

Taynuilt Medical Practice



Newsletter October 2009



Flu Clinics

We hope to have the normal flu vaccinations in stock by 5th of October and have set up special clinics and set aside times within the normal surgeries to give these. If you are aged 65 or over or have COPD, diabetes,

Please contact one of the surgeries and ask for an appointment for your flu immunisation.
Please contact the surgery if you require further information.

Swine Flu (H1N1 vaccination)

We anticipate that it will be towards the end of October before this is in stock. More information should be available nationally within the next few weeks and we will be setting up clinics for this as soon as we know more.

Doctor Changes

Life always seems to be changing and our doctor team is no exception to this! Dr Allison Davies and Dr John Lyon are reducing their time commitment to the Practice slightly to bring themselves into line with Dr Neil Bennett. This means that Dr Davies will no longer be routinely available on Fridays, and Dr Bennett remains unavailable on Wednesdays. The picture is more complicated for Dr Lyon; he already works flexibly in the Practice because of other NHS commitments, so this pattern probably won't change - he'll just be even more elusive at times! To make up for the reduction in Drs Davies' and Lyon's input, Dr Jo Landon has increased her commitment and will now usually work five mornings a week. For the future, Dr Fiona Shaw is due to take a year out of the Practice for maternity leave, beginning in the New Year. Her absence will be covered by a joint locum of Dr Cathy Ford and Dr Kate MacGregor - both of whom have worked with us in the recent past and will be known to many of you.

Our "bottom line" is that we will continue to be able to offer same-day access to a doctor for any patient who requests such an appointment, as well as the ability to book an appointment in advance with the doctor of your choice up to four weeks ahead - meeting and exceeding Government targets!

Alcohol Awareness Week

Scotland's third Alcohol Awareness Week takes place from the 4th-10th October 2009. It's easy to make a positive choice about drinking. There are small changes that can help you enjoy a drink without risking your health. The aim of the campaign is to drive awareness amongst Scots - and demonstrate - that by making positive lifestyle choices, changing drinking habits and drinking more responsibly will enable you to get more out of your day, week or weekend. It's also important to understand how much you're drinking, and how that compares to the sensible drinking guidelines. These are that men should drink no more than 3-4 units* of alcohol per day, and women no more than 2-3. Regularly drinking more than this can cause health problems. If you overdo it, it's a good idea to give your body 2 days without alcohol. In fact, Scottish Government advice is that we should all aim to have at least 2 alcohol-free days per week.

As part of your consultation with your doctor or nurse you may be asked some routine questions about your alcohol consumption. This is part of our general health promotion which includes smoking history, blood pressure and dietary advice. If you are drinking above sensible limits you will be offered help to reduce your intake.



Information is also available on the internet at www.alcoholawarenessweek.com



*single measure (25ml) of gin/rum/vodka = 1 unit, 1 pint of premium strength lager/beer (5%) = 2.8 units, 175ml glass of standard (12%) wine = 2.1 units

Patient Group (MeDCATS) Update

The practice patient group have organised a talk by Dr Mac Armstrong on the progress of the Oban Hospice which will take place on Wednesday 14th October 2009, at 7.30pm at Connel Church Hall. There will also be a chance to hear about the work of the Macmillan Nurses. All are welcome to attend.



The group are also doing a survey on satisfaction, or otherwise, with NHS24 and will be sending out questionnaires to a selection of people who have had contact with the out of hours service. We would be grateful if these questionnaires are returned to the surgery in the stamp addressed envelope provided. This is completely confidential.

For further information on the group and its activities please contact the Chairperson, Steve Eccles on 720438 or Janice McGhee at Connel Surgery 710229.