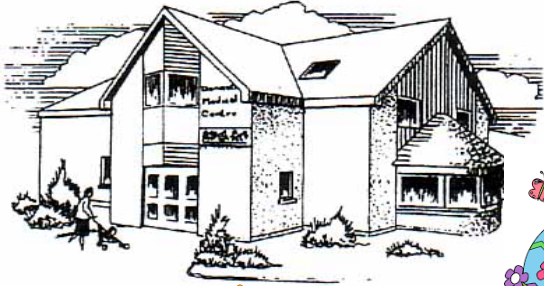


Danestone Matters



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

Spring 2017



FAREWELL TO ADA
As we say farewell to Ada our Health Visitor we warmly welcome Elizabeth, Nicola & Teresa who will be covering from Scotstown Medical Practice meantime.

They can be contacted on 01224 551447. Ada will be sorely missed in the practice and the many lovely messages we have received from patients show that you will all miss her too! We wish Ada all the best in her next venture.

Danestone Gala 1st July 2017

A date for your diaries! We are all looking forward to another fun day at the next Danestone Gala on 1st July.

Are you travelling abroad this year?



If so - you may need some additional vaccinations.

Please fill out a travel questionnaire and one of our nurses will check what is required for the areas you will be visiting. Either collect a travel form at the practice or print from our website. Please then phone the practice a week to 10 days later. You can then make any appointments required for the vaccines you need.

This needs to be done at least **SIX TO EIGHT WEEKS** before your travel date to allow time for booking appointments at our Travel Clinic and ordering your vaccines. **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

Find us on FACEBOOK:

www.facebook.com/danestonemedicalpractice

Follow us on TWITTER:
[@DanestoneMed](https://twitter.com/DanestoneMed)

Use the eCONSULT service:
Access medical advice online or email medical queries to your doctor

ACCESSING THE PRACTICE

Register for ONLINE APPOINTMENTS:
Book and cancel your own appointments online

Register for ONLINE PRESCRIPTIONS:
Reorder repeat medication online

Phone for an APPOINTMENT:
Book a phone or face to face appointment. Be ready to give a brief description of the problem to the receptionist so the doctor can prioritise your call and so you are given the most appropriate appointment for your needs.

ACCESSING THE PRACTICE

For more information on any of these ways to access the practice please ask at reception. It's quick and easy to register for the online services.

Scottish Primary Care Information Resource (SPIRE)

From May 2017 NHSScotland will improve the way they use information from GP patient records. These changes will help to plan and improve health and care services in Scotland.

- The gathering of this data will help NHSScotland plan and make the right decisions for patients.
- To protect patient confidentiality, details will be encrypted before they are sent, so people can be sure their information is secure at all times.
- No reports that are produced to inform health and care planning will contain any patient identifiable data.
- If patients are happy for NHSScotland to use information from their GP records, they don't need to do anything.
- If patients do not wish their data to be used in this way, they will need to contact their GP practice to opt-out.
- For further information, visit www.spire.scot or call NHS Inform on 0800 22 44 88 from 7th March 2017.



THE LIVING WELL PROJECT is a charity set up by Newhills Church in 2011. This was in response to identifying that older people in the community can be socially isolated and experience feelings of loneliness.

HOW DOES IT WORK?

Trained volunteers are matched with a friend on a one-to-one basis. They visit once a week or once a fortnight and enjoy a cuppa and a chat. Or they may go out for a coffee or to the shops or local places of interest. The service is open to anyone aged 65 or over who may be lonely or socially isolated.

WHO CAN BE A VOLUNTEER?

Our volunteers come from all walks of life. If you

- are over 18
- like to chat
- have approximately an hour per week
- are friendly

You could be a volunteer befriender with us.

If you would like more information please contact Yvonne Reid 01224 712808

Web: www.thelivingwellproject.org.uk

Email: befriending@thelivingwellproject.org.uk

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. **PLEASE PHONE BEFORE 10.30AM WHEREVER POSSIBLE.**



This very popular free 8 week course is re-starting in mid March. It offers a fun, interactive and informative way of finding out more about healthy eating and a healthy lifestyle - and the best way to put it into practice in your everyday life. If you are interested please phone 01224 556556 to find out more and register for Healthy Helpings. Places are snapped up quickly so don't delay!

Patient Wellbeing Roadshow Wednesday May 17th Danestone Community Centre 12.30pm – 1.30pm

Following our successful Mental Health Awareness event last year, we are hosting another similar event. Please come along at any time during the session and browse the stalls or chat to representatives from various organisations. We plan to have various local agencies represented. The event is free of charge and should provide lots of useful information for anyone wishing to improve their overall health and wellbeing. Feel free to bring your friends and neighbours along!

5,000
lives are saved
by **cervical screening**
in the UK every year.

Could yours be the next one?

Cervical screening is also known as the "smear test" and is designed to check cells from the cervix (neck of the womb) for any changes so that they can be monitored or treated. Without treatment these changes can sometimes

develop into cervical cancer. All women in Scotland aged between 25 and 49 are offered a smear test every 3 years. Women aged between 50 and 64 are invited every 5 years. Don't ignore your invitation when it arrives – it could save your life. We have leaflets available in the practice which explains things in greater detail. Give the practice nurse a phone if you still have any concerns after reading the leaflet.

