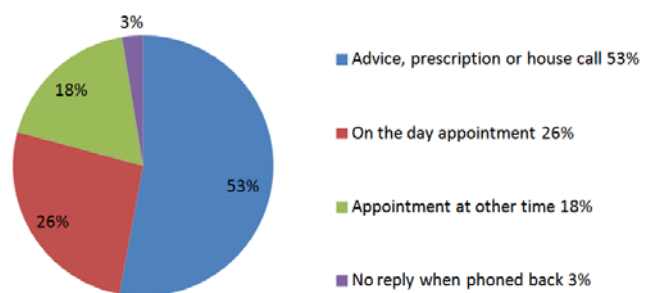
New Appointment Opportunities

Doctor call back

We have now had a month of trialling our new "Doctor call back" appointment set. Patients who ask to be seen the same day are asked by reception for an idea of the problem and are then added to the duty doctor call back list. The doctor phones the patient within an hour or so and assesses on the phone what is needed. We have found that just over 50% of patients who want to book an appointment that day can be dealt with without coming in to the surgery (either receiving phone advice, a prescription for medication or a home visit). Of course there are still a fair number of patients who need to come in for an appointment there and then and we have set up additional consulting sessions for this. So far the feedback we have had from patients is positive.

"Thank you for phoning so quickly"

"It's great to speak to a doctor right away when I've been worried"



Online appointment booking - Patient Access

We now have a selection of appointments available to book online. To access this new service you must collect a registration form from reception and return it with photographic ID. You will then be issued with a user name and PIN and can then book/cancel your own appointments online. This new service also allows you to order medications you have listed as repeat on your records - and replaces the email ordering system we previously used.

For further information on either of these new services please ask at reception.





A new transport service is available which aims to help those who struggle to use conventional public transport to access services.

“We pick up in Aberdeen City between the hours of 8.30am and 5pm, Mondays to Fridays and can take you to:

- Hospital or Health Village Appointments
- GP Appointments
- Dentist Appointments

If you need an arm to lean on, some help up the steps, assistance with your wheelchair or help getting to your hospital ward our friendly driver will help.”

Call us on 01224 665568 for more information or to book your trip. Lines are open 9.30am to 3.30pm Monday to Friday.

Please note that this service is charged at 45 pence per mile.”



You may have seen the recent TV adverts encouraging you to stop smoking this October with the new “Stoptober” campaign. Check out the web page at www.stoptober.smokefree.nhs.uk or have a look at www.canstopsmoking.com for lots of useful tips and online tools to help you quit. Online chats with Smokeline Advisers might also be helpful. Call free 7 days a week on 0800 84 84 84 (from 8am to 10pm)



Healthy Helpings is a free 8 week course run by NHS Grampian offering advice and information on healthy eating and lifestyle, and the

best ways to change behaviour to encourage weight loss. To attend a programme, you must register for a place first – please telephone 01224 556556. Class sizes are usually 8-10 people. Classes are starting in October but you can also register your interest for a future class if this does not suit you.

SCAM ALERT

We have recently been made aware of another incident in Grampian where a patient was contacted by telephone by someone claiming to be from their Medical Practice. This imposter claimed to have medical information about the person and a recommendation for new medicine. They went on to take bank details and charge the person £100 for medications. Details have been passed to the police. Can we take this opportunity to remind all patients that we DO NOT pass your medical or contact details on to any third party medical or other agencies. Furthermore, in Scotland we do not have to pay for prescribed medications. If you are at all suspicious of a caller claiming to be phoning on behalf of this practice, please hang up and ring us to check.



Please note our former email prescription ordering service **will be ending on 31.12.15** and is now replaced by our new Patient Access system.

Please ask at reception to register for our Patient Access System where you will now be able to book and cancel routine Doctors' appointments as well as order your repeat medication online via a secure website.

Registration forms can be collected from reception.

Once completed please bring the form to reception in person along with photographic identification. You will then be issued with your logon details.

Living Well Café For people with memory loss, dementia & their families or carers. Cafes will run in Newhills Church (Bucksburn) and Oldmachar Church (Bridge of Don) on alternate Tuesday afternoons between 1pm and 3pm. A variety of activities are available along with a cuppa, blether and support for people with memory loss and their families or carers.

- eg:
- singing
 - painting
 - games
 - reading poems
 - storytelling
 - reminiscing - photos etc

Please ring for further information (or to find out about volunteering at the café)

Grace Doris at Newhills 07935 733926 or Pricilla Oh at Oldmachar 07935 745435

2015 Café Open Dates

Newhills (NH) Oldmachar (OM)

Sept 29 th NH	Oct 6 th OM	Oct 13 th NH
Oct 20 th OM	Oct 27 th NH	Nov 3 rd OM
Nov 10 th NH	Nov 17 th OM	Nov 24 th NH
Dec 1 st OM	Dec 8 th NH	Dec 15 th OM
Dec 22 nd NH	Dec 29 th Closed	

www.thelivingwellproject.org.uk

