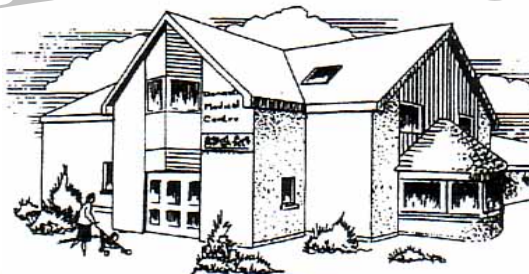


Danestone Matters



Autumn 2017



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

Flu season!

Our clinics are now running – if you are eligible for free immunisation please ring as soon as possible to make an appointment.

Free flu vaccination is available for those in the following “at risk” groups:

- You will be over age 65 by 31.3.18
- You have diabetes
- You have heart, liver or kidney disease
- You have had a stroke or other neurological condition (eg MS)
- You have a chronic chest problem (includes asthma requiring steroid inhalers)
- You have a compromised immune system (eg no spleen or taking certain medications)
- You are very overweight (BMI over 40)
- You are currently pregnant
- You are a carer

Free pneumococcal vaccination For patients in several of the above “at risk” groups we can also offer vaccination against pneumococcal disease which may rarely cause pneumonia and other potentially serious infections. This vaccination is only required once in your lifetime and can be given at the same time as your flu injection.



The Cash In Your Pocket Network referral service provides a single point of access to a range of organisations, to

encourage take up on benefits and services that can improve health and wellbeing.

This enables patients and their relatives who feel they may have unmet needs to seek guidance and advice on one, or more issues.

Referrals can be made by individuals, or by anyone providing support i.e. health worker, support worker.

People are often unaware of benefits or services available when their circumstances change due to:

- Admission to hospital
- Discharge from hospital
- Ill health
- Unfit to work due to health
- Debt
- Bereavement
- Family separations

For more information please contact the Cash In Your Pocket team:

Freephone 0800 953 4330

Visit: www.ciyp.co.uk

e-mail: info@ciypp.co.uk

STAFF NEWS

We have had a few comings and goings over recent months with some staff retiring and others leaving us for new pastures. As always, we miss our friends when they leave us but we welcome their replacements with open arms! Bon voyage and good luck with all your future plans Ceri Kindley one of our Practice Nurses; and Fiona Birnie and Fiona McWilliam from the reception admin team.

Welcome to the team Paula Dewhurst – our new Treatment Room Nurse. We have also had Christine Harding; Victoria Slater and more recently Karen Beattie joining us on the reception team. Thank you for your patience as Karen gets to grips with the many different aspects of General Practice reception work.

We are also delighted to announce that Dr Julie Cooper, who has worked with us in Danestone over many years, recently became a partner in the practice. Dr Julie is a great asset to the practice and much appreciated as an addition to the partnership team.



GET YOUR FREE "MESSAGE IN A BOTTLE" AT THE PRACTICE COURTESY OF THE LIONS CLUB BRITISH ISLES & IRELAND

The lions "message in a bottle" is a simple idea that encourages people to keep basic personal and medical details in a common place that can easily be found in an emergency. Put your information in the bottle then put the bottle in the fridge. There are 2 labels also supplied. You stick one of these on your front door and the other on the fridge. In the event emergency services are called to your house they will know by these labels that you have a bottle in your fridge with your health information inside.



Caf4e & Co's Lunch Club is Moving

We have been informed that the increasingly popular Lunch Club for the elderly and socially isolated in the Bridge of Don area is moving to larger premises. The next meeting (Nov 3rd) will take place at the new premises - **Destiny Church, Greenhole Park, Bridge of Don**. It is a former car showroom ideally suited to the Lunch Club setting. The Lunch Club is run by volunteers and would always welcome any new volunteers with some free time to help, especially drivers. New members are always welcome too!

For further information or to make a booking please contact one of the caf4e coordinators:

☐ Grace Doris 07920 554 261

grace.caf4e@outlook.com

☐ Ian Mugglestone 07742 589 073

ian.caf4e@outlook.com



CLAN Cancer support worker

Starting on November 29th for 6 months we will have the services of a volunteer from CLAN Cancer Support. We will have a limited number of appointments available on the last Wednesday of the month for patients who have been affected by cancer – including those supporting a loved one. Please see reception if you would like to book an appointment.



Protected Learning Time (PLT)

We will be closed from 1.30pm for staff training on

November 9th 2017

Patients in need of urgent advice or who need to see a Dr during PLT afternoons should telephone the surgery number and an answering machine message will give you the telephone number for NHS 24.



Double congratulations to Tracey our Practice Manager & Dr Linzi who were both recognised by the Royal College of General Practitioners & jointly awarded "The Innovation in Primary Care Award" for the North East Faculty.

To Tracey for co-ordinating our Wellbeing Roadshow & Networking Events and to Dr Linzi for her University work promoting rural GP life as an exciting career path to medical students - well done both!

Many thanks to all our staff and patients who supported our recent Macmillan "cake morning" in our waiting room.

We raised over £110 for Macmillan Cancer Support.

Macmillan's stated aim is to reach and improve the lives of everyone living with cancer and to inspire millions of others to do the same. There are 2.5 million people living with cancer in the UK today, and as more people live longer with cancer, this number is set to grow to 4 million by 2030. They aim to provide support to everyone who needs it, to help people affected by cancer feel more in control of their lives.

For further information about Macmillan please see their website www.macmillan.org



Ask the Pharmacist

Suffering from a minor illness and want advice as quickly as possible? **DID YOU KNOW** that your local pharmacist can give you confidential advice (and treatment if needed) for some common illnesses without you seeing your GP? Here are just some of the conditions your pharmacist can help you with:

- coughs, colds and sore throats
- minor skin conditions and acne
- athlete's foot
- styes and minor eye infections
- pain, including backache
- cold sores
- diarrhoea/constipation
- colic
- thrush
- head lice

Pharmacists provide many other services including:

- NHS emergency hormonal contraception
- NHS smoking cessation support
- Advice on travel injection requirements & supply of malaria prevention