

# Fortrose Medical Practice

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*"Excellent care for our patients and community through working in a fair and happy environment"*



## NEWSLETTER

Winter 2018



### **Festive Season Closures**

The Practice will be closed on the following dates:

- Tuesday 25 December 2018
- Wednesday 26 December 2018
- Tuesday 1 January 2019
- Wednesday 2 January 2019

If you need medical attention or advice when the surgery is closed, please contact NHS24 on 111. NHS24 is a 24 hour health service which has round the clock advice and support. In an emergency always dial 999.



### **Prescriptions**

If you require a prescription for an extended period to cover the festive period, can you please indicate on the request when you will be away from/to, to allow us to calculate the required amount.

Boots in Fortrose and Conon Bridge Pharmacy will be closed 25 & 26 December 2018. However Boots at the Retail Park and Eastgate are open on the 26<sup>th</sup> December, and will be able to arrange any emergency medication or dispense medications as required. For a full list of chemist opening times please see poster in reception.

### **New GP**

We are pleased to announce that Dr Antonia Reed will be joining the Surgery. Dr Reed will be working every Tuesday and Friday from Tuesday 8 January 2019.

### **Podiatrist**

We also have a new Podiatrist, Aisline Dolan at the Surgery every Tuesday.

### **Physio**

Lynn Jarvis will be increasing her hours here at the Surgery to two full days as of January 2019. Appointments with Lynn can be booked for Mondays and Wednesdays.



### **Flu Vaccinations**

We still have some flu vaccinations at the surgery. If you are entitled and haven't had your vaccination please make an appointment.

### **Appointments**

The surgery provides some later appointments with a GP on most Tuesday evenings, as well as early morning appointments on most Wednesday and Thursday mornings from 7.30am. These appointments are aimed at patients who cannot visit the surgery during normal opening hours (e.g. because they work away) and have to be pre-booked.

### **Thank you**

Thank you to the Order of the White Shrine of Jerusalem in Scotland for their kind donation to the Community Equipment Fund. Thank you also to the Flower Fairies for the lovely winter pansies.



### **Bowel Screening**

Bowel screening is offered to men and women aged 50 to 74 across Scotland to help find bowel cancer early when it can often be cured. You're 14 times more likely to survive bowel cancer if it's found early. Half a million people in Scotland do their bowel screening test each year.

In Scotland, only people aged 50 to 74 will be invited for bowel screening every 2 years. If you're 75 or over, you can still take a bowel screening test every 2 years. However, you'll need to request a new kit each time as the Scottish Bowel Screening Centre won't send you one. Call the screening helpline on 0800 707 6060 or visit NHS Inform for more information.

### **How to keep your home warm**

Follow these tips to keep you and your family warm and well at home:

- if you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C (65F)
- keep your bedroom at 18C all night if you can – and keep the bedroom window closed
- during the day you may prefer your living room to be slightly warmer than 18C
- babies should sleep in rooms heated to between 16C and 20C
- if you're under 65, healthy and active, you can safely have your home cooler than 18C, if you're comfortable
- draw curtains at dusk and keep doors closed to block out draughts
- get your heating system checked regularly by a qualified professional



### **Help your neighbours in winter**

Check on older neighbours or relatives to make sure they're safe and well. Make sure they're warm enough, especially at night, and have stocks of food and medicines so they don't need to go out during very cold weather. If you're worried about a relative or an elderly neighbour, contact your local council or ring the Age UK helpline on 0800 055 6112.

**With our best wishes for a safe and peaceful festive season and a happy and healthy New Year!**

**The Practice Team**

