

Danestone Matters



Working together, caring for your health

Danestone Medical Practice

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Vaccination Transformation Programme

There is currently a programme of redesigning and modernising the delivery of local vaccination services in Scotland. The "Vaccination Transformation Programme" (VTP) began on 1 April 2018 and will run for three years. It forms one of the six strands of the Primary Care Transformation Programme. New models will be developed, tested and implemented, but will only become operational when it is safe and sustainable to do so. You can find out more about the programme on the Primary Care Transformation website www.healthscotland.scot/health-topics/immunisation/vaccination-transformation-programme Here you can find information on the purpose of the VTP, objectives, workstreams and whom to contact in your area for further details

Ready Steady Baby!

is NHS Scotland's printed and online guide to pregnancy, labour, birth and early parenthood.



The printed guide is distributed by midwives at maternity booking appointments and provides helpful expert advice, tips and step-by-step guides to pregnancy, labour, birth and early parenthood until their child is 8 weeks old. Parents and carers can also access this content online on any device (including phone, tablet or desktop) at the newly launched Ready Steady Baby! site at <https://www.nhsinform.scot/readysteadybaby>

REPEAT MEDICATION – USEFUL INFORMATION

If you are on regular repeat medication, once your dose is stable you can get further supplies of your medication without having to see a doctor each time. Repeat medication can be ordered by completing your re-order form (tear off section on right hand side of your prescription). Alternatively if you are over age 16 you can order online by registering to use our secure **Patient Access** system. You will need to bring photographic ID to reception to request online access. Repeat prescription requests take 48 working hours and can either be collected at the surgery or local pharmacies (tick the appropriate box on your reorder form).

Your doctor will need to see you for a **review** from time to time. This is to check your medication is still suiting you – and some medications/conditions require a blood test to be taken. The length of time for your review will vary depending on the medication you are on. Look out for your **personal review date** which will be **printed at the foot of your right hand re-order sheet** on your prescription. When your date is drawing near we will include a short highlighted message here asking you to contact the surgery to make an appointment for your review. Here is Mickey Mouse's review reminder. Keep a lookout for yours. When you phone the surgery the receptionist will then refer to the plan made by your doctor and make the appropriate appointment for you. We find this is a good system and works well for our patients on regular repeat medication.

Major Michael Mouse Danestone Medical Practic Fairview Street Danestone		bin	Patient ID : 4645 Major Michael Mouse Danestone Medical Practice Fairview Street Danestone Aberdeen, AB22 8ZP
Postcode: AB22 8ZP	Pharmacy Stamp	PLEASE TICK THE RELEVANT BOXES FOR ORDERING AND COLLECTING REPEAT PRESCRIPTIONS **48HRS** AFTER REQUESTING (EXCLUDING WEEKENDS/PUBLIC HOLIDAYS)	
<input type="checkbox"/> CHI No.	Dispensing Endorsements	<input type="checkbox"/> SURGEY <input type="checkbox"/> ASDA <input type="checkbox"/> BALMEDIE	<input type="checkbox"/> BRAEHEAD <input type="checkbox"/> NEWMACHAR <input type="checkbox"/> TESCO
ACBS Aveeno Cream Send <500> ml Label APPLY THREE TIMES A DAY AS REQUIRED SUPPLIED ELSEWHERE - NOT TO BE PRESCRIBED BY GP OR DISPENSED BY COMMUNITY PHARMACY	Pack size Numbers only	*** TO ORDER YOUR REPEAT PRESCRIPTION OR BOOK ROUTINE DR APPOINTMENTS SECURELY ONLINE PLEASE ASK AT RECEPTION TO REGISTER FOR PATIENT ACCESS *** IF YOU ARE ALREADY REGISTERED FOR PATIENT ACCESS PLEASE GO TO: www.patient.co.uk/patient-access.asp Date Printed : 09.05.2019	
<A> <000892711000001100>	Pack size Numbers only	ACBS Aveeno Cream	APPLY THREE TIMES A DAY AS REQUIRED Quant : 500 ml
* * * * *	Pack size Numbers only	Dear Major Michael Mouse *** Your Medication Review is due - Please contact reception to arrange your appointment *** Thank you	
* * * * *		Review Date : 23.05.2019	

Were you aged 70 to 79 on 1 September 2018?

