

# Danestone Matters



Working together, caring for your health  
Danestone Medical Practice  
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## Flu Season!

You may have seen some information in the press recently around flu vaccine shortages. As mentioned, there has been a delay due to central resourcing and as such, completely out of our hands. Thanks to the efforts of our nursing team, Gillian, Lynn and Maxine, a high proportion of our "at risk" patients have already received their vaccinations. We are expecting further deliveries during week commencing November 12th so if you are in one of the following categories and have not yet booked your appointment please get in touch with us. You should have already received your invite letter but if not and you think you are eligible for free flu vaccination give the practice a ring and ask at reception.

Free vaccination is available for those in the following "at risk" groups:

- Patients over age 65 by 31.3.19
- Patients aged 2 - 5 not yet at school (children p1 to p7 will be vaccinated at school)
- Patients with diabetes
- Patients with heart, liver or kidney disease
- Patients who have had a stroke or other neurological condition (eg MS)
- Patients with a chronic chest problem (includes asthma requiring steroid inhalers)
- Patients with a compromised immune system (eg no spleen or taking certain medications)
- Patients who are very overweight (BMI over 40)
- Patients who are currently pregnant
- Patients who are carers



With the holiday season fast approaching, now is the time to make sure you have enough of your regular medication to see you through the festive period. Please note below the dates we are

closed and remember the repeat prescription turnaround is 48 hours collection from the surgery or pharmacy.

You don't need to over order - we are open again as usual after the public holidays - but do make sure you have enough of your usual medications.

## HEALTHY START



### What is Healthy Start?

With Healthy Start, you get free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins.

If you are pregnant or have children under the age of four you could qualify. Or if you're on benefits, or if you're pregnant and under 18. To check whether you qualify, have a look online at [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) Or phone 0345 607 6823 The website also contains lots of useful hints and tips about nutrition, food and health.



**PUBLIC HOLIDAYS – We will be CLOSED on  
TUESDAY 25<sup>th</sup> and WEDNESDAY 26<sup>th</sup>  
DECEMBER 2018 and**

**TUESDAY 1<sup>st</sup> and WEDNESDAY 2<sup>nd</sup>  
JANUARY 2019**

**otherwise normal opening**

**IF YOU NEED ADVICE WHEN WE ARE CLOSED  
PLEASE CALL NHS24 ON 111**



We would like to send you all our best wishes for a Happy and Healthy Christmas and New Year!



### Supporting local people affected by cancer

Are you affected by cancer and a patient of Danestone Medical Practice?

CLAN provides free support in the heart of your community at Danestone Medical Practice.

### Danestone Medical Practice

CLAN Cancer Support Service

Last Wednesday of each month

Appointments can be booked by calling 01224 822866

Cancer support for all

## CLAN Cancer Support Service

We are delighted that our friends at CLAN are continuing to provide a service in the Practice for the next six months.

If you are a patient at this practice and affected by cancer, you or your friends and family can make an appointment with Kathleen (an advisor from CLAN) who can provide useful information and a listening ear. This service is available to those supporting loved ones with cancer as well as patients themselves. Appointments are available on the last Wednesday of the month - please call the surgery on 01224 822866 for more information or to book an appointment.

## Ready Scotland - Are you ready for winter?

### Ready Scotland

Preparing for and dealing with emergencies

This week, Ready Scotland are encouraging everyone in Scotland to spend a few minutes making sure they are ready for winter.

Find out more about how to prepare at their website: [www.readyscotland.org](http://www.readyscotland.org)

This includes useful tips on preparing at home, at work or in your local community. This site also covers emergency planning for lots of other situations and circumstances. By thinking ahead and working together, we can ensure we all cope well with any disruption whether due to by bad weather or any other cause.

## Why is going to the dentist important for my baby?

It's a good idea to start taking your baby to the dentist as early as possible. This helps get them used to the different sights, sounds and smells there. Mums are entitled to free dental care until your child is one year old. Setting a good foundation for your child in this area can ensure healthy teeth and gums throughout their life. If you are not currently registered with a dentist you can visit [www.nhsgrampian.org/dentalservices](http://www.nhsgrampian.org/dentalservices) or ring the dental information line on 0345 4565 990 for a list of NHS dentists. If you are registered at a dentist you can register your baby as soon as they are born.

## Coughs and Colds - 'tis the season!



This is the time of year when we start to see a lot of patients suffering from coughs and colds.

The general advice is to rest and take plenty of fluids.

Over the counter remedies may relieve some of your symptoms, which may last for at least 10-14 days.

Coughs may last longer, and antibiotics are of little benefit if you are otherwise fit and well. They will not cure viruses, and may cause other serious side effects, as well as meaning in the future, illnesses won't respond to the correct antibiotic if really needed.

It's also a good idea to make sure you are washing your hands after you have been blowing your nose...to prevent the spread of your germs!

Your local pharmacist is also a useful source of advice. And check out the "who to turn to" website at [www.know-who-to-turn-to.com](http://www.know-who-to-turn-to.com)

You can also use our eConsult facility to send an enquiry to your GP rather than booking an appointment. You don't need to be registered for this service - you just have to be our patient. This service has been extended to include patients aged 6 months and over.