

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

Summer Newsletter 2014

Visit of Alex Neil MSP, Cabinet Secretary for Health



Mr Neil was presented with a gift, hand crafted by Brian Gray

The following article was published in NHS Grampian's "Upfront" magazine in May 2014

Dr Peter Kiehlmann, Senior Partner, Danestone Medical Practice, Rev Andy Cowie, PPG and their teams, welcomed the Cabinet Secretary for Health, Alex Neil, MSP, to visit Danestone Medical Practice and its Patient Participation Group (PPG) on April 28th. Over many years the PPG and Practice have worked together, educating, informing and campaigning to care for the health of the people in this rapidly expanding community.

Rev Cowie says "As the PPG, we aren't here to be a 'greetin' meeting', but rather a 'critical friend' to the practice. We aim to strengthen communication between patients and practice, ensuring high-quality healthcare continues to be delivered with patients at the heart of decision-making."

Dr Kiehlmann says '**Working Together, Caring for your Health**' embodies our Practice ethos, around which we develop services. This involves good communication and team working among the practice team, community professionals such as district nurses, pharmacists and our local care home, Fairview House and hospital and social work colleagues. Most importantly it means working with our patients, listening to them, helping them make decisions about managing health issues as individuals, families and as a community.

Health Walks are led locally on a regular basis, and the PPG has been instrumental in the annual Danestone Gala, jointly hosting a stall with the practice promoting health education and checks on many topics, including Healthy Hearts, BP and Strokes, Healthy Eating and drinking and Smoking Cessation.

Last autumn, a PPG meeting '*Thinking Ahead for Winter*', promoting Anticipatory Care Plans and the Key Information Summary (KIS), attracted over 100 over-65s, where diet, exercise, being a good neighbour and Power of Attorney were discussed, with input from Police and Council staff, as well as GPs and Nurses.

DANESTONE GALA

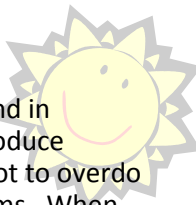
We are once more looking forward to the gala which is planned for **Saturday 5th July 2014**. As usual there will be lots of different fun activities and stalls in the community area at Danestone to suit all ages. Come and see us at the Medical Practice Stall. We will have members of St Andrew's First Aid who can measure your blood pressure, along with plenty of health advice and information available – please come along and say hello.

SEE OUR WAITING ROOM
FOR A COPY OF THE
RESULTS OF THE MOST
RECENT PATIENT SURVEY
CONDUCTED NATIONALLY

PATIENT PARTICIPATION GROUP

Chairman: Andy Cowie-tel: 703248

HERE COMES THE SUMMER!



Sun care – Most of us love a bit of sun – and in moderation it is good for us, helping to produce vitamin D. However we must be careful not to overdo it which can lead to a range of skin problems. When you're out in the sun for prolonged periods, remember this:

Slip on a long sleeved top

Slop on some sunscreen - re-apply every two hours (more often if you go swimming, or sweat a lot)

Slap on a broad brimmed sunhat

Seek some shade regularly

Slide on a pair of sunglasses to help protect your eyes and eyelids.

Here is a really informative website about sun safety.

www.sunsmart.org.uk

Hayfever season - There are several different types of hayfever remedy available over the counter from your local pharmacy. Regular vacuuming and damp dusting can help keep indoor pollen levels down. Keeping windows and doors closed can help cut down on pollen getting in in the first place Check the pollen forecast at:

www.metoffice.gov.uk/health/public/pollen-forecast#calendar

Insect bites and stings - Most bites and stings are treated by washing the affected area with soap and water and placing a flannel or cloth soaked in cold water over the area to reduce swelling.

Try not to scratch the affected area to avoid infection and if you are in pain or the area is swollen, take painkillers, such as paracetamol or ibuprofen. There is usually no need to see a doctor unless you have a lot of swelling and blistering, or if there is pus, which indicates an infection.

Call an ambulance (999) if you experience any of these symptoms following a bite or sting:

- wheezing or difficulty breathing
- nausea, vomiting or diarrhoea
- a fast heart rate, dizziness or feeling faint
- difficulty swallowing (dysphagia)
- confusion, anxiety or agitation

Protected Learning Time (PLT)

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

25th June 2014

10th September 2014

12th November 2014

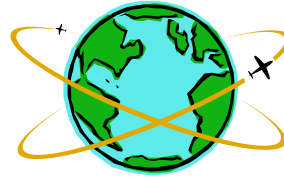
Any patients in need of urgent advice or to see a doctor during PLT afternoons should phone the surgery number and an answering machine message will give you the phone number for NHS24.

**111, the NEW
free number
for NHS 24**

**If it can't
wait until
your GP
surgery
reopens**

www.nhs24.com

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 what is required for your

travel itinerary. Either collect a travel form at the practice or print from our website. Please collect the form one week after you hand in.

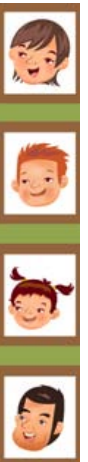
Ideally, this should be done at least **SIX TO EIGHT WEEKS** before your travel date to allow time for booking any necessary appointments at our Travel Clinic and ordering any vaccines you may need. **Please note – certain vaccinations need to be given one month before your travel and you may also require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

www.fitfortravel.scot.nhs.uk is a useful website with lots of information and advice for travellers

*Meet the
Hendersons*

A new website packed with information and advice for parents on how to discuss alcohol with their children has been

launched by the three Alcohol and Drug Partnerships of the North East. The website builds on the successful radio 'soap' about the Henderson family which they developed in partnership with Northsound Radio. It was broadcast last summer to make parents aware of their own drinking behaviour and how this can affect their children. Check out www.meetthehendersons.org.uk the website



NATIONAL BOWEL SCREENING PROGRAMME



All people aged between 50 and 74 are invited for bowel screening every two years. You will receive a test kit by post to your home address. This is to be completed at home and sent by freepost to the national Bowel Screening Centre

for Scotland - based in Dundee.

Bowel cancer is more common in people over 50 years of age, especially in men. One in 20 of us over 50 years of age will get bowel cancer at some point in our lives.

Screening aims to find bowel cancer at an early stage in people with no symptoms. If detected early, bowel cancer is more easily treated and 9 out of 10 people beat it.

**If you have not
received a test kit or
need a replacement
please contact
0800 0121 833**

For more information check out:
www.bowelscreening.scot.nhs.uk or
www.nhsinform.co.uk/Screening/bowel

