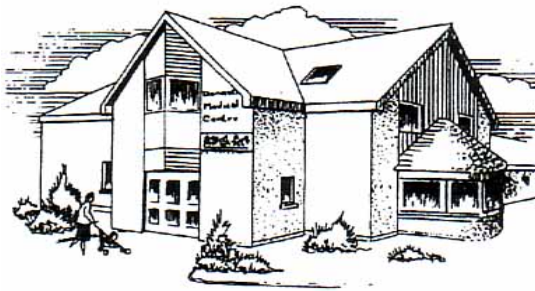


# Danestone Matters



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](http://www.nhsgrampian.org/danestone)

## CONGRATULATIONS!!



Our own Laura Main was awarded "Mums' Midwife of the Year" for Scotland at the Royal College of Midwives' annual awards ceremony in London recently. Laura was nominated by a patient from another practice in recognition of her

outstanding care and dedication to her patients. Well done Laura – it's great to have excellence recognised!

## FAREWELL TO DR ADE

*"Dear all. It is with a great degree of sadness, but also huge anticipation and excitement, that I have to inform you that I am leaving Danestone Medical Practice. My family and I have been provided with a wonderful opportunity to relocate to rural Alberta in Canada, where I will start another phase of practising medicine.*



*I wish to say a wholehearted 'THANK YOU' for the wonderful five and a half years during which you have welcomed me to Aberdeen and accepted me as part of the fabric of Danestone Medical Practice. I hope the good people of Alberta will be just as wonderful as you are which will make my life so much easier." Dr Ade*

We will all miss Dr Ade's beaming smile and capable presence around the practice. We wish him and the family *Bon Voyage* as they leave Scottish soil for a whole new adventure.



## WELCOME TO THE TEAM!

We are delighted to welcome some new additions to the DMP Family. **Sylvia Porter** joins us as Receptionist/Admin Assistant. We have 2 new doctors joining us too, **Dr Lynn Wallace** and **Dr Linzi Lumsden**. We are sure they will all settle into the team quickly. Check out the practice website for photos - as they become available!

[www.nhsgrampian.org/danestone](http://www.nhsgrampian.org/danestone)

## Danestone Gala 5<sup>th</sup> July 2014

This year's gala is planned for Saturday 5<sup>th</sup> July. Please come along and join in the fun. There is always lots to do and something for everyone.

## CONGRATULATIONS!!

Many congratulations to the team from Danestone Medical Practice who took **FIRST PLACE** in a recent NHS



Grampian Curling event. Twelve teams of beginners took part and tuition was available. It was great fun! Next Winter Olympic team?!



We are delighted to announce that Dr Rhona McKeown has been appointed as GP Partner. This will be with effect from April this year. Dr Rhona has been working with us in the practice since September 2005. She will continue to pursue

her interests in women's health, family planning and mental health along with the many other aspects of healthcare in the General Practice setting.

Congratulations to Dr Julie Cooper who is expecting a new addition to the family. Dr Julie will be going on maternity leave from the beginning of May.



## CONGRATULATIONS!!



When you're ready to quit, whether it's **No Smoking Day** or any other day of the year, we can provide plenty of help and support to get you on your way to being a non-smoker. Check out the website above or give us a ring at the practice and ask for an appointment to discuss stopping smoking.

### HEALTH VILLAGE

The Aberdeen Community Health and Care Village opened for business on Tuesday 10 December 2013.

The Health Village does not replace the services presently delivered to patients in their own GP Practice, but will work alongside primary and community health and social care services, to allow us a wider range of services outside hospital and to support people to remain as healthy and independent as possible.

Services provided are as follows:

- \* Sexual Health
- \* Outpatients
- \* Radiology
- \* Healthpoint
- \* Carerspoint
- \* Cardiac Rehabilitation
- \* Dietetics
- \* Physiotherapy
- \* Podiatry
- \* Speech and Language Therapy
- \* Dental
- \* Minor Procedures
- \* Sexual Assault Resource Centre (led by Police Scotland)
- \* The Stuart Watson Learning Centre (focus on self care and self management)
- ★ **Aberdeen Community Health and Care Village** ★
- ★ **50 Frederick Street** ★ **Aberdeen** ★ **AB24 5HY** ★

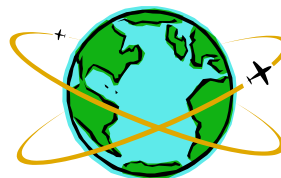
### Protected Learning Time (PLT)

We will be closed for staff training on the following afternoons:

**12<sup>th</sup> March 2014 from 12.30pm**  
**15<sup>th</sup> May 2014**  
**25<sup>th</sup> June 2014**

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

### Are you travelling abroad this year?



If you are travelling abroad you may need additional vaccinations. Please fill out a travel questionnaire and one of our nurses will check to see what is required for the areas you will be visiting. Either collect a travel form at the practice or print from our website. Please collect the form one week after you hand in.

This needs to be done at least **SIX TO EIGHT WEEKS** before your travel date to allow time for booking any necessary appointments at our Travel Clinic and ordering any vaccines you may need. **Please note – certain vaccinations need to be given one month before your travel and you may also require a course containing more than one dose.**

[www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk) is a useful website with lots of information and advice for travellers

### STORING YOUR MEDICINES



Whatever type of medicine you take, whether an over-the-counter remedy or prescription medicine, it's important to store it correctly so that it works properly and is safe to use.

- **Keep dry** – most medicines need to be kept in a cool dry place. This means not in the kitchen or bathroom where it could be hot and damp. Also avoid keeping them in bright sunlight (on the windowsill) or in the car. They should also be kept out of reach of children and pets.
- **Keep cold** – some medicine needs to be kept in the fridge. Keep in the original packaging and away from food.
- **Keep them protected** – Don't take your medicine out of the packets and store them in a different container with other medicines. The packaging your medicines come in is designed to protect them. It also helps you keep track of when you've taken them and how many you've taken. It helps your GP or pharmacist see exactly what you're taking too.
- **Keep them to yourself** – Never share your medicines with other people or take a medicine that has been prescribed. Never take medicines that have changed in colour, consistency or odour. Check all your medicines regularly and check the expiry dates.
- **Dispose of them safely** – If you have medicines that have expired or you no longer need, you should take them to your pharmacist for safe disposal. This is a free service available at every pharmacy. Don't flush them down the toilet or pour down the sink as they can get into the water supply and could cause a hazard to the environment. Please note we cannot dispose of these in the practice.