**Tillicoultry Medical Practice**

**Patient Participation Newsletter August 2016**

**LOCAL PHARMACIES AND USEFUL NUMBERS**

 Welcome all to your exciting newsletter, in which we the Patient Participation Group hope to inform, educate and entertain you! We also hope that you will get involved, comments and recipes for the “healthy eating” section will be very welcome!

So let’s get started, with the pressing issue of the name for our group Newsletter! A competition is planned so that everyone gets the chance to have their say. An exciting prize will be awarded to the person coming up with the name chosen, so put your thinking caps on, send it into the reception of Tillicoultry Medical Practice and it could be you, you lucky thing!

 Amazingly the year is already half way through, plans are now afoot for the flu jab (ouch!) clinic! Lovely, I hear you cry, but it is a vital service and free! What more can you ask for? Dates available can be found in the flu clinic section with full details of who and when. The only prize for this participation is reduced risk of suffering from the lurgy that is flu this winter, got to be worth it.

 For those of you who find getting an appointment with your favourite GP difficult, listen up. Those marvellous folk in your community chemist offer a fabulous service, helping assist you with a pile of minor ailments, if you’ll pardon the pun! Anything from acne to verruca, check your blood pressure and even help you with quitting the evil weed, commonly known as cigarettes. And no need to worry if it’s something they don’t do they’ll give you the advice you need about where to go! Gets better all the time, you can also pick up that little something for a treat, have a chat and you never know who you might meet whilst you are there.

**PATIENT PARTICIPATION GROUP**

**PRACTICE NEWS**

**Macks**

 Tillicoultry

01259 750261

**Well**

Tillicoultry

01259 750349

**Well**

Alloa

01259 218039

**Lloyds**

Dollar

01259 742536

**Lloyds**

Alloa

01259 218979

**Lindsay & Gilmour**

Sauchie

01259 723155

**R & J Marshalls**

Alva

01259 760389

**R & J Marshalls**

Menstrie

01259 769300

**Boots**

Tullibody

01259 722864

**Boots**

Alloa

01259 723246

**NHS 24**

**111**

**Dental Helpline**

**0844 800 6886**

**Midwife Booking**

8.30am – 12noon

01324 567146

**Forth Valley Hospital**

01324 566000

**Clackmannanshire Community Hospital**

 01259 215 333

**Patient Contact Information:**

Please check with the receptionist that we have the correct contact details for yourself and your next of kin

**Online Prescriptions & Appointments**

Ask reception staff for an online Pin code and register at [www.patientaccess.co.uk](http://www.patientaccess.co.uk)

You can then book appointments and order Repeat prescriptions

**Appointment System**

Routine appointments can be booked in advance, If however you feel that you cannot wait until then you can ask for an on the day appointment where you will be offered a telephone consultation



**Opening Times:**

Monday – Friday

8am – 6.00pm

**Prescription Line:**

9am – 12noon

**Appointments & Prescriptions**

**01259 750531**

**Health Visitors**

**01259 750350**

**District Nurses**

**01259 752261**

**WEBSITE:**

www.tillicoultrymedicalpractice.co.uk

What to do if .......I have a 'flu-like' illness?

Flu (Influenza) is a common infection spread by coughs and sneezes. It's caused by a virus so won't respond to antibiotics. It's very unpleasant but you'll usually feel better within a week. There are several other viruses that can cause very similar illnesses too which is why doctors call it a 'flu-like' illness.

**What are the symptoms?** - a high temperature

 - Tiredness and weakness

 - a headache - general aches and pains

 - a dry chesty cough

**What's the difference between flu and a cold?**

Often the symptoms are similar, but flu is more severe and can make you feel so exhausted you have to stay in bed and rest. Flu comes on quickly and can make your whole body ache. Colds tend to come on gradually and mainly affect your nose and throat.

**What can I do if I think I have flu?**

If you are normally fit and healthy, it's fine to treat your flu at home. Keep warm, eat if you feel like it and make sure you drink plenty of fluids. If you want, you can take paracetamol or ibuprofen. Be careful not to spread your germs, by using tissues and putting them straight in the bin, and washing your hands.

If you are 65 or over, have other medical problems such as heart, lung, kidney, liver or neurological disease, have a weakened immune system, you are pregnant or have any symptoms which concern you such as chest pain or shortness of breath, please do contact us.

In some extreme cases, and if there has been a declared outbreak of 'flu in the Forth Valley area, antiviral medications may be helpful. However, for most people, simple treatment is all that is required and is best.

**To prevent 'flu make sure that you get this year's 'flu jab if you are in the 'at risk' groups mentioned above.  This year the clinics are being held on.......**

**FLU CLINICS**

OVER 65

Pregnant

Chronic Illness

Cover yourself with the Flu Jab

**Wednesday 19th October 2016**

**Thursday 3rd of November 2016**

**8.30am – 5.30pm**

Drop in Clinic

**CHILD FLU CLINICS**

**2-5 year olds who are not at school yet**

**25th October 2016**

**1.30pm – 5.30pm**

Welcome to the second newsletter from Tillicoultry Health Practice.  This is as a result of a group of patients and health professionals getting together to try and improve communication between each other.   We hope to make it easier for patients to let us know their opinions, concerns and general views of the practice and therefore have a better understanding of each other.  We welcome your news, views and general comments good or bad and will strive to include as many as possible in each edition which we aim to produce quarterly.   We also plan to include features on A day in the life of and What to do if. ...

