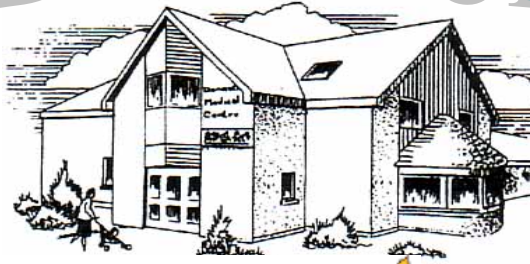


Danestone Matters



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 2016 - 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 31.3.17
- 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.

REPEAT PRESCRIPTIONS – 48 hour turnaround

If you are on long-term medication there will be a tear off re-order form on the right hand side of your prescription you can use to order more medication. We don't take prescription requests on the phone, as this can lead to mistakes as drug names are often similar.

Please hand in or post this slip to us and your prescription will be ready to collect at the surgery or our local pharmacies 48 working hours later. Prescriptions can be sent to local Asda, Tesco, Braehead and Balmedie Pharmacies (please tick the relevant box on the re-order form). If you supply a stamped addressed envelope we can post your prescription to your home address. To provide the best possible care we like you to have a yearly review with your Usual Doctor.

Another option is to sign up for our Patient Access System – see below.

PATIENT ACCESS SYSTEM – Book appointments and order repeat prescriptions online

Our online Patient Access System allows patients to book and cancel routine appointments and order repeat medication. This is for any patient over the age of 16. You can also book routine doctor's appointments through your computer, SKY television and on your smart phone. You must register to use this system - please ask for registration forms at reception. You will need to register in person and bring photographic I.D. with you.

STAFF NEWS

Thank you so much for your patience and understanding over the summer months as we coped with a shortage of GP availability following Dr Peter's retirement. This was partly due to a national shortage of GP locums. We are delighted to announce that **Dr Jane Latham** has joined the practice team as a part time GP. Dr Jane is from Dublin and trained in Exeter. She will be consulting in the practice on Tuesdays and Fridays.

Welcome to the Danestone family Dr Jane!





Are you the type to save a life?

Less than 4% of the eligible population in Scotland are active blood donors (eligible population defined as 17-70 years old) and only 38% of people in Scotland claim to know their blood type.

Research reveals that the number of new blood donors in Scotland has declined by 30% in the last five years.

Dr Moira Carter, Associate Director of Donor Services, SNBTS says: "We are grateful for the support of all blood donors and recognise that life is very busy and it can be challenging to fit in giving blood. However by knowing your blood group, you can make the best use of your valuable time and make an even bigger difference to a patient when they need you most."

Blood stocks fluctuate daily and donated blood cannot be stockpiled. The Scottish National Blood Transfusion Service update blood levels held daily on www.scotblood.co.uk.

Why not check whether you could help save a life?

Protected Learning Time (PLT)

We will be closed from 1.30pm for staff training on:

October 26th and November 9th 2016

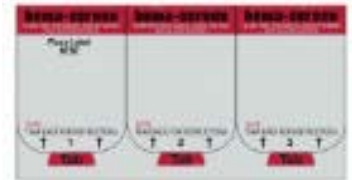
Patients in need of urgent advice or who need to see a Dr during PLT afternoons should telephone the surgery number and an answering machine message will give you the telephone number for NHS 24

LUNCH CLUB - CAN YOU HELP?



A new lunch club project is running in the Danestone Community Centre every second Friday at 12.30pm. The practice is involved in supporting this worthwhile event. The club is run by Caf4e who provide a team of volunteers to serve lunch and organise entertainment. Volunteers are needed to help in the cafe and also as drivers using their own car to transport people. If you are interested in helping out occasionally please speak to anyone in the practice. Likewise if you are interested in coming along please let us know. The cost is £4 with transport available by arrangement if required.

SCOTTISH BOWEL SCREENING PROGRAMME



All adults aged 50-74 are invited to take part in bowel screening every two years in Scotland with over half a million doing the test every year. The test remains the best way of finding bowel cancer early when survival is 14 times more likely.

Towards the end of the summer statistics show that less people are returning their tests - it's a busy time of the year for holidays and returning to school etc. Don't delay when you receive yours through the letterbox - it could be a lifesaver.

Facts

1. Bowel cancer is the 3rd most common cancer in Scotland
2. 9 out of 10 people survive if it's caught early
3. The early signs of bowel cancer are often hidden but it is highly treatable if found early - and screening is the best way to detect it.
4. The bowel cancer home screening test prevents 150 deaths each year in Scotland.

For more information or to find out how to request a replacement test visit

www.getcheckedearly.org

"Wellbeing" course - starting mid January 2017

We will be running a 4 week group course on Wednesday evenings to look at ways of helping ourselves keep well in the midst of the stresses and strains of life. This will include some mindfulness, exercise, relaxation and creativity with tea, coffee and chat built in. If you are interested in finding out more details please give your name to reception.

THE SCOTTISH BREAST SCREENING PROGRAMME

Breast screening aims to find breast cancers early. It uses an X-ray test called a mammogram that can spot cancers when they are too small to see or feel. If you are a woman aged between 50 and 70 years old you will shortly receive an invitation to attend for screening. If you are a woman over age 71 you can contact the **Breast Screening Centre on 01224 550570** to self-refer for screening. Following your X-ray the results will be sent to you and your GP no later than 2 weeks after your appointment.