

Danestone Matters



Working together, caring for your health

Danestone Medical Practice

Fairview Street, Danestone,
Aberdeen AB22 8ZP

Tel: 01224 822866 Fax: 01224 849699

Website: www.nhsgrampian.org/danestone

Summer Newsletter 2013

Hayfever season!

There are several different types of hayfever remedy available over the counter from your local pharmacy.

Tablets There are a number of hayfever tablets on the market which use a range of different antihistamine active ingredients.

Eye drops Antihistamine eye drops can be useful if eye symptoms are your biggest problem.

Nasal sprays One of the most irritating hayfever symptoms is a blocked nose and stuffy sinuses. Nasal sprays are designed to help clear your nose and sinuses to help you breathe normally. Some also protect against airborne allergens too. A pure sea water spray will help relieve nasal congestion associated with sinusitis, blocked nose, colds, hayfever, and allergies and can be used as often as required.

Here are some tips about how to avoid hayfever symptoms in the first place!

- ♦ **Check the pollen forecast.** This is normally shown on the weather report on TV but can easily be found online too. If the pollen levels are high then your hayfever symptoms are likely to be worse.
- ♦ **Vacuum and damp dust.** This helps you to remove all stray pollen from your house.
- ♦ **Keep windows and doors closed.** This stops the pollen from getting in in the first place.

NEW CHILD IMMUNISATIONS



Look out for posters in the practice which explain the new scheduling of immunisations for children. An oral vaccine for rotavirus has been added and also nasal spray vaccine for flu. The programme covers children from 8 weeks to pre-school and also teenagers from around 12-13 years to 18 years. Ask at reception for a leaflet.

Integrating and strengthening palliative care in Africa www.integratepc.org/hospitals

As many of you may know, Dr Peter Kiehlmann has a special interest in Palliative Care and has held various posts in Grampian in addition to his GP work in the practice. During July 2013, he is to be part of the 'Integrate Project' in Nyeri Hospital in the foothills of Mt. Kenya which aims to integrate palliative care into health systems across Sub Saharan Africa. Eight years ago he was part of a team teaching General Practice to the Kenya College of GPs. This is an amazing opportunity to work alongside African hospital professionals and make a practical contribution to communities in need.

DANESTONE GALA

This year's gala was on Saturday 6th July. We had brilliant weather once more and lots of fun was had by all at the various activities. We were joined at the DMP table by members of the Red Cross who spent the day measuring people's BPs. Funds from this year's sponsored walk were used to purchase single use needles for the practice's new acupuncture service, which were presented on the day.



We are so grateful to the PPG for all they do to support the practice and in particular for the generous fund raising through the sponsored walk. If you are interested in finding out a bit more about acupuncture – look out for the next issue of "Danestone Matters"! Anne Coombes, Practice Manager

PATIENT PARTICIPATION GROUP
Chairman: Andy Cowie tel: 703248

When to call 999

You should call 999 for an ambulance when it is obvious that you or another person is seriously ill and in need of immediate emergency care. Here are some examples of when to call 999. If someone:

- is unconscious
- is bleeding heavily
- may have broken bones
- is having chest pain
- has a deep laceration (cut)
- is having difficulty breathing



Dr DANESTONE TOP TIPS FOR A HEALTHY SUMMER

Sun care - protect your skin and eyes. No matter what colour your skin, it's vital that you protect yourself in the sun. Wear sunscreen - re-apply every two hours (more often if you go swimming, or sweat a lot). Sunglasses help protect your eyes and eyelids.

Sleep Well - Resist the urge to stay up later during long summer days. Instead maintain good sleep habits by keeping the same bedtime and wake-up times and don't drink alcohol within 3 hours of bedtime. It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

Healthy eating - Take advantage of the lovely fruit and salads available in Summer to overhaul your eating habits. Cut down on fatty/ sugary foods and make sure you are eating your 5-a-day fruit and veg! Don't forget to keep your fluids up - plenty of water. Watch your alcohol intake as it is easy to overdo it in the good weather!

Exercise - Pick one outdoor activity - eg going on a hike, taking a nature walk, playing games such as tag with your kids or cycling. Remember gardening counts as exercise too! To improve stress levels, plant a small garden, cultivate a flower box, or plant up a few pots and enjoy the colourful results.

see me...

The 'see me' campaign urges us to ask about mental health and to listen to what is said. 40% of those asked said they would be unsure about asking about mental ill-health. Their main concerns were:

- How to raise the subject
- What to do if the conversation doesn't go well
- Where to access further help and advice.

More detailed information about how to talk about mental ill-health is available at www.seemescotland.org

It's not always easy to talk about mental ill health but you may be the only person they can turn to

JUST LISTEN. YOU COULD CHANGE A LIFE

ROSIE'S
CAFÉ & TAKEAWAY

**'Time for Life
Groups'**

137 Rosemount Place, Aberdeen

The café welcomes anyone affected by dementia, including family & friends

Drop-in sessions:

- Monday 10am -12midday (starts 11th March)
- Tuesday 2pm – 4pm (new time)
- Sunday session coming soon!

Make friends & relax

Gain information and informal support

Just pop in or if you prefer to speak to someone first please call:

Gina Brown (Alzheimer Scotland) - 01224 644077

Alison Paterson (Rosie's Café) - 01224 626214

CONGRATULATIONS

We were joined by members of our Patient Participation Group and CHP General Manager Heather Kelman to say CONGRATULATIONS! to Anne Coombes and Lynne Gillies who have both been with us for 20 years! Anne and Lynne were presented with gifts and flowers on behalf of the Practice and Patient Participation Group.



Keep up the good work!



Health Walks in Aberdeen City

A great way to socialise and get back into some gentle exercise. **We meet every week.**

Tues at 10.30am – meet Peterculter Sports Centre

Tues at 11am - meet Woodside Fountain Centre

Fri at 10.30am – meet Albury Sports Centre Ferryhill

Just come along

or contact Stephen for more details 01224 577738