



The Baronscourt News

Volume , Issue

December 2008

Welcome to the Christmas 2008 edition of the Baronscourt News

Included in this edition –

Local Pharmacy Opening Time

Christmas & New Year Opening Times

Staff Update

Protected Learning Afternoon

Flu vaccinations

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:

Wednesday 24th December – Open as normal

Thursday 25th December – Closed

Friday 26th December – Closed

Saturday 27th December – Open normal

Sunday 28th December – Sainsbury's only – Open as normal

Monday 29th December – Open as normal

Tuesday 30th December – Open as normal

Wednesday 31st December – Open as normal

Thursday 1st January 2009 – Closed

Friday 2nd January – Closed

Saturday 3rd January – Open as normal

Sunday 4th January - Sainsbury's only – Open as normal

Normal opening times resume after January 4th 2009.

Baronscourt Surgery Christmas & New Year Opening Times

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

Wednesday 24th December – Open as normal

Thursday 25th December – Closed

Friday 26th December – Closed

Monday 29th December – Open as normal

Tuesday 30th December – Open as normal

Wednesday 31st December – Open as normal

Thursday 1st January – Closed

Friday 2nd January – Closed

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.

Protected Learning Afternoon

The next staff protected learning afternoons will be:

Wednesday February 25th

Wednesday March 25th

The Practice will be closed from 12 noon on both days. This provides the staff with valuable time to develop as a team and learn about new services.



Flu vaccinations 2008/09

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.

Staff Update

We are pleased to welcome back our new temporary Health Visitor, Iona Davison; some of you may remember Iona from the end of last year/beginning of this year. She will be working alongside Mary Cowan, Health Visitor and Emma Young, Nursery Nurse. The team can be contacted on 0131 467 7007.

We are happy to report that our GP Registrar, Dr Linda Watson gave birth to a boy, Angus in September. Both Mum and baby are doing really well.

Dr Lucy Thomson will with effect from January 2009 be increasing her availability to an additional session per week. Appointments can be made in the usual way.

We will also be saying goodbye to Dr Mai Alsammak in February. Dr Alsammak joined us as a GPST1 and will be proceeding in her speciality training back within the hospital environment. Dr Alsammak will be succeeded by Dr Matthew Pitts who will be with us for four months initially from February till May 2009 then returning to us full time for one year in 2010 as our GP registrar.

Quarter of a century at Baronscourt

It is 25 years since I joined Dr Roberts and Dr George at Baronscourt Terrace. I decided to become a GP because I enjoy the variety of patients and when I was a junior hospital doctor, regretted never seeing patients again after their discharge.

It has been a great pleasure and privilege to get to know patients over a whole generation. I am sometimes taken by surprise when I call a name and instead of the wee boy I was expecting, a young man gets up. I have fond memories of the elderly. I remember one old lady telling me she felt 'awfie gruey'. This was a word I hadn't come across before, she explained that it was 'just a nae weel feeling' With the influence of American and Australian television, the use of Scots has declined but I enjoyed descriptive terms like hirpling, paiching, hingy, peely wally, scunnered and the boke

I have concerns about the future of General Practice. The Government does not seem to value continuity of care and the diagnostic skills, which our training develops. It is also becoming increasingly difficult for us to balance health needs with consumerist demands.

Meantime the teaching and training we are now involved in keeps our interest and enthusiasm stimulated.

Dr Carola Bronte-Stewart

Seasons Greetings and all the best for 2009 from the Doctors and Staff at Baronscourt Surgery.