Shingles is caused by a virus called varicella zoster, the same virus that causes chickenpox.

- It is more common in older adults. Around 1 in every 4 people will have at least one episode of shingles during their life. You can get shingles more than once.
- It causes pain, followed by a rash that develops into itchy blisters which look similar to chickenpox. The pain can go on for months or even years after the rash has disappeared.
- There is now a vaccine to protect against shingles.
- The NHS recommends that all adults in Scotland aged 70 to 79 on 1 September 2018 get the vaccine. It's available all year and can protect you from the pain of shingles.
- The vaccine helps protect you by boosting your immunity and reduces your risk of getting shingles. It makes symptoms milder if you do get shingles
- **If you were aged 70 to 79 on 1 September 2018, protect yourself from the pain of shingles by getting the vaccine.**
- The vaccine is a one-off injection at the practice.
- If your immune system is compromised or you are taking certain medications you may not be able to have the shingles vaccine – your GP or practice nurse will check that you can have the vaccine.
- More info at www.nhsinform.scot/shinglesvaccine

**Danestone Gala - Saturday 6th July 2019
11am till 3pm**

It's summer – so it must be Gala Time!

Come and join the fun in the community area outside the practice. The Danestone Gala is always a fun-packed day for all the family. As usual there is a wide range of activities including pony rides; craft stalls; inflatables; BBQ; face painting; crockery smash; climbing wall and displays. Come and say hello to us at the Practice stall. We will be giving away our usual "apple a day" and you can have your BP checked. We will also be able to help you print your free barcode for parkrun. It's free – good fun and good for you. We will also be promoting good hand washing tips and have a range of health advice leaflets available.

TAKE CARE IN THE SUN When you're out in the sun for prolonged periods, remember this:

Slip on a long sleeved top

Slop on some sunscreen - re-apply every 2 hours

Slap on a broad brimmed sunhat

Seek some shade regularly

Slide on a pair of sunglasses to help protect your eyes and eyelids.

Here is a really informative website about sun safety.

www.sunsmart.org.uk



Births, Deaths and Ceremonies



It is now necessary to book an appointment to register a birth, death, marriage or civil ceremony with the Registrar in Marischal College, Aberdeen. The webpage for the Registrar details all services and information and can be found at www.aberdeencity.gov.uk/registerars

You can make appointments online using the following links:

www.aberdeencity.gov.uk/registerabirth

www.aberdeencity.gov.uk/registeradeath

www.aberdeencity.gov.uk/marriageandcivilpartnerships



Alternatively you can telephone

03000 200 292 Offices are open Monday to Friday, 8am to 6pm

APPOINTMENTS HELP US TO HELP YOU TO HELP US



You will be aware there is a huge pressure on GP appointment systems throughout the country these days.

Like other GP surgeries we have a system to allow patients who need to be seen URGENTLY to have time with a GP on the day.

We need to keep these appointments available for those who have a genuine clinical need.

You can help us to do this:

1. If you have a condition requiring regular review (eg Diabetes/Asthma etc) please **make your review appointment ahead of time**. You can book 4 weeks' ahead on the phone or by using our online Patient Access system. (Please bring along photo ID to reception to register for Patient Access).
2. If you are on repeat medication please make sure you **re-order in plenty of time** so you don't run out (see overleaf for some reminders about our repeat medication system).
3. If you have a minor medical complaint you can visit your **local pharmacist** for confidential advice. They are trained to assess symptoms and recommend the best course of treatment. No appointment is necessary. Ask your local pharmacy for further information.
4. Try using our online **eConsult system**. You don't need to register to use this. There is a link on our website to the eConsult system. www.danestonemicalpractice.com This is available for all our patients aged 6 months and over. Here you can access self help and information on a wide range of subjects. You can also submit an online consultation to one of our GPs which will be responded to within one working day.