SPRING/SUMMER 2016

# Welcome to the spring/summer edition of the Firrhill Medical Centre’s newsletter.

**Changes at Firrhill MC**

**Goodbye To**

Kirsty Harrower the practice nurse who left us in March this year.

**Hello To**

Dr Eilidh MacLeod who will be covering maternity leave for Dr Jennifer McAlpine.

Vidya D’Souza our new practice nurse.

Kirsty Stewart our new receptionist.

**CONGRATULATIONS TO**

Dr Jennifer McAlpine on the birth of her son in April.

**WELL DONE TO**

**Liz Young** the Practice Nurse who received her Queens award for long term Service.

**Elaine Jones** receptionist/HCA whoqualified in SVQ 3Healthcare Support (Clinical).

**NEW BUILDING**

We have received confirmation that the construction of our new premises ‘The Allermuir Health Centre’ has recently started.

The programme is being delivered by NHS Lothian in partnership with the City of Edinburgh Council.

It is expected that the new centre will open in September 2017.

**PLEASE REMEMBER WE DO NOT UNDER ANY CIRCUMSTANCES TAKE ANY PRESCRIPTION REQUESTS OVER THE TELEPHONE.**

IF YOU WISH TO REQUEST ANY ITEMS OF MEDICATION PLEASE USE ONE OF THE FOLLOWING WAYS:

* Via the surgery website- www.firrhillmedicalcentre.org – Repeat prescription
* Please place your re-order slip into the box at the front door.
* In writing – your name, date of birth, and name(s) of your medication on a piece of paper.
* Via your local pharmacy
* Posting in your request to the surgery

PLEASE KEEP US INFORMED OF YOUR PREFFERD WAY IN WHICH YOU WISH TO COLLECT YOUR PRESCRIPTION

* In person at the surgery
* Collect from a local pharmacy
* SAE – Please send a stamped address envelope with each request.

**ALL PRESCRIPTIONS REQUESTS REQUIRE 2 WORKING DAYS NOTICE**

When ordering your repeat prescription, can we also please encourage you to check what medicines you have at home before ordering **only order what you** **actually need**.

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| **O**  **P**  **T**  **I**  **C**  **I**  **A**  **N** | Opticians (Optometrists) are the experts in the community on all eye diseases. They also have the correct equipment for eye examinations. You can see an Optician for dry, red, sore, watery, sticky or itchy eyes, cysts and styes or conjunctivitis**.** |

