**Kessington Medical Centre Newsletter**

85 Milngavie Road Bearsden G61 2DN Telephone 0141 212 0700

**Spring** **Issue March 2019**

**Useful Telephone Numbers**

Appointments 0141 212 0700

Repeat Prescriptions 0141 406 6380

District Nurses 0141 232 4817

Health Visitors 0141 232 4815

Ante Natal 0141 232 4005

Out of Hours 111

**Closures**

We will be closed on Friday 19 April and Monday 22 April for Easter holidays and on Monday 6 May and Monday 27 May for public holidays. If you need urgent medical advice during these times please dial 111 for the Out of Hours Service.

**Staff News**

We are very pleased to announce that Dr Sandeep Sharma will officially become a partner with us on 1 April.

Shirley Fawcett has recently joined the Practice Nurse Team and we are delighted to have her on board.

Dr Aoibhin Gormley will be leaving the practice in June to start her maternity leave and we look forward to hearing about her new arrival!

Dr Amy Orme will rejoin us in August to complete her final year of training.

**Travel Advice**

At this time of year you may be planning your summer holidays. The following websites provide useful information on insect avoidance, food and water precautions and other tips:

fitfortravel.nhs.uk

fitfortravel.scot.nhs.uk

masta-travel-health.com

If you need vaccinations please note that you will need to fill in the travel form (available from

reception) **at least 6 weeks in advance**

If you are travelling within the next 6 weeks and require vaccinations you will need to contact a private clinic, there are several of these in Glasgow. You may also need to go to a private clinic if you are planning an extended trip or a complicated itinerary.

**Physiotherapy Service**

We remind you that Simon Johnston our Advanced Physiotherapy Practitioner is available for appointments on a Wednesday and on a Friday morning. If you have a bone, muscle or joint problem you can call us to make an appointment with him. Staff may ask questions about your type of pain to determine whether a physiotherapy appointment is appropriate.

**Lunch time closure**

Just a reminder that the practice is closed for lunch between 1pm and 2pm unless you have an appointment with the physiotherapist on a Wednesday lunchtime.

**Walking for Health**

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Regular walking has been shown to reduce the risk of chronic illnesses such as heart disease, type 2 diabetes, asthma, stroke and some cancers. So now that the lighter evenings are upon us, what is stopping you?