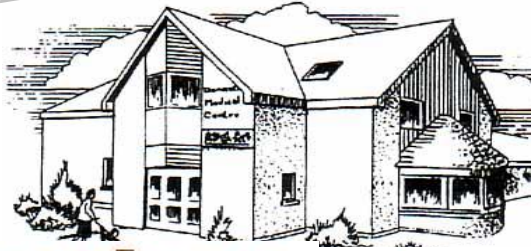


Danestone Matters



Working together, caring for your health

Danestone Medical Practice

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Aberdeen AB22 8ZP

Tel: 01224 822866 Fax: 01224 661586

Website: www.nhsgrampian.org/danestone



Flu season!

Here we again in Autumn and almost ready to start our annual flu clinics. If you are eligible for free immunisation please ring to make an appointment. Our clinics start on 1st October.

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

- Patients over age 65 by 31.3.19
- Patients aged 2 – 5 not yet at school (children in p1 to p7 will be vaccinated at school)
- Patients with diabetes
- Patients with heart, liver or kidney disease
- Patients who have had a stroke or other neurological condition (eg MS)
- Patients with a chronic chest problem (includes asthma requiring steroid inhalers)
- Patients with a compromised immune system (eg no spleen or taking certain medications)
- Patients who are very overweight (BMI over 40)
- Patients who are currently pregnant
- Patients who are carers

Protected Learning Time (PLT)

We will be closed from 1.30pm for staff training on:

September 12th 2018 **October 10th 2018**
November 14th 2018

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.

Did you spot us

**in the
Evening
Express
recently?**



Aberdeen surgery first to be named official Parkrun practice

An Aberdeen medical practice hopes to prescribe active lifestyles to its patients by becoming the first in the north-east to be named an official Parkrun practice. Danestone Medical Practice was awarded the title after practice manager Tracey Thom used the weekly 5km runs to lose more than five stone in weight.

Tracey said: "Parkrun has changed my life for the better.

"People may think that those who work in medical practices would be the best at staying fit and active but before I started taking part in the weekly runs along the beach every Saturday I was doing no exercise what so ever and my diet was shocking."

Parkrun is a great way to get more active. You can walk, run or jog, bring your dog or push a buggy...it is totally flexible! The practice is affiliated to the Beach Parkrun and Tracey is there most weeks. She would be delighted to walk or run beside you if you're a bit nervous to start on your own.

STAFF NEWS

This month we welcome Dr Elspeth Aspinall who is joining us as a long-term locum. Dr Elspeth is an experienced GP who has recently moved to Aberdeen and we look forward to working with her. She is also a ParkRun fan! We had to say goodbye to nurse Paula Dewhurst who left us at the end of August to join her husband down south. We are sorry to see Paula and her cheery smile go and will miss her cheery face around the place. We are delighted to report that Community Nurse Lynn Rattray is taking up the Treatment Room Nurse post, starting towards the end of September. Many of you may already know Lynn as she has worked with the District Nursing Team in our practice area and has also helped us out with our Flu Clinics for a number of years.



Danestone Community Centre

**Live Scottish Music
Sunday 2 December**

Our friends at the community centre have asked us to publicise this event – don't miss it!

Sunday 2 December 2.30pm to 4pm
Cost £3 includes afternoon tea

NHS Grampian: Waiting Times Information

NHS Grampian has a guide to waiting times online for patients waiting to be seen at hospital. This information is updated weekly and is based on how long patients with a hospital appointment in the last six weeks waited. For outpatients this is the time between GPs referring patients and being seen in clinic. For inpatients (which includes day case procedures) this is the time between an operation or procedure being agreed, normally in an outpatient clinic, and the operation or procedure date.

Every individual patient is different and a range of factors can make some patients be seen earlier or later than this; so this is a general guide only and is not meant to be a prediction.

Please see the links below or go to www.nhsgrampian.org and scroll down to "Your Health" then choose "W" for waiting times

- [Current Outpatient Waiting Times](#) (pdf)
 - [Current Inpatient / Day Case Waiting Times](#) (pdf)
-

Do you DRINK like a FISH?

The Grampian Alcohol & Drug Partnerships (Aberdeen City, Aberdeenshire and Moray)



have produced a fun animated video which outlines the UK low risk alcohol guidance.

14 units is about:

- 5 pints of beer or
- 6 glasses of wine
- 4 large glasses of wine
- 7 doubles of a spirit (pub measures)

The video is available to watch on YouTube at:

<https://youtu.be/XJuS7Ce-ck>