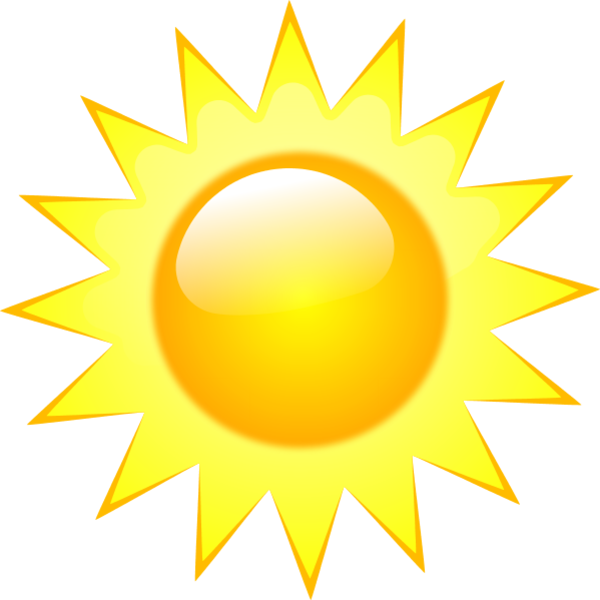
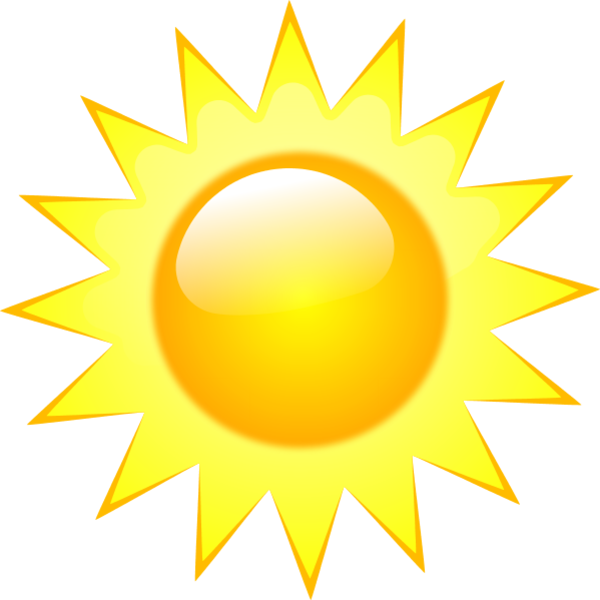
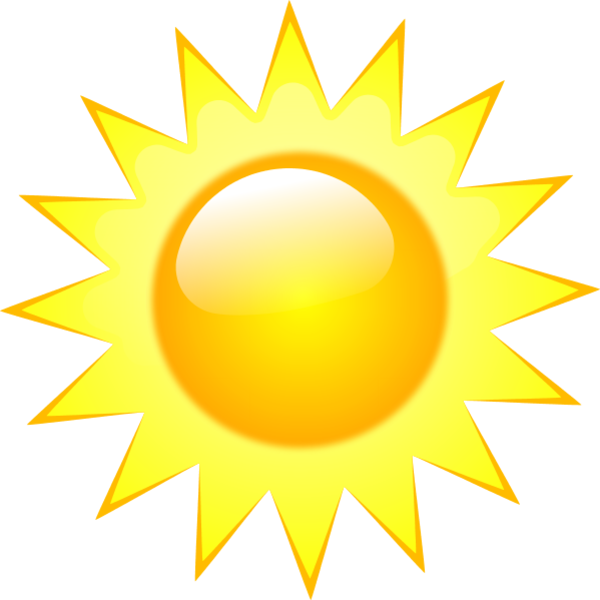
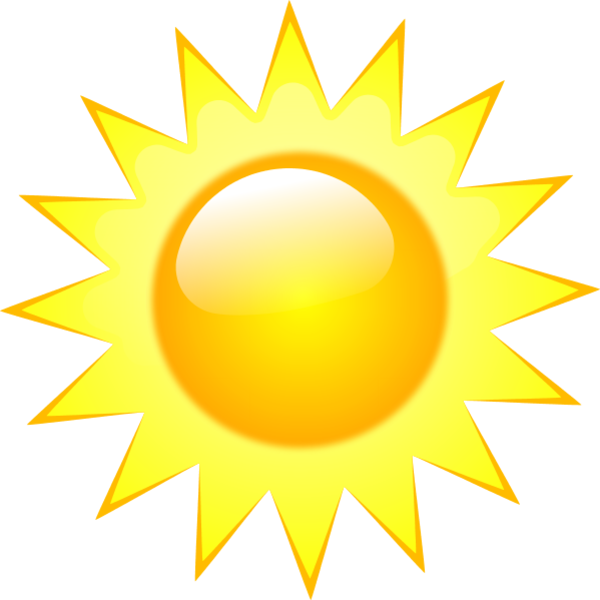
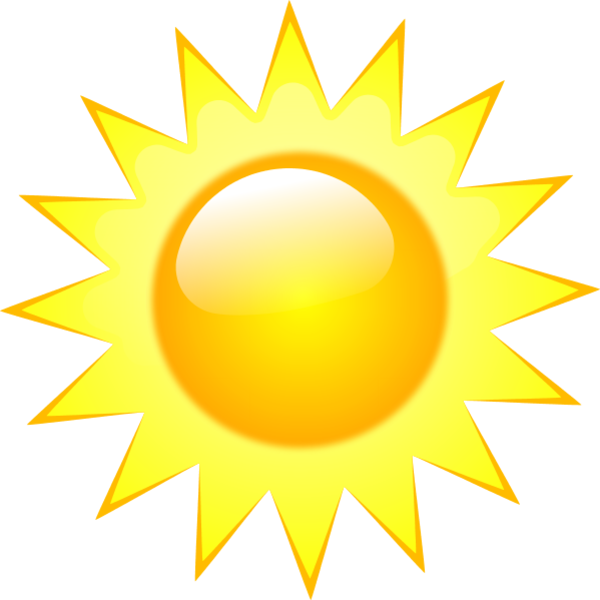
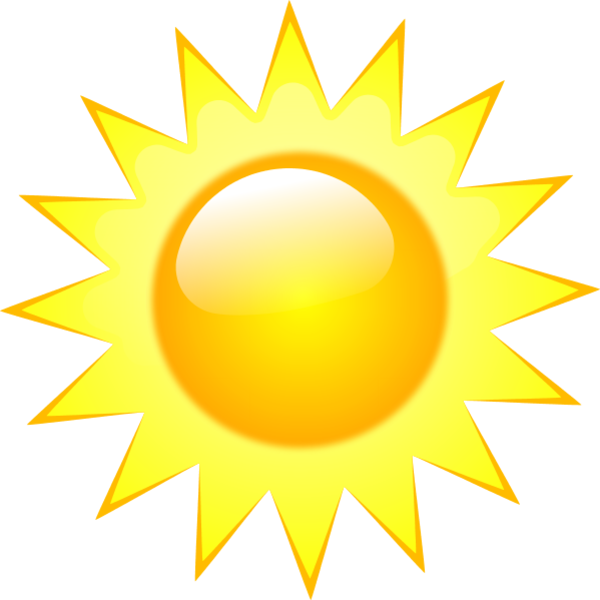
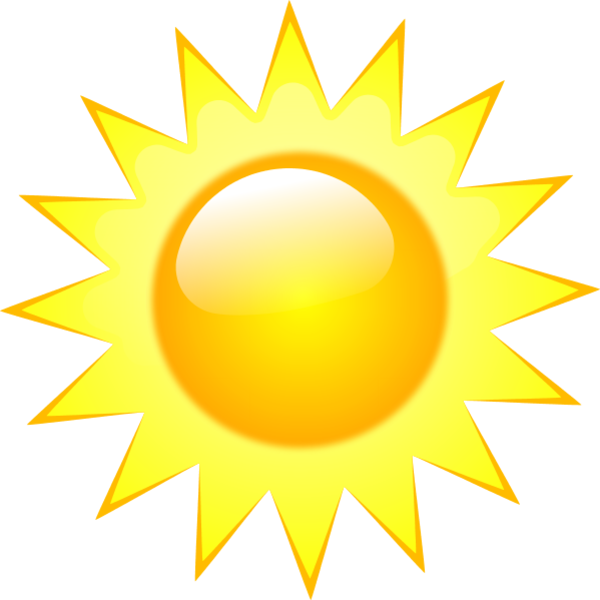
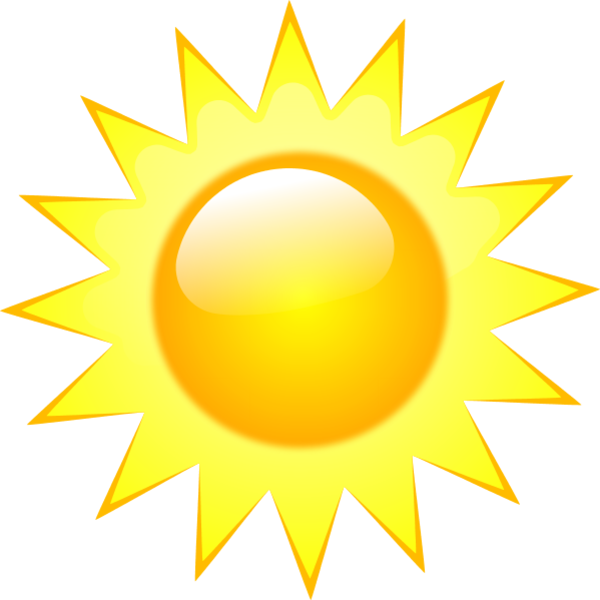
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| **P**  **H**  **A**  **R**  **M**  **A**  **C**  **Y** | See your pharmacist if you  are worried about :  A cough or a cold.  Conjunctivitis for those aged over 1 year.  Sore throats, earache  Verrucas. Constipation. Diarrhoea and vomiting.  Hay-fever. | Mouth ulcers. Cold sores. Dry skin.  Nappy rash. Small patches of impetigo. Abrasions, bruises, insect bites and sunburn.  Emergency contraception. Thrush.  Head lice. Pain relief. Piles.  Smoking cessation. |

