

GARSCADDEN BURN MEDICAL PRACTICE

Newsletter

Over the last two years you may have noticed a number of changes in your GP practice. Your waiting room changed to include a Self Check-in and information area, there was a new Practice Manager although a familiar face, you received the first newsletter to introduce our new name, the Prescription Line became an answering machine and our new Practice website was launch. You may ask why. This was because we opted to change our contact with the NHS to allow us to provide a more personalised service to meet the needs of our patients.

We recognize there are many factors to poor health and people have different needs and priorities, so we want to support you with issues that matter to you most, as such issues may prevent people from looking after their health needs; such needs like supporting better mental health and being included in your community. Our GPs and staff understand the benefits of including exercise daily to promote better mental wellbeing.

With support people have been attending tennis sessions and walking groups within Drumchapel for almost a year to support them to feel better about themselves, so the Practice GPs and staff had a taster of what that was like for those people.

With training provided by Julie Gordon and volunteers from Tennis Scotland we learned more about tennis and its benefits in Drumchapel Tennis Club, who provide free sessions for all on Saturday Mornings. This was followed by a Treasure Hunt to identify more opportunities for exercise.

“12 months on I’m still attending weekly Tennis sessions and a local walking group. I thought it might help me lose weight, however it has made me feel happier, it’s such a laugh.”

Liz, Drumchapel



Current activities available to our patients are:

Walking Group starting from Chester’s Nursery, Summerhill Road on Fridays 9.30-10.30am, followed by tea and a blether. There is also a Friday afternoon walk 1.30-2.30pm, both are for all levels. **Tuesday Soft Tennis** sessions in Drumchapel Table Tennis/Sport Club 10am-12noon, and there is also a patient health focused group who meet with a view to developing the group further. The newest active available is a **Health Food Growing Project** as we have secured an accessible growing site at Stonedyke Neighbourhood Centre, starting mid-February.



Flu Jab



The annual flu vaccine (Flu Jab) protects people over 65, those who have pre-existing medical conditions, pregnant women, children and those who work in healthcare against the strains of flu virus that are likely to be circulating each winter flu season. We can still provide these and are available till the end of February.

Practice Website

Our website has been designed to make it easy for you to gain instant access to the information you need. As well as specific practice details such as opening times and how to register, you'll find a wealth of useful pages covering a wide range of health issues along with links to other relevant medical organisations as well as up to date news:

<http://www.drumchapelhealthcentre-b.co.uk/>

HOW TO MAKE BEST USE OF NHS SERVICES

Here is a five step plan to assist patients in making the best use of NHS services.

Step 1. Self Care

In many cases of minor injury or illness, patients can manage their condition themselves. Keep a well stocked medicine cabinet at home. Remember to keep medicines away from children

Step 2. Pharmacists

Pharmacists are qualified to offer expert help and advice on medicines as well as ailments such as sore throats, colds and flu, hay fever, mouth problems, minor grazes, headaches and smoking cessation. The morning after pill can be purchased at the pharmacy.

Step 3. NHS 111

NHS 111 provides a 24 hour health advice and information line. This is when you need help quickly but it's not an emergency. Dial 111

Step 4. Your GP Surgery

Ring the surgery for an appointment if you need to be seen by a doctor or nurse, or Repeat Prescription Line if need a repeat prescription or have an on-going medical condition. Look at our online Clinics and Services page for more information about the services available at the surgery.

Step 6. Accident & Emergency (A&E)

A&E is specifically for serious Accidents and Emergencies. In a critical or life threatening situation - go direct to your nearest A&E department. If you think immediate treatment by paramedics is needed call 999 for an ambulance.

Attending A&E or calling an ambulance for minor ailments is a costly use of NHS resources and delays treatment for seriously ill patients.

Bogus communications.



A number of patients have been contacted by text detailing being their "Registration has expired" which appears to be sent from us. Can we reassure you these texts are not from us (your GP Practice) and would advise you DO NOT reply. The source of these are still unknown.

Address:

80-90 Kinfauns Drive

Drumchapel G15 7TS

Telephone Numbers:

Practice– 0141 211 6100

Repeat Prescription 0141 211 6103

Out of Hours 0141 211 6100