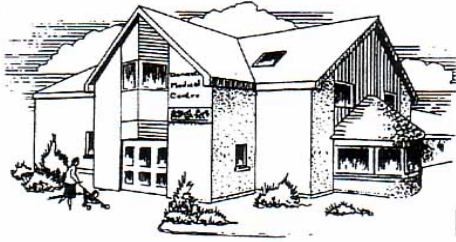
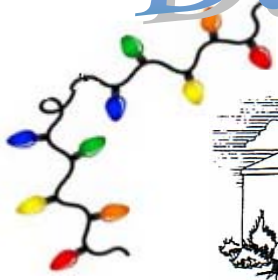


Danestone Matters



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

Winter 2016

Flu Season! If you are eligible for a free flu jab this year you still have time to book in to one of our clinics. If you are aged **over 65** or if you suffer from: **heart liver or kidney problems; diabetes; chest problems including asthma which requires steroid inhalers; neurological disease (eg MS); or if you have had a stroke.** You are also recommended to have the free flu jab if you are **pregnant, the main carer** for an elderly or disabled person or **very overweight.**

Please ring the surgery to book an appointment as soon as possible

Wellbeing Wednesdays

Starting in the New Year we are running a course of wellbeing sessions in the practice. These sessions will help you look after yourself and will cover Mindfulness, Relaxation, Exercise, Creativity and more. There are 4 sessions which will run fortnightly starting on **Wednesday 18th January** from 6.30pm – 8pm. The sessions are **free** but **booking is essential.** Please ask at Reception if you are interested.



CAF4E & COMPANY LUNCH CLUB
DANESTONE COMMUNITY CENTRE, BRIDGE OF DON

COME AND JOIN OUR VOLUNTEER TEAM!!

Looking for something rewarding to be involved in? Come and volunteer at the Caf4e & Company Lunch Club at Danestone Community Centre.

The Caf4e & Company Lunch Club is for older people who want to meet others in the local community. It runs on Fridays, once a fortnight (12.30pm – 2.30pm) and we are looking for friendly and enthusiastic people to join our team of volunteers!!

Volunteers can choose to be involved in providing transport, practical tasks (washing up, etc), or hosting tables / socialising.



Kevin, leading a sing-a-long at Lunch Club



Some of our volunteers and Lunch Club members

To find out more, please contact the Lunch Club Coordinator :

Mrs Grace Doris
Mob : 07920 554 261
Email : grace.caf4e@outlook.com



We would like to send you all our best wishes for a Happy and Healthy Christmas and New Year!

PUBLIC HOLIDAYS - We will be CLOSED on MONDAY 26th & TUESDAY 27th DECEMBER 2016 and MONDAY 2nd & TUESDAY 3rd JANUARY 2016 otherwise normal opening

IF YOU NEED ADVICE WHEN WE ARE CLOSED

PLEASE CALL NHS24 ON 111

2017 is just around the corner – will this be your year . . .

- To stop smoking?
- To get active?
- To lose weight?
- To take up a new sport or hobby?
- To learn to drive?
- To join a club or activity group in your community?
- To get to know your new neighbours?

Norovirus (Winter Vomiting Bug)

is the most common tummy bug in the UK

and can affect anyone. The virus is highly contagious and causes vomiting and diarrhoea. As there is no specific cure, you have to let it run its course, but it should not last more than a couple of days and is generally not dangerous.

If you have norovirus, the following steps should help ease your symptoms:

- *Drink plenty of water to avoid dehydration.*
- *Take paracetamol for any fever or aches and pains.*
- *If you feel like eating, eat easily digested foods.*
- *Stay at home & don't go to the Dr - norovirus is contagious and there is nothing the Dr can do while you have it.*
- *However, contact your GP to seek advice if your symptoms last longer than a few days or if you already have a serious illness.*

The virus is very easily spread. Try to minimise this by:

- *Washing your hands frequently*
- *Not sharing towels and flannels*
- *Disinfecting surfaces that an infected person has touched*

To find out more about this call 0800 22 44 88 or visit www.nhsinform.co.uk/norovirus

NUMBER CRUNCHING

Our recent appointment review has highlighted that we are now providing an additional 122 appointments per week. This works out at roughly an extra 24 patient contacts per day. We continue to offer routine pre-bookable appointments with your preferred doctor, however if you feel you need to be seen on the same day you will be added to our Doctor call back list. You may then be seen by the duty Dr, nurse or directed to other professionals eg community pharmacy, optician etc as appropriate. This helps ensure the best care for all our patients.

The winter vomiting bug

If you catch it, stay at home for at least 48 hours after your symptoms stop.

DANESTONE MEDICAL PRACTICE IS A TEACHING PRACTICE

This means we are actively involved in teaching and training medical students and trainee doctors. We have a regular group of first year medical students attending the practice for teaching sessions year on year - you may see them arriving or leaving if you happen to be in the waiting room. We also have medical students who are in their final year at university placed with us for a month at a time. This is an excellent opportunity for them to see how general practice works and help them to decide which field they would like to specialise in. They usually have sessions with the practice nurses, phlebotomist, district nurse, baby clinic and midwife as well as our GPs. You may find when you come for your appointment there is a final year student sitting in. You will be asked if you agree to a student being present and although this is a very useful part of their training, if you prefer not to have a medical student present that is no problem and (s)he can step out of the room until your consultation is complete. (Please let reception know when you arrive).

With the holiday season fast approaching, now is the time to make sure you have enough of your regular medication to see you through the festive period. Please note the dates we are closed (see page 1) and remember the repeat prescription turnaround is 48 hours collection from the surgery or pharmacy.



facebook

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www.facebook.com/danestonemedicalpractice

Follow us on Twitter
@DanestoneMed

twitter



Check out our website

www.danestonemedicalpractice.co.uk

On our website as well as information about the practice, our patients can access advice and treatment about their medical condition within 1 working day – no registration required. Once registered you can also book appointments/order repeat medication online. Ask for registration forms at Reception.