We look forward to hearing from you with your news, views and general comments.

Ok that’s about it for now, remember this is your newsletter too, if you have a burning health issue best see your local pharmacist or doctor, ha ha ha, joking! Just let us know if there is something you think you would like included from amble routes to wok recipes, from interesting research to support groups! And don’t forget your suggestions for a name for this newsletter of yours.

Moira James Editor PPG Member



**Healthy Eating Recipe**

Now for something very special, a delicious easy to follow recipe, thank you Kenny, chef extraordinaire, The Juniper Inn, Devonside. We’re hoping to make this a regular feature, anyone can join in and send their favourite recipes too, as long as they’re on the right side of healthy!

 This dish, a very easy way to cook fish, takes minutes to prepare. Serve with a simple green salad. Serves Four

serves 4,

10 minutes

600g salmon fillet
150ml olive oil
20g unsalted butter
1 tbsp finely chopped juniper berries
2 tsp lemon thyme leaves
Juice and finely grated zest of 1 lemon
Sea salt and freshly ground black pepper

Preheat the oven to 200C/gas 6. Place a baking tray in the oven so that it becomes very hot.

Slice the salmon fillet very thinly, carpaccio style, working across the width of the salmon.

Cut 4 x 15cm squares of baking parchment, brush them with olive oil, dot with butter and sprinkle with salt and pepper. Sprinkle half the chopped juniper berries and half the lemon thyme over the parchment squares and lay the salmon slices on top. Season again with salt and pepper, drizzle with some more olive oil and the lemon zest, then add the rest of the lemon thyme and chopped juniper. Sprinkle on a little lemon juice.

Open the oven and carefully place the parchment squares with the salmon directly on the hot baking tray. Cook for 2-3 minutes until the salmon is just done. Take the squares off the tray and flip them over on to plates. Peel back the paper and serve.

Kenny Wilson


**Want to join in the Naming Competition here is what to do**

Drop into the practice during Community Week and pick up the picture of the Practice creatively give it some colour and suggest your name at the bottom. Return your entry into the box provided in the practice reception. The winner will be advised at the end of the Community Week.

**Want to join in the Naming Competition here is what to do**

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**Any tooth related issue including abscesses**

**OPTICIAN**

**DENTIST**

**Muscle or Joint Problems**

**Chronic disease management, smears, contraceptive review, immunisation questions**

**For general health checks and MOTs**

**Blood tests, ECGs, BP check, Height and Weight**

**Minor injuries, dressing changes, wound checks**

**DISTRICT NURSES**

**Any issues from pre-school age kids including feeding, constipation, growth, weight, development, continence**

**HEALTHCARE ASSISTANT**

**PRACTICE NURSE**

**PHYSIO**

**SCHOOL NURSE/ COUNSELLOR**

**CLACKMANNANSHIRE HEALTHIER LIVES**

**OCCUPATIONAL THERAPY**

**Speech impediments,**

**Behaviour issues, learning difficulties, mood and eating disorders**

**Council – for aids around the house to improve mobility and personal activities of living**

**HEALTH VISITOR**

**Medication queries, minor ailments chronic medication service**

**PHARMACIST**

**ALTERNATIVES TO GP FOR ADVICE AND ASSESSMENT**

**Any eye problem from infection to vision**

**Alzheimer’s Dementia**

 Now, a serious note to the newsletter. There is a little worry that we all share, the concern about our aging population, that includes us! The worry of Alzheimer’s Dementia.

One person who took this concern to a positive level is our very own Julie Duffus. Julie was in the unenviable position of having first-hand experience of Alzheimer’s, both her mum and dad suffered from this devastating disease. Rather than moving on and putting this experience behind her she followed her parents example, Julie signed up as a participant in a major research study. The European Prevention of Alzheimer’s Dementia initiative (EPAD).

EPAD aims to improve understanding of the early stages of Alzheimer’s disease and how it leads to dementia. Inviting people to take part in clinical trials aimed at testing interventions that could delay, or even prevent the onset of dementia. Participants have regular health checks, including blood tests and brain scans. Researchers also track participants thinking skills over time, using tests of mental agility!

Sounds incredible and a bit scary! But essential if we’re ever going to make progress in this miserable disease that can affect so many. If you are interested in getting involved in dementia research you can contact the Centre for Dementia Prevention in Edinburgh, via the contact page on  their website [www.centrefordementiaprevention.com](http://www.centrefordementiaprevention.com).  There is also a national website [www.joindementiaresearch.nihr.ac.uk](http://www.joindementiaresearch.nihr.ac.uk), where you can register your interest and they will match you with suitable studies, ranging from brain training to full drug trials.volunteer11

**s Dementia**