



NEWSLETTER – WINTER 2016

Welcome to the winter edition of the Auchtermuchty Health Centre Newsletter. We hope that you have found previous editions of the newsletter informative and we will continue to produce newsletters throughout 2017.

Copies of all our newsletters can be found on our website www.auchtermuchtymedical.co.uk

MIXED FEEDBACK – ANNUAL FLU IMMUNISATION CAMPAIGN

We are pleased to report our best ever up take of our Saturday morning Flu Immunisation Campaign held on the 5th November 2016. Perhaps it was the “remember, remember, the fifth of November” that made it such a roaring success.

We immunised over 600 Patients that morning, which is far in excess of previous years. It was a very busy day, as any of you that attended can testify.

We thank the majority of you for your patience and understanding on the day. All our staff went home exhausted but with a sense of achievement in the numbers that we were able to deal with.

We are dismayed, however, with the attitude portrayed by a minority of patients. Our administration staff took the brunt of this and were exposed to some grumpy, inconsiderate and even at times aggressive behaviour. This certainly soured the day for us and left a lot of our staff feeling undervalued by our patients.

We would like to remind you that every single person involved with running the Flu Clinic gave up their Saturday with family on a voluntary basis. This allowed in excess of 600 patients to be immunised, whilst ensuring there wasn't any disruption to the working week and appointment availability, particularly during this very busy winter period.

We appreciate that it was an incredibly busy day, and some of you had to wait in excess of 40 minutes; but a bit of understanding that our staff worked flat out for over five hours on their day off, dealing with the constant queue of patients that did not let up all day, would have been appreciated.

NOROVIRUS: THE WINTER VOMITING BUG

You've probably heard of the "Winter Vomiting Bug" – that's what people call Norovirus, just because it is more common in winter.

It spreads very easily, and it can affect anyone of any age, causing **vomiting and diarrhoea**.

Other symptoms may include:

- Mild Fever
- Headaches
- Stomach Cramps
- Aching Limbs

Norovirus is unpleasant, but not usually dangerous. There is no cure for it – you have to let it run its course and avoid contact with other people until you feel better. That usually takes just a few days.

WHAT TO DO IF YOU CATCH NOROVIRUS:

Keep it to yourself.

Staying at home and keeping your hands clean can help avoid spreading Norovirus to others. You can still be infectious up to 48 hours after your symptoms go, so it's best to avoid seeing other people during that time.

It's especially important to avoid visiting anyone in a hospital or care home, as Norovirus is more serious for people who are already ill.

FESTIVE PERIOD OPENING

Auchtermuchty Health Centre will be closed on the following dates:

26th & 27th December
2nd & 3rd January

As in previous years, due to this being a very busy period within General Practice, Auchtermuchty Health Centre will NOT be offering any ROUTINE appointments during the Christmas/New Year fortnight. As such we will be offering an acute service during this period, whereby you will ring at 0800 to access an "on the day" appointment with a GP.

We would like to gently remind Patients to check their repeat medications to ensure they do not run short during the festive period. Please be aware that it takes two working days from request for a prescription to be generated and available for collection from the Practice.

Should you become unwell when the Practice is closed we recommend that you telephone NHS 24 for assistance on: **111**

Finally, Auchtermuchty Health Centre would like to wish you all a Merry Christmas and Healthy New Year