

- Dunblane Medical Practice - *Newsletter*

www.dunblanemedicalpractice.co.uk

Compiled by the Patient Participation Group

Issue 17

Staff Changes

Dr Sadaf Hashmi has now left the Practice having successfully completed her GP training. We would like to welcome our new GP Registrar, Dr Alasdair Macleod. Alasdair will be with us until February 2018 and will then return again for a year in 2019.



All patients aged over 65, unpaid carers and those with an “at risk” health condition are recommended to have a flu vaccination.

Flu Clinics will be held at the Victoria Hall, Dunblane, on the following dates:

DATE	TIME	SURNAME
Tuesday 3 October	9.00 am – 12 noon	Q - Z
Wednesday 4 October	9.00 am – 12 noon	M - P
Thursday 5 October	9.00 am – 12 noon	E - L
Thursday 5 October	1.00 pm – 4.00 pm	A - D
Thursday 26 October	9.00 am – 12 noon	Catch-up

Patients who are aged 65 and over (who have not had one previously) should also ask for a Pneumococcal vaccination.

If you are unable to attend on any of these dates, please contact the health centre, as we will be offering a limited number of daytime and evening appointments at the Practice.

If you are housebound we can arrange for a District Nurse to visit you.

Children's Flu Clinic

A clinic for children aged 2-5 who are not yet at school, children at High School with an “at risk” condition and primary school children who missed the school clinics, will be held at Dunblane Health Centre on **Saturday 11 November between 9.00 am and 12 noon**. All children under 18 will be offered the intranasal influenza unless contraindicated.



DEFIBRILLATORS IN THE DUNBLANE AREA

Heart failure can be fatal if first aid is not provided as a matter of urgency. An automated external defibrillator (AED) is a portable device designed for use by members of the public until the emergency medical services arrive. It checks the heart rhythm and if necessary sends an electric shock to the heart to restore the normal rhythm.

A number of AEDs have been installed in the Dunblane and Braco areas. It is useful to note the locations, and the availability of an AED, in case of urgent need to treat heart failure pending the arrival of medical help.

PUBLIC ACCESS DEFIBRILLATORS: 24-HOUR ACCESS

The Dunblane Centre	AED in the open porch
The Westlands Hotel	Doune Rd, on the side of the hotel nearest A9, Dunblane bypass
St Blanes Church Hall	on the wall of Sinclair Street/High Street, adjacent to library
North End Garage	at the top of Ramoyle/Backcroft, attached to garage wall
Braco Village Hall	Feddal Road, attached to the hall wall, opposite the school
Greenloaning	Allandale Crescent, opposite the community council noticeboard

PUBLIC ACCESS DEFIBRILLATORS: OPENING HOURS ONLY

Tesco Metro	Springfield Terrace, adjacent to railway station/car park
Riverside Restaurant	7C Stirling Road, Beside the B8033 Town bridge
Another Tilly's Tearoom	High Street, beside Co-op

MEDICAL AND DENTAL PRACTICES

Dunblane Health Centre	Well Place, Dunblane
Dunblane Dental Practice	Smithy Loan, Perth Road (opp Dunblane Hydro entrance)
Beech Tree Dental Care	4 Beech Road, Dunblane
Howie Dental Practice	43 High Street, Dunblane

PUBLIC SERVICES

Scottish Ambulance Service, Scottish Fire and Rescue Service and Police Scotland carry a defibrillator if advised at time of call-out.



Following the success of our Ageing Well and Keeping Safe events last year, these will be held again at the Dunblane Centre on **Monday 13th November between 1.30 pm and 4.00 pm.**

The event aims to provide information on local and national services available to the elderly and to support all aspects of safety. Representatives from local organisations will be available, along with refreshments. Further details to follow.



ALFY – Helping You Remain Well at Home

A service, supported by NHS Forth Valley and its Council Partners, has been introduced across Forth Valley to help support older people to remain well at home. The service, which consists of a round-the-clock advice line known as **ALFY** (Advice Line For You), is available to everyone aged 65 or over as well as family members and other people who may care for them.

Call 01324 567247

The dedicated advice line **01324 567247** is operated by experienced nurses who will listen to any concerns and make sure callers receive the right help and support. This could range from

- Providing general health advice & re-assurance;
- Arranging a nurse assessment and organising a home visit day or night, if necessary;
- Organising certain equipment to be provided to support people at home, if required;
- Providing access to general or specialist medical advice or review as required;
- Arranging a referral to the Community ReACH Service (Rehabilitation Service)
- Co-ordinating multiple actions required to support people to remain well at home;
- Prioritising access to social care services determined by need;
- Signposting to voluntary organisations and other locally based services.

September is Alzheimer's Awareness Month



Dunblane Health Centre is on target to be the first Health Centre in NHS Forth Valley to be dementia friendly. All of the staff have undertaken the on-line Dementia Friends Scotland training and have become dementia friends. The PPG and members of the Practice also carried out a dementia friendly assessment audit and are working with NHS Forth Valley to make improvements to the health centre to make it more dementia friendly.

You can also support Dunblane becoming a dementia friendly community by watching a few short awareness videos on-line at www.dementiafriendsscotland.org/

Bannerman's Pharmacy in the High Street became the first business in Dunblane to receive the **DEMENTIA FRIENDLY DUNBLANE** award in recognition of their continued work to ensure that staff and premises are dementia friendly.



The Braeport Memory Cafe is open every **Wednesday** from **2-4 pm** at the Braeport Centre. The cafe is for people with mild to moderate dementia and their carers to drop in for tea or coffee, a chat or just to socialise. Activities also include singing, arts and crafts, board games and gentle exercise.

MAKE THE RIGHT CALL



YOU DON'T ALWAYS NEED TO SEE A GP. Sometimes another healthcare professional or service may be more appropriate or you could self-treat at home.



Self Care at Home

Coughs, colds, sore throats, minor cuts and grazes - can be treated with over-the-counter medicines and plenty of rest



Local Pharmacy

Urine infection (females 16-65); Impetigo – aged over 2; Conjunctivitis – Over 1; Vaginal Thrush; Minor Skin Conditions; Coughs, rashes, minor aches & Pains; Smoking Cessation Support



Practice Pharmacist

If you have any queries regarding your medication, please ask to speak to our Practice Pharmacist



NHS 24

If you require urgent medical attention when the Practice is closed. Please call NHS 24 on 111



Minor Injuries Unit – Stirling Community Hospital

Minor Burns and Scalds; Infected Wounds; Sprains and Strains; Cuts and Grazes; Minor Eye Injuries; Minor Ear Injuries (not infection); Head Injuries



999 or A&E

Severe Bleeding; Choking; Breathing Difficulties; Uncontrolled Seizures; Severe Chest Pain; Suspected Stroke; Severe Burns & Scalds; Severe Allergic Reactions



Dental Service

Constant throbbing toothache; Abscesses; Crowns; Bridges falling out
Teeth sensitivity to temperature; Intermittent dull toothache



Optician

Blurred Eye; Sudden Loss of Vision; Sudden Flashes or Floaters
Infected Eye, Red Eye, Sore Eye, Dry Eye, Watery Eye



Musculoskeletal (MSK) Helpline - 0800 917 9390

If you are experiencing muscle, back or joint problems, please call the helpline. They can provide information and advice and can refer to a physio or MSK specialist if required.



GP Surgery

Severe tummy/belly pain

Long-term conditions, eg asthma, diabetes, heart disease, blood pressure; Anxiety and Depression; Skin lesions & anything not mentioned above.