

# CRAMOND MEDICAL PRACTICE NEWSLETTER

## SPRING/SUMMER 2019



### Road-works in the Cramond area

Major gas replacement works have commenced in Cramond and surrounding areas. Please allow plenty of time to get to your appointment and be aware that car parking may be more difficult than usual. More information about the road-works is available on Edinburgh Council's website

### Travel vaccinations

We **do not** offer a travel advice clinic at the surgery. If you think you may need vaccinations for travel you should attend a private travel clinic.

Clinics are available at the Western General Hospital (0131 537 2823) and at Barnton Pharmacy (0131 339 3449).

If any of the vaccinations you require are available on the NHS you can receive them at the surgery. The travel clinic will tell you if this is the case and give you a form or letter detailing the vaccines you require – please bring this with you to your appointment.

### Telephone Appointments

All of our doctors are pleased to offer pre-bookable telephone appointments.

These are most suitable for:

- Review of ongoing problems
- Discussing existing treatments
- Discussing test results
- Review of medication

Telephone appointments are not usually suitable for anything that may require a physical examination or for new problems that you have not previously seen a doctor about

Please be aware that you will not be given an exact appointment time for telephone consultations. Remember to keep your phone handy so you don't miss our call.

### Childhood vaccinations

The arrangements for childhood vaccinations have changed. Children will now receive their vaccinations at a special clinic at Parkgrove Medical Practice.

Parents will receive an appointment by letter when vaccinations are due. If you have any queries about your appointment please phone the community vaccination team on **0131 446 4082** – **please do not phone Parkgrove surgery directly.**

New baby checks will still be carried out here at the surgery by Dr Stevenson, Dr Nash and Dr Royle

### Importance of vaccination

*Routine vaccination is vital in preventing outbreaks of serious illness and disease.*

*Evidence shows that giving several vaccines to a child at the same time does not have a negative effect on their immune system.*

*If you have any questions or concerns about your child's vaccinations please ask your health visitor. The Health Visiting team can be contacted at Pennywell All Care Centre on 0131 286 5015*

### Barnton Pharmacy Clinic

A number of common ailments can now be treated at Barnton Pharmacy including coughs, colds, chest infections, sore throats, hay-fever, rashes, thrush and urinary tract infections.

You will be offered a consultation with a pharmacist who can issue a prescription if required.

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### **Do you have an NHS Hearing Aid?**

***We are able to supply replacement batteries for NHS hearing aids at the surgery***

Simply come to the reception desk (***after 11am***) with your yellow 'Hearing Instrument and Battery Issue Record Book' and a member of our reception team will provide you with replacement batteries. This service is only available to patients with NHS hearing aids. You must bring your yellow book to obtain replacement batteries.

### **Over 65s club**

*Fridays 11am – 1pm*

*Drumbrae Library Hub*

*Includes Creative Writing, Scottish History and Book Club*

*Transport can be arranged if required*

*Contact Jacqui for information on 07845 015973*

### **Edinburgh Carer Support Team**

Support for carers including training, counselling, respite and advice about benefits. For more information phone 0131 536 3371 or visit [www.edinburgh.gov.uk/carersupport](http://www.edinburgh.gov.uk/carersupport)

### **Contraceptive Pill Check**

Two of our Practice Nurses now provide appointments for repeat prescribing of contraceptive pills. If you need a prescription for your contraceptive pill please make an appointment to see a Practice Nurse. It is important that you are seen in the surgery for your contraceptive pill check as we need to monitor your blood pressure.

### **Unused Medicines**

Please note that the surgery is unable to take any unused medication back from patients. Unused or expired medications should be returned to your local pharmacy for appropriate disposal. Please never put unused medications in domestic waste.

### **Reports and letters**

Please be aware that private reports and letters from your GP (e.g. for insurance purposes) can take up to 4 weeks to process. Please ensure that you allow enough time for us to process your request.

### **Nutritional supplements**

If you use nutritional supplements (build-up drinks) you may be contacted by the Surgery to invite you to come in for a review appointment with a dietician. If you have supplements on your repeat prescription that you no longer require please let us know.

### **Community Connecting Service for Older Adults**

The Community Connecting Service can help you to access local activities, groups and events. A volunteer will talk to you about your interests and help you to access activities that you may enjoy. They can also help you with arranging transport if needed. Phone **0800 12 44 222** for more information

### **Shingles Vaccination**

***If you are aged between 70 and 79 you are eligible for the shingles vaccination.***

***Those over the age of 80 are not offered the shingles vaccination as it is less effective in older people***

***If you are eligible you may receive a phone call from the surgery inviting you to make an appointment***

***You only need to have the vaccination once so if you have already had it you do not need any further boosters***