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| **DENTIST** | Any condition involving your mouth or teeth. |

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| **PODIATRY** | You can self refer to the Podiatry Service.  Please ask for a referral form at Reception Desk. |

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| **SMOKING** | NHS **STOP** **SMOKING** telephone helpline is  **0800 84 84 84**  **or contact your local** |

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| **PHYSIOTHERAPY** | Adults with musculoskeletal (MSK) health issues can self refer themselves for physiotherapy by calling the NHS24 MSK Advice & Triage Service on 0800 9179390 between 9am & 6 pm Mon-Fri. |

**TRAVEL IMMUNISATIONS**

**Please make time to plan your holiday**

If you are about to go abroad on holiday and need to be immunised, you will be asked to complete a travel form, this should be completed and handed to reception, we will then pass this to the practice nurse to look over.  We then ask that you phone the surgery 48hrs later to find out if you require any immunisations or advice. It is important to give as much detail regarding destinations and accommodation as possible, as the Practice Nurse needs this information to decide which vaccinations may be necessary.  If you are going to be stopping off at more than one place, going on a cruise or going on excursions when you arrive, then please include this information. Please complete this form 8 weeks prior to departure.

Most travel vaccinations take at least a few weeks to be properly in your system, so if you are planning a trip either for business or pleasure please make an appointment well in advance.

The practice nurses have a very busy appointment system so it is not always possible to be able to fit anyone in at the last minute.  For regular travellers it is possible to get yourself up to date with any immunisations at any time so that you don’t have to worry if it is a short notice trip.