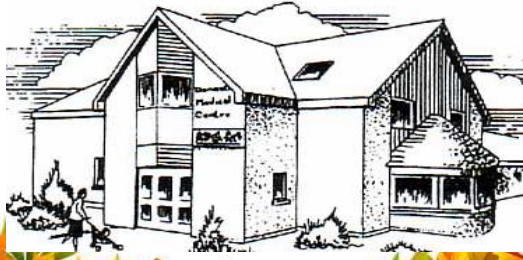


# Danestone Matters



Working together, caring for your health

## Danestone Medical Practice

Fairview Street, Danestone,

Aberdeen AB22 8ZP

Tel: 01224 822866 Fax: 01224 661586

Website: [www.danestonemedicalpractice.co.uk](http://www.danestonemedicalpractice.co.uk)

# Autumn 2022

## STAFF CHANGES

### Goodbye!

One of our Admin Team Sylvia retired earlier in the year and our Secretary Ashton left us in the summer as did Nurse Lynn.

### Hello and Welcome!

Welcome back to Natallie who has returned from maternity leave. Welcome to Lisa who has joined us as Office Supervisor and to Katrina who has joined us in the Admin Team. We have a new treatment room Nurse Hannah and we also have a new Pharmacy Technician, Hattie. Welcome to all.

## VACCINE INFO

Vaccines are no longer done in the GP surgery, including travel vaccines. For the how, where, what and why of vaccinations for patients in Grampian please visit: [www.grampianvax.com](http://www.grampianvax.com)

### Scottish Vaccination Helpline

The helpline is open Mon - Fri 9.00am to 6.00pm and Saturday 9am to 1pm. It is closed on Sundays. NHS Inform have set up a free helpline, **0800 030 8013**, to help with booking or amending appointments and give general advice on Covid or the flu vaccine



## Menopause



PRIMARY CARE  
WOMEN'S HEALTH FORUM

### Over half the population is affected by menopause....why don't we talk about it more?

There is a new website on this topic with the catchy title [www.rockmymenopause.com](http://www.rockmymenopause.com) Have a look and find information which may be helpful:

- **For you**

We will empower you with the knowledge you need to become menopause aware to talk to your GP and loved ones with confidence.

- **For a loved one**

Start an open and honest conversation about menopause today, with family, friends, at work and in your community.

- **For a colleague**

[www.balance-menopause.com/](http://www.balance-menopause.com/)

More information can be found on our self-help section on our practice website.

**You need to wear a face covering in GP practices.**



Please remember to bring your own mask 😊 when attending the practice as we have very limited supplies.

As face coverings guidance in wider public settings in Scotland gradually stands down, patients and visitors to healthcare settings such as hospitals, GP surgeries and within wider community healthcare, the wearing and the extended use of masks is still required for healthcare workers, patients and patient visitors. This is due to these settings hosting more clinically vulnerable individuals, for whom COVID-19 infection still poses a greater risk.



Don't forget to use **#CovidSense**. If an adult has symptoms and is not well enough to carry out daily activities or has a fever, they should stay home. Keep doing the things

that protect you and your loved ones. For more info visit [www.NHSinform.scot/covid19](http://www.NHSinform.scot/covid19)

## COST OF LIVING HELP

**For anyone struggling with the cost of living, advice is available from Citizens Advice**

[www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/](http://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/)

We also have a Link Practitioner who comes into the Practice.

### What is a Link Practitioner?

Link Practitioners support people with a wide range of non-clinical issues they may be experiencing and can help people to talk about what really matters to them. They can enable people to set goals and overcome life's challenges. They have an overview of what is happening in the local community and can help people access all the local community has to offer.

Some of these topics include:

- Money/benefit advice
- Debt management/budgeting
- Local activities & social groups
- Self-help & support groups
- Care services & carers support groups
- Volunteering opportunities
- Getting into work, training & education

If this is something you think might be useful to you, speak to your usual GP.

[www.aberdeencityhscp.scot/our-innovations/community-link-working/](http://www.aberdeencityhscp.scot/our-innovations/community-link-working/)

## Patient Participation Group

Our next PPG meeting is on 18 January at 12.30pm and is open to all patients. Please email our management team if you would like to come along.

Find out about help you can get to heat your home more efficiently and reduce your heating bills here: [www.homeenergyscotland.org](http://www.homeenergyscotland.org)



# HELP US HELP YOU

**FROM MONDAY 6<sup>th</sup> June 2022**

To allow us to prioritise seeing patients and clinical work, we are changing how we deal with routine enquiries.



For booking appointments and medical/admin queries please call us between

**8.00 am – 11am & 2.00pm – 5.00pm**

**\*\*we remain open Mon-Fri 8am – 6pm\*\***

## Medical Students

We are a teaching practice so are involved in the teaching of health care professionals. This includes the training of undergraduate medical students and the teaching of nursing professionals. You may see them when you are in the surgery so thank you for your support to continue their learning.