

Danestone Matters



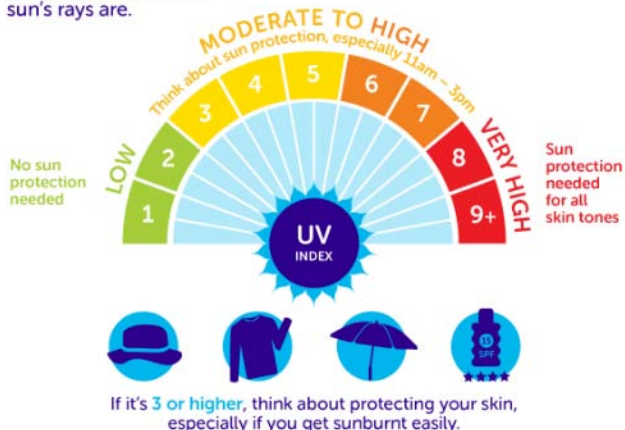
SPRING 2018

It's great to enjoy the fresh air and sunshine after a long winter!

From about late March/early April to the end of September, most of us should be able to get all the vitamin D we need from sunlight. The body creates vitamin D from direct sunlight on the skin when outdoors. As summertime approaches you need to be aware about getting too much sun though, and use sunscreen to protect against getting burned. Here is a useful chart from Cancer Research UK

DON'T LET SUNBURN CATCH YOU OUT

Check the UV index at www.metoffice.gov.uk/uv to see how strong the sun's rays are.



Staff News!

We were sad to say 'goodbye for now' to **Dr Jane Latham** as she begins her maternity leave. We want to wish her and her husband well as they await the new arrival- we look forward to meeting him or her!

We are soon to welcome Dr Ferdous Wahid who is joining us as a longterm locum to cover Dr Latham's leave. We are sure he will settle in quickly to the Danestone team.

Another new staff member who has joined us recently is Pharmacist Rachael Williamson. Rachael will be working part time in the practice and will assist the GPs in making sure patients have optimum treatment in terms of their medication.



Working together, caring for your health

Danestone Medical Practice

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Aberdeen AB22 8ZP

Tel: 01224 822866 Fax: 01224 661586

Website: www.danestonemicalpractice.co.uk

PHARMACY FIRST



Pharmacy First allows patients to access FREE advice/or treatment for uncomplicated **Urinary Tract Infection** in women aged between 16 and 65 and **Impetigo** in patients over 2 years old.

This service is available in community pharmacies across Scotland. (There are some exclusions which can prevent your pharmacist from treating you and you may need to be referred to your GP.)

If you have any of the following symptoms please speak to your Pharmacy first before going to your doctor or A&E.

Urinary Tract Infection - women aged between 16 and 65 with any of the following:

- Burning or stinging sensation on passing urine?
- Need to pass urine frequently?
- Need to pass urine urgently?

Impetigo - patients over 2 years old with any of the following:

- Minor skin infection on one area of the body?
- Red sores that pop easily and leave a yellow crust?
- Fluid-filled blisters?
- Itchy rash?

Dementia Awareness Week

We are delighted that Danestone Community Centre is holding a Dementia Awareness Week from 21 May - 27 May 2018 in the Centre. ALL ACTIVITIES ARE FREE FOR NEW CENTRE USERS. For further information email danestonecentre@btinternet.com

Here is the programme:

Monday: Dementia Information Session	1.30 - 2.30
Tuesday: Tea & Talk	10.00 - 11.30
Wednesday: Carpet Bowling	2.00 - 4.00
Thursday: Easy Exercise Class	3.15 - 4.00
Friday: Tea & Tunes	3.00 - 4.00
Saturday: Social Walk	9.30 - 10.15



Together to stop bowel cancer

Bowel Cancer Awareness Month

Bowel cancer is the 2nd biggest cancer killer in

Scotland but is treatable and curable especially if diagnosed early. Early diagnosis really does save lives which is why Bowel Cancer UK and Beating Bowel Cancer are using Bowel Cancer Awareness Month to focus on bowel cancer symptoms. Being aware of the key symptoms and visiting your GP if things don't feel right can help increase chances of an early diagnosis.

The symptoms of bowel cancer can include:

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. If you have one or more of these, or if things just don't feel right, see your GP.

For more information visit bowelcanceruk.org.uk or beatingbowelcancer.org



Quit Your Way Scotland

is an advice and

support service for anyone trying to stop smoking in Scotland. Whether you're ready to stop, just beginning to think about it, or are just looking for information, Quit Your Way Scotland is here to help you. There is no minimum age limit, and you have the choice to chat with us for free on the phone (contact a Quit Your Way Scotland advisor on 0800 84 84 84) or through webchat. You won't receive any letters and your information will not be shared without your consent. If you wish, you can use the service anonymously.

Quit Your Way Scotland is run by NHS 24 and is staffed by trained advisors who'll be able to give you expert advice. The helpline and webchat services are open:

- Monday to Friday, 8.00am to 10.00pm
- Saturday and Sunday, 9.00am to 5.00pm

for further information check out this web page

www.nhs24.scot/our-services/quit-your-way-scotland

Danestone Gala - Saturday 7th July 2018

Come and join the fun in the community area car park outside the practice. The Gala Committee put in a huge amount of effort throughout the year to ensure a fun-packed day for all the family. Come and say hello at our stall where we will be giving away "an apple a day" as well as measuring BPs and giving some health tips.

Improving Access to Appointments

With ever increasing demands on General Practice we are keen to make our provision of appointments fair for all.

- All urgent requests for on-the-day appointments will receive a call back from the duty doctor. Where possible these requests should be made before 10am. When you phone, the Receptionist will ask you for an idea of what the problem is – this is at the request of the GP so they can prioritise urgent conditions. Your help with this is much appreciated. Be assured this information is kept strictly confidential – as with all matters within the practice. The duty doctor will call you to discuss your problem and make a plan with you. There is the option to deal with your query over the phone, you may be issued a prescription or the GP may give you a face-to-face appointment in the practice with one of the clinical team
- Routine appointments are also available to book in advance with the clinician of your choice. There is also the option of using our online consultation service. There is a link on our website for this. You can access advice and treatment within one working day by this method. The duty GP will review your request and take appropriate action. The Receptionist may be asked to contact you with the response.
- If you feel you need to see a Physio you can self refer – call 0800 917 9390 or visit www.nhsinform.co.uk/msk
- If you have a problem or concern to do with your eyes, you can make an appointment with a community optician. They are qualified and happy to see patients with almost all eye problems.
- As a practice our aim is to work together with you to help care for your health.

Protected Learning Time (PLT)

We will be closed from 1.30pm for staff training on **May 23rd 2018**. If you need urgent advice or to see a doctor during PLT afternoons please phone the surgery number and an answering machine message will give you the phone number for NHS 24.

Feel Good Football

FREE weekly Football Sessions

providing a safe and supportive environment for people aged 16+

looking to improve their mental wellbeing.

STRIKERS Indoor Football, Aberdeen

every Tuesday 2 - 3pm. Contact Ross McNeil for further information 01224 650482

Email: ross.mcneil@afccommunitytrust.org

