

Barns Medical Practice

USEFUL TELEPHONE

NUMBERS:

For Out of Hours advice please
contact NHS24 on

111

District Nursing Team

01292 513877

Podiatry Team

01292 614922

Health Visitor

01292 885529/ 885534

Midwife

01292 285893

Ante-natal First Appointment

Booking

01563 825411

Musculoskeletal Service /

Physio

0800 9179390

Ayr/Crosshouse

Hospital

Appointments Office

01563 827 070

Heartstart CPR

Training

The next session
will take place on
Tuesday 31st March
from 5-7pm.

Please let the recep-
tion team know if
you would like to
attend.

Open to patients
and friends.

Waiting Room Health Checks—Know Your Numbers!



Many of you will have seen the scales and BP monitor in the waiting room but have you used them? January is the time of year when lots of us think about a healthier lifestyle with New Year Resolutions to lose weight, become more active and try to eat more healthily after the excesses of the festive season. We can help you do all of this. Please feel free to pop in and use the scales or the BP Pod as part of your weekly weigh in to **know your numbers**. (Weight, BP, BMI, waist circumference, cholesterol etc).

You can also be screened for a condition called Atrial Fibrillation using a simple electronic device at the reception desk. Atrial Fibrillation is an irregular heart-beat and is associated with stroke and heart disease. Please ask a receptionist if you would like to try this.

If you would like some help to set goals to help lose weight, reduce your BP, etc you can make an appointment to see one of the Practice Nurses.



Many of the Barns team have signed up to the Walk 1000Miles Challenge. The aim? Walk 1000 miles in the year 2020! You can register too at: www.walk1000miles.co.uk

To help you on your way why not join the Barns walking group? They meet at the surgery every Wednesday at 11am.

The Practice team are walking a “daily mile” to help achieve our goal.

Your Newsletter Suggestions

We would love to hear your suggestions as to what you would like to see in our quarterly newsletters. Is there something you would like to know that others may also like to know about? Maybe we could provide a Q&A of patient queries? If you have anything you would like to know or have something to share with the Practice that other patients might be interested in, please let us know. You can email your suggestions/ queries to email@medicayr.com



Health Campaigns Calendar

Flu Vaccination

If you have been invited but haven't yet attended for flu vaccination there is still time.

Please call us to arrange an appointment.

Physio Appointments

Did you know you can make an appointment to see our in-house physiotherapist? If you have any joint or muscular pains Brian can offer advice and provide treatment. If necessary he can refer you on for more intensive treatment programmes or for x-rays without you needing to see a GP.

Mental Health Practitioner

Jacqueline Nisbet, Mental Health Practitioner sees patients aged 18 to 65 with mild to moderate depressive symptoms. She will discuss treatment options, in the form of medication, talking therapies or Cognitive Behaviour Therapy. If you feel you would benefit from her input you can make an appointment to see her.

Smoking Cessation

Clinics run in the surgery for patients on Tuesday Evening drop in and Friday Afternoon appointment.

If you would like help to give up smoking you can make an appointment with one of the advisors.

QUIT YOUR WAY
with our support

Is there a condition or campaign you would like to see promoted? Most of us are aware of Breast Cancer Awareness Month or World AIDS Day for example, but there are countless other campaigns that maybe don't get the same awareness.

If there is something you would like to promote we would be happy for you to get involved and use some of our notice board space. Please ask at reception.

Car Parking

We have seen a rise in the number of patients trying to access the car park. Unfortunately there is no patient access the surgery car park. This decision was taken by all the tenants some years ago for safety reasons. There are public car parks close by and we have a wheelchair that can be borrowed for anyone with mobility difficulties. The disabled spaces at the front of the building are for the use of the tenants only.



Patient Satisfaction Survey

Every two years the Scottish Government sends a survey to a random selection of the population. The comments from the 2017 survey became available fairly recently and we are delighted to know that you think so highly of us. The 2019 survey was sent out in the Autumn and we hope you will complete it if you were selected.

See below for some of the comments from the previous survey.

A friendly and welcoming surgery.

GP Practice in Ayr is excellent and well run. Very organised and helpful.

I have been with this Practice for many years and have nothing but praise for the entire team. They are a happy, helpful and very professional team.

The staff are unfailingly helpful, even in difficult circumstances.

Thank you for your kind words.