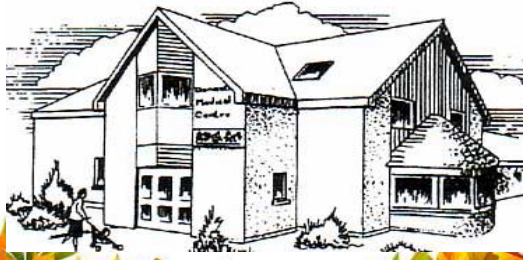


Danestone Matters



Working together, caring for your health

Danestone Medical Practice

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Autumn 2021

** PRACTICE UPDATE **

As restrictions around us are lifted, we are often asked "When will the surgery open again?". Despite the waiting room door being closed, the surgery is very much open and running, as it has been since the start of the pandemic. Back in March 2020, we were forced to rethink how to safely see our patients, with the result that only a small proportion were seen in the building or at home. The rest were dealt with remotely by phone, video or email. As time has gone on and crucially as more folk are vaccinated, we are now safely seeing the majority of our patients face to face in the surgery.

We are still offering a blended approach of appointments— video consultations can be very useful, especially for reviews or for Covid patients; phone appointments can be quicker and often more convenient; e-consultations are especially helpful for fit-notes, attaching photos of skin problems or administrative queries, and face to face appointments remain where examination is required.

When you are speaking to our reception colleagues, please be willing to offer them a brief description of your problem. This allows the GPs to keep an eye on the daily demand and "triage" the patients to the right place at the right time. Please be reassured this information is kept confidential.

We continue to use our "red zone" room for potentially infectious patients, and you may be asked to come in a different entrance if we need to use this room for your examination. This is to try and keep separate our more vulnerable patients, of whom there are many, from those who may be infectious. This is difficult in such a small building and is why we are struggling to re-open the waiting room to the public. Please bear with us as we try to cope with this.

As we move into winter with the expected increase in flu, other respiratory infections and potentially new Covid variants, we will continue to work in this way to ensure the safety of all our patients and our staff.

Thank you for your understanding and support.

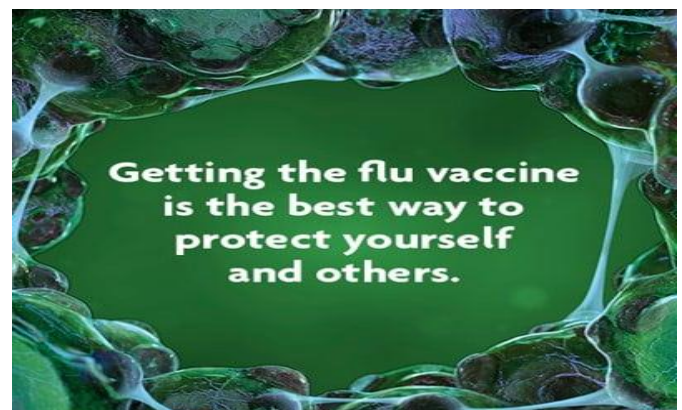
Update on this year's 'flu vaccination programme.

It is really important all citizens are aware that GPs are no longer delivering the flu programme. Please do not contact us for information about Flu or Covid immunisations, as we will not be able to help you. Eligible groups will be invited to attend the established vaccination centres. The exact order followed may vary across the three Health & Social Care Partnerships - Aberdeen City, Aberdeenshire, and Moray - as local teams work according to vaccine supply and staff availability. NHS Grampian are committed to completing the programme for all eligible citizens by early December.

Work is already taking place to offer flu immunisation to eligible primary and secondary school children. Plans are being finalised to offer immunisations to older adults, resident in care homes. People working in health & social care will be able to book their vaccination appointments from mid-September. Where citizens are eligible for both 'flu and a COVID-19 booster jab, and the required time has passed following your second COVID-19 jab, these will be offered together.

If you are eligible for 'flu immunisation - and you can get more information on this on the NHS Inform website - they will contact you directly - you do not need to take any action right now.

www.nhsinform.scot/flu-vaccine



Aberdeen City Vaccination Centre - NOW OPEN

This is located in the former John Lewis premises. As well as continuing to provide COVID-19 vaccinations, the centre will also see the delivery of 'flu jabs and a number of other immunisations. This is part of the national transfer of scheduled immunisations away from primary care and into health board/health & social care partnership delivery. Drop-in vaccination is available at the ACVC between 10.30am and 4.30pm, 7 days a week. Doorways are wide enough for wheelchair access. There are disabled parking spaces where the John Lewis click and collect used to be round the back or at the side of the building on St Andrews Street. If these are full then it would be parking in the the Bon Accord Centre where there are lifts to the ground floor.

The new ACVC is accessible on the ground floor so no issues in relation to disability access 🧑🏻‍🦽.



It can be difficult to identify people who are suffering from the emotional distress that can lead to suicide. However there are signs to look out for if someone is at risk:

- Finding it hard to cope
- Withdrawing from friends and family
- Not taking care of themselves
- A loss of self-worth
- Appearing more tearful
- Not wanting to be with people
- Talking about wanting to die or being a burden to others.

If someone you know is displaying any of these signs and you think they might be at risk of suicide it's important to reach out and encourage them to speak to a GP.

If you're in need of urgent help, contact [Samaritans](https://www.samaritans.org) on 📞 116 123 or email: jo@samaritans.org

The Prevent Suicide app is a great tool for people in the North East who might be struggling. It can connect you with support, help you create your own safety plan and map out your coping strategies. Download now from the App Store, Google Play or visit <https://www.preventsuicideapp.com/>

Ask the Pharmacist

Suffering from a minor illness and want advice as quickly as possible? **DID YOU KNOW** that your local pharmacist can give you confidential advice (**and treatment if needed**) for some common illnesses without you seeing your GP? Here are just some of the conditions your pharmacist can help you with:

- coughs, colds and sore throats
- minor skin conditions and acne
- athletes foot
- styes and minor eye infections
- pain, including backache
- cold sores
- diarrhoea/constipation
- colic
- thrush
- head lice

Pharmacists provide many other services including:

- NHS emergency hormonal contraception
- NHS smoking cessation support
- Advice on travel injection requirements & supply of malaria prevention

Proof of vaccine certification

The Scottish Parliament has approved the use of Coronavirus vaccination certificates to enter some events and higher risk venues. The measure will come into effect on Friday 1 October. From Thursday 30 September, people will be able to use the NHS Scotland Covid Status App which also has a QR code, to access venues where certification is required. Venues will have a separate app to use for verification. Under 18s and adults who are ineligible for vaccination will be exempt.

It is currently possible to download (or otherwise request) a PDF of your vaccination status from the NHS Inform website. This function will be switched off on 30 September. If you were vaccinated in the staff scheme or no longer have your 'blue envelope' letter with your unique username, it is possible to recover this – details are available at the link below 📄

<http://www.nhsinform.scot/.../get-a-record-of-your...>

Anyone unable or unwilling to use the App can request a secure paper record of vaccination, which cannot be edited, and which will come with enhanced security features such as thermodynamic ink to prevent forgery.

Proof of vaccination will be required to enter:

- nightclubs
- adult entertainment venues
- unseated indoor live events, with more than 500 people in the audience
- unseated outdoor live events, with more than 4,000 people in the audience
- any event, of any nature, which has more than 10,000 people in attendance

Please do not contact us about your coronavirus vaccination status. We cannot provide letters showing your coronavirus vaccination status.

