



Kessington Medical Centre Newsletter

Winter issue

October 2014

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The way forward

1 Important message for patients

We would be grateful if you provide us with your mobile number, as this will assist us to remind you of forthcoming appointments, and health reviews, or flu vaccinations. It would also enable you to cancel appointments, by texting CANCEL to the number provided in the text. We see this as the way forward to try and work more efficiently with our resources, and would appreciate your help.



2 CLOSURES PUBLIC HOLIDAYS

The Medical Centre will be closed on
Thursday 25th Dec
Christmas Day
Friday 26th Dec
Boxing Day
Thursday 1st Jan
New Year's Day
Friday 2nd Jan
Public Holiday

3 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 out of hours number 01416166200

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Useful Telephone Numbers

Repeat Prescriptions 532 8008
District Nurses 232 4815
Health Visitors 232 4815
Gartnavel General 211 3000
Royal Infirmary 211 4000
Yorkhill (children) 201 0000
Southern General 201 1100
Western Infirmary 211 2000
NHS24 111
Scottish Ambulance Booking Line 0300 123 1236

4 Goodbye and Hello

We would like to say goodbye to Margaret Manley. Margaret's last day was the 30/09/14. We would like to wish Margaret all success for the future.



We would like to welcome Helen MacGillivray, our new Administrative Assistant to our team. We hope Helen will enjoy being part of our team!



We would also like to welcome Dr Fiona Hunter, who joined the team in Apr 14. We are excitedly awaiting the new arrival with Dr Rolph, and wish her the best!



5 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
Thursday 9 Oct 2014-09:15 – 12:30
Tuesday 21 Oct 2014-09:15 – 12:30
Wednesday 29 Oct 2014-14:15 – 7:30
Friday 14 Nov 2014-09:15 -12:30
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.



6 Protect your child against flu

Flu immunisation will also be offered to children aged 2-5 through the Practice (children must be aged 2 or above on 1st September 2014 to be eligible) and to primary school-aged children through their school.

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 virus spreads through the air

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

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.

7 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. 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.

