

# The Maryhill Group Practice

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[www.elginhealthcentre.co.uk](http://www.elginhealthcentre.co.uk)

## FLU CLINICS 2018

The Flu Clinics have now commenced and patients who are entitled to the flu vaccination are listed below. Should you be entitled to this, please contact the Reception Team to book an appointment:

- \* Over 65 years of age
- \* Chronic Heart Disease
- \* Diabetes
- \* Multiple Sclerosis
- \* Chronic Respiratory Disease
- \* Anyone undergoing chemotherapy treatment, or anyone who is on medication that reduces their immunity should also get immunised.
- \* Liver Disease & Kidney Disease
- \* Pregnant Women
- \* Stroke
- \* Patients with a BMI of 40 and above
- \* Unpaid Carers



An annual Nasal Spray Flu Vaccination will be available for all children aged 2-5 years who have received a letter as part of the NHS Childhood Vaccination Programme. Children of primary school age will be given the nasal spray at school.

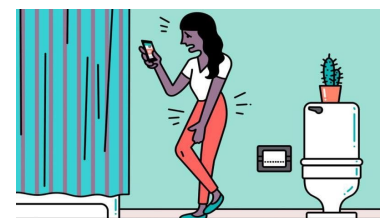
We will also be offering the vaccination against Shingles. All patients aged between 70 to 79 on 01/09/2018 are eligible this year (if not had vaccine already).

**Please remember that if you are attending for a Flu/Shingles vaccination, the car park will be VERY busy so please leave plenty of time to park and don't forget there are car parking spaces at the back of the Health Centre. (Don't worry if you are held up looking for a space.)**

## URINE INFECTIONS IN WOMEN AGED BETWEEN 16 AND 65

We have recently changed the way we manage urinary tract infections in this age group. We hope these changes will allow otherwise well women to access treatment quickly and easily. Following current guidelines the reception team will collect information from patients with urinary symptoms. This will help identify patients who have symptoms typical of a UTI. These patients will be signposted to their local pharmacy for appropriate treatment.

Where patients are identified as being unwell, this information will be passed on to our duty team for further action. We hope this will improve access to treatment for appropriate patients.



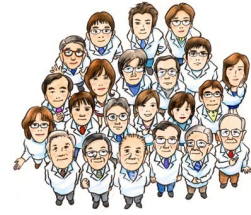
## ROTHERS HEALTH CENTRE

Rother's Health Centre will be closed all day on Wednesday 14 November 2018. Any patients wishing to be seen on that day can be seen at Elgin Health Centre. We apologise for any inconvenience this may cause. This is to allow our reception staff to attend an important training event.

## STAFF NEWS

We have 5 new staff members that have joined the practice.... 4 of which are doctors:

Dr Vicki Thompson  
D Alistair McGregor  
Dr Elousie Mair  
Dr Graeme Taylor



We would also like to welcome Michelle our new Phlebotomist .

We would like to congratulate the following staff members:-

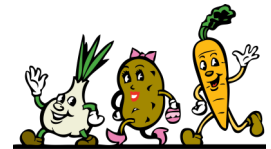
Kevin Reid who has become a Fellow of the College of Paramedics.  
Suzanne , practice nurse has successfully completed her Diabetes Management course at RGU .  
Emma, practice nurse has successfully passed her Family Planning Course.  
Jane our Community Nurse has successfully passed the European Palliative Care Course and to  
Dawn, one of our Health Care Assistants who got married recently.

Naomi Lodge, Nurse Practitioner is leaving us in October to take up a new post in St. Andrews.



## **REAP PROJECT**

Many patients will have noticed fruit trees and other edible plants springing up near the front of the practice. And some of you venturing around the back of the building will have seen all the veggies, raised beds and sheds, plus a team of folks doing some gardening and having a cuppa. Maryhill is the home of therapeutic gardening sessions run by local environmental charity REAP and funded by the Climate Challenge Fund (Scottish Government) and the Robertson Trust. Sessions run every Monday afternoon with special drop-in sessions the first Thursday of the month, with themes like cooking 'from plot to plate' and a harvest festival. You are all very welcome to sign up and join the benefits to your health of gardening and food growing, whilst helping develop and maintain this beautiful space. REAP are looking for more folks to join in and you don't need to commit to coming every week. Sessions are free and you often get to take some fresh veggies home! Please contact REAP at [info@reapscotland.org.uk](mailto:info@reapscotland.org.uk) or 01542 888070 for further details and look out for information in the waiting room or on the REAP Scotland Facebook page.



## **CHANGE OF ADDRESS/ TELEPHONE NUMBERS**

Please remember to inform us of any address changes or mobile telephone numbers so that we can keep your records up to date.

## HEALTH CENTRE CLOSURE DATES

Wednesday 10th October 2018 - closed from 1.30pm onwards - Protected Learning Day  
Wednesday 14th November 2018 - closed from 1.30pm onwards - Protected Learning Day  
Tuesday 25th Decmeber 2018—closed all day  
Wednesday 26th December 2018—closed all day  
Tuesday 01st January 2019—closed all day  
Wednesday 02nd January 2019—closed all day