

# Danestone Matters



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)

## STAFF CHANGES

### Goodbye!

We recently had a special lunch in the practice to say Farewell to our Business Manager, Lynne Gillies. Lynne has been in the practice for a massive 27 years! On the retirement of Dr Peter Kiehlmann Lynne graduated to being our longest serving member of staff! Lynne's husband is taking up a position in Livingston hence the move. Lynne has seen many many changes over the years - both within the practice and in how General Practice is managed. She will be missed.



### Hello and Welcome!

We are delighted to announce that we have been successful in recruiting a new staff doctor to the practice. Dr Theresa Marwick started with us at the beginning of December. Dr Marwick is an experienced GP who is also involved with medical student teaching. She will be working part time with us. Welcome to the team Dr Theresa!

## Home BP Machine – Amnesty!

We have a supply of electronic Blood Pressure machines which we lend to patients – usually for a week. It appears that a number of our machines have gone astray, making it difficult to continue lending machines to patients who need to keep a check on their blood pressure.

If you have had a machine on loan from us, would you mind checking your cupboards to be sure you haven't forgotten to return it? Ours look like this and they will have a registration number on a sticker on the back.



We'd be grateful indeed for any which are returned and can be put back into service for others.

*Thank You*

## Aberdeen's Hero at the Heart Awards

The 'HEART' Awards are hosted by the Aberdeen City Health & Social Care Partnership to recognise people working and volunteering in health and social care in Aberdeen. We need your nominations.

- Is there someone working in health and social care who has made a big impact on your life?
- Do they consistently provide you with a great care experience?
- Have they found ways to improve the quality of the services you receive?

If so –tell us about them! Get in touch to submit your nomination. The closing date is 23rd December 2019

**Message us on Facebook** –search Aberdeen City HSCP–or find out more on the website [www.aberdeencityhscp.scot/lets-talk/heart-awards-nominations-2020](http://www.aberdeencityhscp.scot/lets-talk/heart-awards-nominations-2020)

**Email us** for a link to an online nomination form [ACHSCPEnquiries@aberdeencity.gov.uk](mailto:ACHSCPEnquiries@aberdeencity.gov.uk)

**Write to us** with the reason for your nomination and examples of their excellent work (include your contact details!) FAO Heart Awards Team, Business Hub 8, Level 1 North, Marischal College AB10 1AB



PUBLIC HOLIDAYS – We will be CLOSED on  
WEDNESDAY 25<sup>th</sup> & THURSDAY 26<sup>th</sup>  
DECEMBER 2019 and  
WEDNESDAY 1<sup>st</sup> & THURSDAY 2<sup>nd</sup> JANUARY  
2020

otherwise normal opening

IF YOU NEED ADVICE WHEN WE ARE CLOSED  
PLEASE CALL NHS24 ON 111

# Planning Your Own Funeral



Making plans for your funeral can take the pressure off family and friends after you die. Those arranging a funeral for a family member or friend often have little idea of what kind of funeral the person wanted. This can cause stress, anxiety and arguments as people do their best to work out what the person would have chosen.

There is a comprehensive leaflet available at the link below which may help you to explore some of the choices you can make, and offers a chance to record your wishes. <http://nhsgintranet.grampian.scot.nhs.uk/apps/news/Lists/Corporate%20News/Attachments/7655/planning-funeral.pdf>

## How does your weekly drinking add up?



With the festive season just around the corner this might be a good time to think about your drinking habits and keeping yourself as healthy as you can.

It's recommended that you don't drink more than 14 units of alcohol a week, spread out over at least 3 days, to keep the risks from alcohol low. This is the same for both men and women.

But what does that look like for you

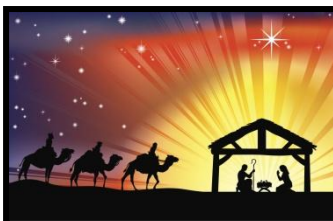
Research has found that people are aware that there are guidelines on drinking alcohol and some of the health impacts of regularly drinking over these guidelines. However knowing what the guidelines are and how to translate these units into actual drinks, can be tricky. That's why the Scottish Government and NHS Health Scotland have launched a new website to help.

<https://www.count14.scot/> is a useful site with info on how glasses of beer, wine or spirits all add up.

Have fun this Christmas time but keep an eye on your numbers!

Here are some examples of what 14 units could look like

 <p><b>PINTS</b> 568ml at 4% ABV</p> <p>6 pints of medium strength beer, lager or cider</p>	OR	 <p><b>MEASURES</b> 50ml at 40% ABV</p> <p>7 double measures of spirits</p>	OR	 <p><b>GLASSES</b> 175ml at 13% ABV</p> <p>6 medium glasses of wine</p>
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We wish you a Happy and Healthy Christmas and New Year!

## Danestone Community Centre



Fortnightly on a Tuesday 11am to 12.30pm  
Breakfast and a Blether  
Hot Breakfast Roll and a Hot drink only £2

Tel: 01224 828333

Email: [danestonecentre@btinternet.com](mailto:danestonecentre@btinternet.com)

## Inhaler Recycling

Did you know that inhalers used for asthma and other medications can be recycled? They are made from high quality plastic and aluminium.



Inhalers can't be recycled along with your household recycling but you can drop them off with your local pharmacy and they can make sure they don't end up in landfill.

NHS Inform have useful information on who you can turn to for different circumstances. See below and [www.nhsinform.scot](http://www.nhsinform.scot)



	NHS 24's health information service includes self-help guides for a range of common conditions. <a href="http://www.nhsinform.scot/self-help-guides">www.nhsinform.scot/self-help-guides</a> When your GP and local pharmacy are closed, and you are too ill to wait, call 111.	<b>NHS 24</b>
	<ul style="list-style-type: none"> <li>Coughs and colds</li> <li>Sore throat</li> <li>Diarrhoea or constipation</li> <li>Indigestion</li> <li>Aches and pains</li> <li>Help if you run out of your repeat prescription</li> </ul>	<b>Pharmacist</b>
	<p>Breathing space 0800 83 85 87 <a href="http://www.breathingspace.scot">www.breathingspace.scot</a></p> <p>Samaritans 116 123 <a href="http://www.samaritans.org">www.samaritans.org</a></p>	<b>Mental Well-being</b>
	<ul style="list-style-type: none"> <li>Tooth pain</li> <li>Swelling to your mouth</li> <li>Painful or bleeding gums</li> <li>Injury to your mouth</li> <li>Advice on oral hygiene</li> </ul>	<b>Dentist</b>
	<ul style="list-style-type: none"> <li>Red or sticky eye</li> <li>Pain in or around your eye</li> <li>Blurred or reduced vision</li> <li>Flashes and floaters</li> </ul>	<b>Optometrist</b>
	A range of clinicians, including doctors and nurses to help you with both physical and mental health issues.	<b>GP Surgery</b>
	<ul style="list-style-type: none"> <li>Cuts and minor burns</li> <li>Sprains and strains</li> <li>Suspected broken bones and fractures</li> </ul>	<b>Minor Injuries Unit</b>
	<ul style="list-style-type: none"> <li>Suspected heart attack or stroke</li> <li>Breathing difficulties</li> <li>Severe bleeding</li> </ul>	<b>999 or A&amp;E</b>