



NEWSLETTER - WINTER 2018

Welcome to the winter edition of the Auchtermuchty Health Centre Newsletter.

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

STAFF UPDATE

We are delighted to welcome Dr Kenneth Bell, who joins us on a Monday, Wednesday and Thursday of each week. Dr Bell will consult on a Monday and a Wednesday and he will be teaching SCOTGEM Students from the Practice on a Thursday. Dr Bell previously worked as a GP Partner in Tayside and has a keen interest in teaching; working from St Andrews University on a Tuesday. We are looking forward to him sharing his knowledge and experience with the Auchtermuchty Health Centre Team.

ANNUAL FLU IMMUNISATION CAMPAIGN

We are pleased to report our best ever attendance at our Saturday morning Flu Immunisation Clinic held on the 27th October 2018.

I can confirm that we immunised 812 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.

I would like to take this opportunity to thank those who attended the Flu Immunisation Clinic, I am sure you will agree that it was a productive and successful day.

It is always our intention to reduce the impact the Flu Campaign has on Patient access at an already busy time of year in General Practice. This is why we actively encourage everyone who is eligible to do their best to attend the Saturday clinic. This being said, we appreciate that not everyone can attend the Flu Clinic, as such it is necessary to factor in further Nurse led Flu Clinics when we have availability and, we have received further immunisations from the Health Board.

I can confirm that we now have Flu Immunisation Clinics booked in from Thursday 29th November - if you are eligible for the immunisation I would encourage you to book an appointment at your earliest convenience.

VACCINE SHORTAGES

Please be aware that there is currently a shortage of some of the vaccines we offer to certain groups of Patients in General Practice.

The shortage is global, and affects vaccines such as Hepatitis A, Hepatitis B, Pneumococcal and Shingles among others. We continue to obtain supplies as we can, however please do not be offended if you are asked to telephone back to check the status at a later date.

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 a 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:

25th & 26th December

1st & 2nd 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