

KESSINGTON MEDICAL CENTRE

NEWSLETTER

Autumn/Winter 2013

WELCOME to the Autumn/Winter 2013 edition of our Practice Newsletter. We try to produce this twice a year to keep you up-to date with Practice News.

OPENING HOURS

Monday to Friday 9am to 6pm

Closed for lunch 1pm to 2pm

Inside this issue Closures Useful Telephone Numbers Sickness Certification Staff News Open Day Flu Clinics Shingles Vaccination Protect your child against flu Keeping Well and Warm this Winter	CLOSURES PUBLIC HOLIDAYS The Medical Centre will be closed on Mon 30 th Sept Wed 25 th Dec Christmas Day Thurs 26 th Dec Boxing Day Wed 1 st Jan New Year's Day Thurs 2 nd Jan TRAINING The practice closes one afternoon every 6 to 8 weeks for training. It is essential that doctors and staff are up to date with current developments in General Practice. Medical emergencies will be covered by the out of hours service obtained by phoning the usual surgery number 0141 211 5621
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USEFUL TELEPHONE NUMBERS

Appointments		Gartnavel General	211 3000
Enquiries (after 11am)	211 5621	Royal Infirmary	211 4000
Results (after 3pm)		Yorkhill (children)	201 0000
Repeat Prescriptions	942 2999	Southern General	201 1100
District Nurses	211 5626	Western Infirmary	211 2000
Health Visitors	232 4815	NHS24	08454 242424
		Scottish Ambulance Booking Line	0300 123 1236

SICKNESS CERTIFICATION (Reminder for hospital in-patients)

On discharge from hospital, the doctor who has clinical responsibility for you should provide you, if appropriate, with a Med 3 form to cover a forward period. This is to avoid unnecessary referrals to GPs solely for the purpose of sickness certification.

STAFF NEWS

Welcome



A warm welcome to **Louise Upton** our new practice manager who started on the 12th August. Louise is an experienced practice manager having worked in a large practice in London. We hope she enjoys working here and that she is happy with her move to Scotland.

We would also like to welcome to our new GP Specialist Trainee **Fiona O'Reilly** who started with us in August 2013. Dr O'Reilly will be here until August 2015. We hope she will enjoy working here.

In August we welcomed back **Dr Tara Mooney**. Dr Mooney will be with us until August 2014 and we are very pleased to have her back.

Goodbye to

Elsbeth McKay our practice manager for 15 years. Elspeth retired at the end of July and we wish to thank Elspeth for all her hard work over the years. We will all miss her and hope Elspeth enjoys her retirement. We know she will be kept busy with her voluntary work and her grandson.



Dr Pauline Ferns and **Dr Belinda Chan** also left in August having completed their GP training. We would like to wish them both all the best and hope that they will keep in touch and that they will be able to do some locum sessions for us.

Our staff nurse **Catriona Allan** is also leaving at the end of September. Catriona is joining the District Nurses in Bishopbriggs. We will miss Catriona but wish her all the best in her new role.

DOCTORS TIMETABLE (from August 2013)

White blocks indicate sessions doctor may be available

	Monday		Tuesday		Wednesday		Thursday		Friday	
	am	pm	am	pm	am	pm	am	pm	am	pm
Dr Powell				n/a	n/a	n/a				off
Dr Paterson			n/a	n/a						n/a
Dr Taylor						n/a			n/a	n/a
Dr Denny			n/a	n/a				n/a		
Dr Greenhalgh	n/a					n/a	n/a	n/a		
Dr Mooney				n/a			n/a			
Dr O'Reilly		n/a		n/a	n/a	n/a		n/a	n/a	

Please note the doctors have other duties to undertake including (but not limited to) specialist clinics and home visits. Sessions may vary due to other commitments and also to address patient needs.

Open Day Flu Clinics Kessington Medical Centre

The annual flu vaccine protects people over 65, those who have health conditions and pregnant women, against the strains of flu virus that are likely to be circulating each winter flu season.

