



# The Baronscourt News

Volume , Issue

December 2007

## Welcome to the Christmas 2007 edition of the Baronscourt News

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## Local Pharmacy Christmas and New Year Opening Times

The opening times below are for the following chemists:

Alliance Pharmacy, Willowbrae Road:

Boots, Portobello:

Nuchem, Lindsey & Gilmour, Portobello Road:

Sainsbury's, Meadowbank:

Monday 24th December – Open as normal

Tuesday 25th December – Closed

Wednesday 26th December – Closed

Thursday 27<sup>th</sup> December – Open normal

Friday 28<sup>h</sup> December – Open as normal

Saturday 29<sup>th</sup> December – Open as normal

Sunday 30<sup>th</sup> December – Sainsburys only – Open as normal

Monday 31<sup>st</sup> December – Open as normal

Tuesday 1<sup>st</sup> January – Closed

Wednesday 2<sup>nd</sup> January – Closed

Thursday 3<sup>rd</sup> January – Open normal

Normal opening times resume after January 3<sup>rd</sup> 2008.

## Baronscourt Surgery Christmas & New Year Opening Times

The surgery will be open as follows over the Christmas and New Year period.

Monday 24th December – Open 8am-2pm

Tuesday 25th December – Closed

Wednesday 26th December – Closed

Thursday 27<sup>th</sup> December – Open as usual

Friday 28<sup>h</sup> December – Open as usual

Monday 31<sup>st</sup> December – Open 8am-2pm

Tuesday 1st January – Closed

Wednesday 2<sup>nd</sup> January – Closed

Thursday 3rd January – Open as usual

Friday 4<sup>th</sup> January – Open as usual

It may be useful to keep a small supply of paracetamol and other over the counter remedies at home over the festive period. This may help you cope with common ailments such as simple coughs, colds and sore throats. In the event of a medical emergency please phone NHS 24 on 08454 24 24 24

Remember to allow extra time for ordering repeat prescriptions.

## C:Card direct

With the party session upon us and drink flowing condoms help you have safer sex and protect you from unwanted pregnancies and more importantly STIs like chlamydia, HIV, warts, herpes, gonorrhoea, syphilis and hepatitis B which can all be passed on via unprotected sex. STIs can turn into serious health problems for both partners if you don't get them treated. You can get a check up and treatment at the GUM clinic. It's free and confidential. Emergency contraception can prevent pregnancy if you take it within 3 days (72 hours) of unprotected sex, but the sooner you take it the better it works. Condoms are the simplest way to take care of yourself and your partner when you have sex. Baronscourt Surgery is a c:card point for people aged 16 and over who want free condoms.

## Staff Update

We are pleased to introduce our new temporary Health Visitor, Iona Davison; some of you may have already met Iona over the last few weeks. She will be working alongside Emma Young, Nursery Nurse. Both Iona and Emma can be contacted on 0131 467 7007.

We are happy to report that our previous Practice Nurse, Viv Monaghan, who left us in July 2005 to work for Medecins sans Frontieres has been spotted in Uganda.

Sadly, we bid a fond farewell to our Practice Manager Mrs Valerie Thomson who is leaving us after 9 years at the Practice. Mrs Thomson is looking forward to spending more time with her children and taking forward her wedding planning business. We wish her all the best and will miss her.

## Edinburgh Stroke Carers Support Group

The Edinburgh Stroke Carers Support Group is a group intended to be an informal support network for family, friends and carers of people who have had a stroke who are currently living in the community. It meets on the first Tuesday of every month (from Tuesday 2<sup>nd</sup> October) 1.30-3 p.m. at VOCAL, 8 Johnston Terrace (just off the Royal Mile).

It is hoped that the group will offer opportunities for people to share experiences as carers, learn new things and lend each other support in a relaxed atmosphere.

NHS Lothian leads the group with collaboration from Chest Heart and Stroke Scotland and VOCAL Carers Centre.

No referral is required - carers should feel free to turn up as able. Unfortunately, we do not have the space or facilities to accommodate people who have had a stroke themselves. The group is solely intended for carers.

For more information about the group contact either: Marlyn Smith, 0131 537 9577, or Jacqueline Wood, 0131 537 9139

## Protected Learning Afternoon

The next staff protected learning afternoon will be: **Wednesday November 28<sup>th</sup>**

The Practice will be closed from 12 noon on that day. This provides the staff with valuable time to develop as a team and learn about new services. As yet we do not have the dates for the forthcoming New Year.

## Flu vaccinations 2007/08

The Flu vaccine campaign is now well underway after starting in October

Patients who are eligible are:

- All those aged 65 and over and/or have:
- Chronic respiratory disease including, Coronary Obstructive Pulmonary Disease, chronic bronchitis, emphysema, cystic fibrosis
- Asthma that requires continuous or repeated use of steroids either in inhaler or tablet form, or with previous episodes requiring hospital admission
- Chronic Heart Disease including those who have had a heart attack, suffer from angina or heart failure
- Patients with Kidney Disease
- Patients with Liver Disease including chronic hepatitis
- Diabetics
- Immunosuppression due to disease or treatment including those receiving chemotherapy, large doses of steroid tablets, and those with HIV infection.

For those who fall into the above categories but do not wish to have the flu vaccination **please** contact us so that your records can be amended. Carers will also be considered to protect those most at risk should their care receiver fall ill. A carer is considered to be someone who provides help and support to another person who could not manage without their help; this could be due to age, physical or mental illness or disability.

**Seasons Greetings and all the best for 2008 from the Doctors and Staff at Baronscourt Surgery.**