

# - Dunblane Medical Practice - *Newsletter*

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Compiled by the Patient Participation Group

Issue 15

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## **Staff Changes**

We would like to welcome two new part-time Medical Administrators, Kirsty Scanlan and Shannon Robertson. Kirsty previously worked at Kersiebank Medical Practice in Grangemouth and Shannon has previously worked at Alva Medical Practice.

We welcome back Dr Jane Little, GP Registrar, who returned from maternity leave on 3 October. She will complete her GP training at the end of December.

Dr Kathleen Brennan will return from maternity leave on 31 October 2016. Dr Michael Fyall, our locum GP, who was covering Dr Brennan, has now left to become a GP Partner in Stirling. The remainder of Dr Brennan's maternity leave will be covered by Dr Godha Salunke and Dr Emma Dean.

We would also like to welcome back our GP Registrar, Dr Sadaf Hashmi. Dr Hashmi will be with us for one year until August 2017, to complete her GP training.

## **Dr Eleanor Ewbank**

Dr Eleanor Ewbank is leaving the Practice at the end of October to become a GP Partner at Alva Medical Practice. We would like to wish Eleanor all the best in her new role.

## **Dr Mary Abercrombie**

Dr Abercrombie will be retiring from the Practice at the end of December to pursue other interests. Dr Abercrombie has been a Partner at the Practice for the past 18 years. Dr Abercrombie had a keen interest in care of the elderly and was one of two responsible GPs for Randolph Hill Nursing Home for a number of years. More recently Dr Abercrombie was the GP representative on the Patient Participation Group. We would like to wish Dr Abercrombie all the best in her future pursuits.

Dr Abercrombie will be replaced by Dr Gillian Nicol, who will join the Practice in March. Dr Nicol is currently a Partner at Meeks Road Surgery in Falkirk. Dr Nicol will work 5 sessions per week.



All patients aged 65 and over and those aged 18 and over in an “at risk” group are invited to attend for a flu vaccination. Flu Clinics will be held at the **Victoria Hall, Dunblane**, on the following dates:

<b>FLU CLINIC DATES 2016</b>	<b>TIME</b>	<b>SURNAME</b>
Tuesday 18 October	9.00 am – 12 noon	A - D
Wednesday 19 October	9.00 am – 12 noon	E - L
Tuesday 25 October	9.00 am – 12 noon	M - P
Wednesday 26 October	9.00 am – 12 noon	Q - Z

There will also be a limited number of evening and daytime appointments at the Health Centre for those who are unable to attend the above dates.

A clinic will be held at the health centre for pre-school children and primary school children who have missed the school clinics and at risk 12-17 year olds on Saturday 12 November 9-12 noon.

High school aged children in an “at risk” group will also be invited to attend the Health Centre.

## **Pneumococcal Vaccination**

All patients aged 65 and over are eligible to have the Pneumococcal Vaccination, this can be given at the same time as the Flu Vaccination. This is a one-off vaccination and not given annually.

## **Shingles Vaccination**

All patients in the following age groups will be eligible for a Shingles Vaccination. This is a one-off vaccination and not given annually. Please contact the Health Centre to make an appointment.

<b>Age on 1 September 2016</b>	<b>Eligible for Vaccination 2016/17</b>	<b>Patients date of birth is</b>
69 and under	X No	02/09/1946 or after
70 - 73	✓ Yes	02/09/1942 to 01/09/1946
74 - 75	X No	02/09/1940 to 01/09/1942
76 - 79	✓ Yes	02/09/1936 to 01/09/1940
80	X No	02/09/1935 to 01/09/1936



We would like to thank all those who organised, participated in or attended the recent **Ageing Well Event** held at the Dunblane Centre in June.

The following organisations were represented and provided lots of useful information and resources to those who attended:

**Active Stirling** promotes sport and physical activity throughout the **Stirling** Council area. Includes details of activities and venues. [www.activestirling.org.uk](http://www.activestirling.org.uk)

**Age Scotland**, an independently constituted Scottish charity, is the leading national authority on older people, **age** and ageing. [www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland)

**ALFY** (Advice Line for You) - A telephone advice and support line for the over 65s.  
**Tel: 01324 567247**

**Alzheimer Scotland** provides a wide range of specialist services for people with dementia and their carers. They offer personalised support services, community activities, information and advice, at every stage of the dementia journey. All newly diagnosed patients should be contacted by this organisation. [www.alzscot.org](http://www.alzscot.org)

**Contact the Elderly** is a charity which has more than 100 groups in Scotland tackling the issue of loneliness in older age through tea, cake and company is hoping to launch a group in Dunblane.

A group of up to six older people, aged 75 and over who live alone, is accompanied by volunteer drivers to a Sunday afternoon tea party in a volunteer host's home.

[www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)

**Dementia Services Development Centre** is an international centre of knowledge and expertise dedicated to improving the lives of people with dementia. They are currently trying to get recruits for dementia research- all can sign up. <http://dementia.stir.ac.uk>

**Dial-a-Journey** provides door-to-door transport for people who have mobility difficulties and who cannot use traditional public transport. The service runs seven days a week.

**Tel: 01786 465355**

**Living it Up** is a health, wellbeing and self-management website for people over 50 in Scotland who may be **living** with long term conditions. [www.livingitup.scot](http://www.livingitup.scot)



Following the success of our Ageing Well Event in May, the Patient Participation Group is arranging a Keep Safe Event. This will be held at the Dunblane Centre on Tuesday 15 November between 1.30 pm and 4 pm. Representatives from the following groups will be present: Bannerman's Pharmacy, Fire & Rescue Service, MECS, Food Train and ALFY. Details of additional agencies to follow.

### New Online Resource for Families

Forth Valley Public Health Dietitians have recently launched a new online resource which offers practical advice and information to help families work together to develop a healthier and more active lifestyle. The new web pages, which are called 'Focus on your Family,' can be accessed through the popular 'Choose to Lose' section of the NHS Forth Valley website [www.nhsforthvalley.com/weight](http://www.nhsforthvalley.com/weight).



It includes downloadable resources, quick and easy recipes and a fun family workbook with meal planners, reward charts, a change checker chart, a fun fitness file as well as links to useful websites, mobile apps, quizzes and games.

### A few interesting statistics!!!

During the month **August** there were

- 4185 face-to-face consultations
- 448 telephone consultations
- 286 home visits including care home patients
- 124 patients failed to attend
- 12863 medication items were prescribed
- 4760 letters and results were scanned into patients' medical records



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