This year the Flu Clinics will be held on

Tuesday 8th October 2013 09h30 - 12h30

Thursday 24th Oct 2013 14h30 - 17h30

Thursday 7th November 2013 09h30 - 12h30



These are drop in clinics and **no appointment is required.**

The open day clinics are mostly directed at patients who do not experience difficulty walking or standing for long periods of time. If you feel you fall in this category, an appointment will be more appropriate.

Also if you have an appointment for some other reason then do ask the doctor or nurse if they can vaccinate you while there.

It is important for us to know if you do not wish to have the flu vac even though you are eligible. In this case please give your name to a receptionist or the doctor or nurse. We can then enter this information in your file and we will not chase you up later in the season as not having had the vaccination done.

For anyone who cannot be vaccinated by us because they do not meet the NHS criteria then there are usually local pharmacies who will vaccinate for a small fee.

SHINGLES VACCINATION (New vaccination for 2013)

Unlike other infectious illnesses, you can't catch shingles from someone else. Instead, if you've ever had chickenpox, the virus that causes shingles lies inactive in your body and can become active again later in life. Shingles (also known as herpes zoster) can be very painful and is more common among older people. And the older you are, the worse it can be. For some people, the pain can last for many years. But now there is a vaccine that can reduce your risk of getting shingles, or, if you do get shingles, it can reduce how serious the symptoms will be.

The shingles vaccine will be offered to

All people aged 70 on 1 September 2013 (this includes all people who are born between 2 September 1942 and 1 September 1943).

All 79 year olds (this includes all people who are born between 2 September 1933 and 1 September 1934).

People under 70 years of age will be invited for the vaccine in the year following their 70th birthday. People aged 80 and over will not be offered the shingles immunisation because the vaccine is less effective as people get older.

Protect your child against flu (New for 2013)

In 2013 flu immunisation will be offered to 2 and 3 year olds in Scotland. The flu vaccine is given as a nasal spray into each nostril. It is not an injection. It's quick, and it's painless. There's no need to sniff or inhale the vaccine, only a tiny amount is sprayed into each nostril. Alternative forms of the flu vaccine are available for children who cannot get the nasal spray vaccine. These children will be offered a flu vaccine as an injection in the upper arm.

The flu vaccine helps protect your child against flu and reduces the chance of your child spreading the virus to others.

The flu virus spreads through the air when people cough and sneeze without covering their nose and mouth. Other people then breathe in the virus directly or pick it up by touching surfaces where it has landed and touch their eyes, nose and mouth. Young children don't always cover their noses or mouths when coughing or sneezing, therefore the virus can spread very quickly from them. Anyone who is in close contact with a young child should ensure good personal hygiene, for example, washing their hands.

KEEPING WELL AND WARM THIS WINTER

More people get ill during the winter months; there is a direct link between the cold weather and higher illness rates. This is especially so amongst older people and those in at risk groups (see flu vaccinations below). It is important to keep warm in winter as exposure to the cold produces changes in the body that make the blood more likely to clot, this in turn can increase the risk of heart attack or stroke. The cold weather can also cause other serious health problems like pneumonia or hypothermia.

The best way to combat the winter is to **keep warm**.

It is advised that rooms you are using should be kept at around 21C. A room thermometer may be helpful to check this.

Wear warm clothing - several layers of clothing retain more heat than 1 or 2 thick layers. Thermal underwear and a hat are also a good idea.

Try to **eat at least one hot meal** a day and lots of hot drinks will help insulate the body against the cold.

Remember to try and eat a balanced diet and try to keep your cupboards well stocked in case you have difficulty getting to the shops with the bad weather.

Taking some **physical activity** will increase your appetite and generate heat. Sitting still for long periods of time is not good for your circulation and will cause you to cool down.

Get your home ready for winter. Consider installing a draught seal around windows and doors, hanging heavy curtains, putting insulation around pipes and hot water cylinders

If you have an older person as a neighbour or relative please look out for them in the winter months. If curtains aren't opened during the day or lights on a night there may be something wrong.