

Staff Updates

August is the month of change staff-wise as well as seasonally. Our GPST3, Dr Steven Brown who has been with us for the last year has now moved on as a fully fledged GP and we wish him well in his new post. He has been replaced by Dr Enyinnaya Okeke who will be with us until August 2013. Dr Okeke has come to us following a placement at the Belford so some patients may already have met him. He has also been with us on attachments in the past year so has 'hit the ground running' so to speak at Tweeddale and we welcome him to the team.

He is joined by our new FY2 Dr Arran Keir who will be with us for the next 4 months and replaces Dr Heather Penman who has now moved on to the Belford. We welcome Arran to Tweeddale and wish Heather well.

Protected Learning Time (PLT)

Here are the next few dates on which the surgery will be closed in the afternoons for Protected Learning Time to allow for education/training for doctors, nurses and staff.

Tuesday 4th September 2012 - closed from 1pm
Tuesday 6th November 2012 - closed from 1pm

Order your Repeat Prescriptions online

Did you know that you can order your repeat prescriptions online via our website www.tweeddale.com? Go to the Prescriptions section and follow the instructions to register and activate your online account.

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We are also on the web at

www.tweeddale.com

Patient Newsletter

Tweeddale Medical Practice

August 2012

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Autumn 2012 Edition



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Welcome to the Autumn edition of your Practice Newsletter.

In this edition of our newsletter we have articles updating you on:

- ***Tweeddale Buzz Group meetings***
- ***Get to know your Health Rights***
- ***Know Who To Turn To***
- ***Flu Vaccinations***

We hope that you find these articles helpful and informative but we are always looking for ways to improve **your** newsletter.

Comments and feedback are welcome.

You can pass suggestions on to any member of staff in the practice - ask for a comments/suggestions form at reception or go to the "Contact Us" section of our website.

Buzz Group Meetings

If you have been in the practice at around 9am, you may have noticed a group of doctors, nurses and staff gathered in the main office.

These are what we call Buzz Group meetings. The purpose of these meetings is for the practice team to get together to plan the work for the day ahead and the content includes:

- Arranging reviews for patients either in the practice or at home, including those who have just been discharged from hospital who may need follow-up
 - Sharing important news such as any illness outbreaks or drug alerts
 - Sharing of important events that have happened in the practice
- We believe these meetings help the practice team work well together in the interests of patient safety so if you see us hanging around with our coffee cups in the morning, we have already started work, honestly!

Get To Know Your Health Rights

Health Rights Information Scotland is a useful website where you can find clear, accurate and up to date information about your health rights with sections for young people and carers. This includes information about what you can expect from the NHS, accessing your health records, and being involved in decisions about your health care. Information on the website is available in a variety of formats.

www.hris.org.uk

Translated information and other formats

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中文	Hrvatski	فارسی	
Français	हिन्दी	Latviešu	
Lietuviškai	پښتو	Polski	
Português	Русский язык	Српски	
کوردیسۆرانی	Español	ትግርኛ	
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When you are unwell or injured - Know Who To Turn To

Self Care	Going directly to the person with the most appropriate skills is important. It will help you get the right medical assistance quickly and efficiently. That can help you to a speedier recovery and make sure all NHS services are run efficiently.
Pharmacist	
Dentist	
Optometrist (Optician)	Information on the " Know Who To Turn To " campaign is available in several languages and can be downloaded as a booklet.
Family doctor (GP)	
NHS Out of Hours	Copy the link below into your web browser or go to www.nhshighland.scot.nhs.uk and search for
Minor Injuries	Know Who To Turn To
Accident & Emergency	www.nhshighland.scot.nhs.uk/services/kwttt/pages/welcome.aspx

Surgery Equipment on Loan

Do you have a nebuliser or blood pressure monitor at home on loan from the surgery?

The practice has some medical equipment which it loans out to patients.

If you have one of our loan items and no longer need it, please return it to the practice so that other patients can benefit. We often have a waiting list so prompt return of these items is important.

Flu Vaccinations

We are currently waiting for our stock of this year's flu vaccine to arrive and hope to start our flu clinics the first week of October. We will be in touch with all eligible patients (either by letter or telephone) to let you know as soon as appointments are available for booking. Help us to reach the Government target of 75% by booking an appointment to have your vaccination.