

# Danestone Matters



## Summer 2018



Working together, caring for your health

**Danestone Medical Practice**

Fairview Street, Danestone,  
Aberdeen AB22 8ZP

Tel: 01224 822866 Fax: 01224 661586

Website: [www.danestonemedicalpractice.co.uk](http://www.danestonemedicalpractice.co.uk)

**WELCOME TO THE SUMMER EDITION OF OUR QUARTERLY NEWSLETTER. WE START WITH AN ARTICLE SUBMITTED BY OUR PATIENT PARTICIPATION GROUP (PPG)**

What is a PPG? Essentially, we are here to assist the doctors in the practice. Our achievements to date include the Pharmacy prescription deliveries and the provision of chairs with arms in the waiting area but the group have also been able to discuss Referral Times and Extended Hours.

We currently have 3 gentlemen and 7 ladies in the group but we would ideally like to find some younger members to get a better representation from our community.

Do you have an hour to spare four times a year? If you'd be willing to join us, please either ask your doctor or get in touch with our Chairman,

Andy Cowie: email: [acowie999@btinternet.com](mailto:acowie999@btinternet.com)  
tel: 01224 703 248 or our Secretary,

Linda Paterson: email: [l.paterson@abdn.ac.uk](mailto:l.paterson@abdn.ac.uk)  
tel: 01224 820 654

### The NHS is 70!

There will be a service in the Chapel at ARI (Pink Zone, Level Two) to mark the 70th Anniversary of the NHS.



This will be held on the actual day of the anniversary – Thursday 5th July 2018 at 3pm. The invitation is for anyone who wishes to give thanks for all that the NHS in Grampian has

meant to them and their families in the past 70 years. It is for staff, patients, relatives (past and present) and carers - literally anyone who has a connection with NHS Grampian.

### Parkrun

As part of the celebrations of the 70th anniversary of the NHS, special parkrun events up and down the country were held on Saturday 9th June. In Aberdeen there are weekly parkruns at Hazlehead and Aberdeen beach ([www.parkrun.org.uk](http://www.parkrun.org.uk)). Parkruns are free, timed 5km events open to anyone, whether you're a runner,

a jogger or a walker. They're a great way to stay active and healthy, as well as making new friends. We are in the process of becoming a "parkrun practice" which means we are making a commitment to promote parkrun. Several staff members regularly participate and will be a friendly face for anyone who wants to join in for the first time.



**Fertility Network Scotland** is a national charity to support anyone who has ever experienced fertility problems.

Our groups offer a space just to relax with other people who share an understanding of fertility issues. This happens in a safe, confidential setting in which you can share the story of your experience and provide mutual support to one another. The Aberdeen group meets in the Aberdeen Fertility Clinic Reception Area on the last Monday of each month, from 6 – 8 p.m. If you'd like to know more please contact [clare@fertilitynetworkscotland.org](mailto:clare@fertilitynetworkscotland.org) or call 07947 368117 You will be made MOST welcome.

### Danestone Gala - Saturday 7th July 2018

11am till 3pm

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. This year activities include: Pony rides; Craft Stalls; Inflatables; BBQ; Climbing wall. Come and say hello at the practice stall where we will be giving away "an apple a day" as well as measuring BPs and giving some health tips.

### General Data Protection Regulation (GDPR)

Like the rest of us, you have no doubt been bombarded with emails and communications regarding data protection in recent weeks. Danestone Medical Practice continues to handle all medical records in line with legislation on data protection and confidentiality. In order to comply with the additional requirements of GDPR legislation we have our privacy notice available in reception and on our website should you wish to read it. Please ask at Reception.

# WORLD CONTINENCE WEEK 2018

June 18<sup>th</sup> -24<sup>th</sup>

People with incontinence symptoms are not alone. Bladder control problems, including overactive bladder, are treatable conditions and symptoms are manageable. Overactive Bladder (OAB) is extremely common and disrupts the lives of more than 50 million people in Europe. Urinary incontinence causes distress and alters quality of life, whether the cause is related to lifestyle factors, physical problems, post operative or an underlying medical condition this condition can make simple everyday activities a challenge and social life very difficult. World Continence Week (WCW) is an annual global initiative intended to raise awareness of bladder weakness, pelvic pain and other debilitating conditions which impact greatly on the lives of patients and carers. Bladder weakness alone affects 1 in 3 people and is more common than hayfever! For further information please have a look at the website for the bladder and bowel community. [www.bladderandbowel.org](http://www.bladderandbowel.org) or telephone General Enquiries on 01926 357220. You can order their universally recognised "Just Can't Wait" Toilet Card or download the app, giving you the benefit of discrete and clear communication for those moments where you just can't wait to use the toilet



**Supporting local people affected by cancer**

Are you affected by cancer and a patient of Danestone Medical Practice?

CLAN provides free support in the heart of your community at Danestone Medical Practice.

**Danestone Medical Practice**  
CLAN Cancer Support Service

Last Wednesday of each month

Appointments can be booked by calling 01224 822866

## Caf4e & Company Lunch Club

The Caf4e & Company Lunch Club works with the Aberdeen Health and Social Care Partnership to provide a bi-weekly lunch club for socially isolated individuals. The next meeting will take place on Friday 29th June at the Destiny Church premises in Greenhole Park, Bridge of Don. 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 Rachel the caf4e coordinator by phoning 07707 556842 or email [rachel.caf4e@outlook.com](mailto:rachel.caf4e@outlook.com) or via the website [www.caf4e.com](http://www.caf4e.com)



## GOOD HYDRATION

Poor nutrition and hydration can sometimes make bladder and bowel symptoms worse. Between 60-70% of your body is made up of water and every part of your body needs water to function well. Becoming dehydrated can lead to constipation and even bowel incontinence in some cases. Increasing your water intake can help you have more regular bowel movements and reduce symptoms associated with constipation. Dehydration also affects the bladder and can lead to the production of and concentrated urine. This can irritate the bladder and make you feel the urge to pass urine with urgency or more frequently or lead to incontinence. By drinking more fluids, this will help to flush any irritants through your bladder and out of your body. Drinking plenty will also help prevent recurrent urinary tract infections.

You should aim for around 6-8 mugs or glasses of fluid a day. Any liquids count (except alcohol) and some foods also contain fluid such as jelly, soup, yogurt, ice-lollies, and some fruits.

Whether or not you feel thirsty is not a good indicator of whether you are taking in enough fluid. Check the colour of your wee to be sure you are drinking enough. It should be light coloured. Dark yellow or brown wee is a sign that you are becoming dehydrated and you should increase your fluid intake.

