

Patient Newsletter

Tweeddale Medical Practice

Sept 2015

Issue 35

Autumn 2015 Edition



Welcome to the autumn edition of your Practice Newsletter.

In this edition of our newsletter we have articles updating you on:

- ***Dates for our Saturday Flu Vaccination Clinics this year***
- ***Expressing our thanks***
- ***Information on how to access health care services without having to wait for a GP!***

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We hope that you find these articles helpful and informative but we are always looking for ways to improve **your** newsletter.

Comments and feedback are welcome.

You can pass suggestions on to any member of staff in the practice - ask for a comments/suggestions form at reception or go to the "Contact Us" section of our website.

SATURDAY FLU VACCINATIONS

It is hard to believe but that time of year is upon us again!

We are planning to hold 2 Saturday vaccination clinics again this year.

Saturday, 24th October - 10am-4pm

Saturday, 14th November - 10am-4pm

Don't wait to be invited, call to make your appointment now!

Patients who are eligible for a free flu vaccination from the NHS are

- Aged 2-5yrs not in school
- Primary School Children (**will be vaccinated at school by the School Nurses - contact your child's school for info on dates**)
- are 65 years of age or over
- are pregnant
- have certain medical conditions
- are very overweight
- are living in a long-stay residential care home or other long-stay care facility
- receive a carer's allowance, or you are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill
- are a healthcare worker with direct patient contact, or a social care worker

Some pharmacies provide a flu vaccination service for those who are not eligible for the NHS service - ask at your local pharmacy

WITH GRATITUDE

We would like to express our sincere gratitude for donations to the practice, received from the families and friends of our patients who have sadly passed away. It is difficult to find the appropriate words to express our appreciation to those who have taken time to think of us at this distressing time in their lives.

We give great thought to what these unexpected funds should be spent on which can sometimes takes us a while but we do our best to ensure that what we purchase will benefit many patients in the future. Acknowledgements for recent purchases ...

In memory of Donald Cameron (Caol) and on behalf of daughters Marion and Catherine, we have purchased 2 special mattresses for use by the Community Nurses - these are used to help make patients comfortable at home in a sitting position whilst reducing the risk of pressure sores.

In memory of Edith Gillmore (Fort William) and on behalf of daughter Zeeta, we have purchased a raised chair with arms for our waiting area. This will better suit patients who have difficulty getting up/down from a standard height chair.

RIGHT TIME, RIGHT PERSON.....

Health care services are constantly changing so it can be very confusing to know what services are available and who best to go to. It is not always necessary to see your GP and let's face it, who wants to come along and sit in a waiting room if you can avoid it! There may be an alternative which is much more convenient to suit your needs and we hope you find this information helpful.....



**Scotland's National
Telehealth and
Telecare Organisation**

**Available 24/7/365 - call 111.
Their website also has useful
information and a self-help guide
with advice for many common
symptoms. www.nhs24.com**



**Muscle, Back or Joint
Problems?**
National Musculoskeletal
Advice and Triage
Service (MATS)

**Mon - Fri 9-5pm (ex Public Hols)
Telephone - 0800 917 9390
MSK App - Google Play or App Store
Website - www.nhsinform.co.uk/msk/**



Did you know....

- Every year, around 57 million GP appointments are for common health problems that don't require a GP
- 48% of the population visit their doctor expecting antibiotics for cold and flu, which won't work
- 3 out of 4 people don't know pharmacists train for 5 years
- Minor Ailments, Stopping Smoking and many other services are available direct from pharmacies

Your local Pharmacy can give you confidential advice and treatment for a number of common illnesses without the need to see a GP or get a prescription?

To find out more, visit
www.treatyourselfbetter.co.uk
www.lloydspharmacy.com
www.boots.com

Or contact your local pharmacy to ask about the services they provide
Lloyds (town) - 01397 702031
Boots - 01397 705143
Lloyds (Caol) - 01397 703403



STAFF CHANGES

You may have noticed a few new faces around the surgery lately. We have been joined on occasion by a few different doctors who have been doing some Locum work for us to help with the workload since the departure of Dr Arnott.

We greatly appreciate your patience as you may have noticed slightly less availability of appointments due to staff shortage, especially during the summer holiday period. Please be assured that we continually monitor the appointment availability and do our best to rectify shortfall as quickly as possible when it arises. Like many UK GP Practices, especially rural ones, recruitment is a challenge.

We have been joined by **Dr Emily Tait** who will be with us for 4 months as our FY2. She will be seeing patients under the supervision of one of the Partners. We have also been joined by **Dr Zoe Anderson** on a part time basis as our Rural Fellow for the next year.

LOCAL BUS TIMETABLE ISSUES

We have noticed that recent changes to the local bus service timetable have resulted in a reduced service to/from the Health Centre. We feel this is wholly unacceptable and we have been raising this through various channels, including with local Councillors. We hope that they can re-instate an adequate service to support the local population in accessing appropriate health care.



Closed Dates

The practice will be closed on Tuesday, 17th November from 1pm for Protected Learning Time

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