

STAFF UPDATES

Dr Roberta Lindemann has come to the end of her six month attachment to Tweeddale and moved on. She will be back periodically over the next two years and will then be rejoining us in 2016 for a year to finish her GP Specialty Training programme.

THANK YOU

Once again we wish to say a huge ‘Thank You’ to our many patients who expressed their appreciation over the festive period by gifting us with sweets, biscuits, tea, coffee etc. Your generosity and thoughtfulness is greatly appreciated by all.

NHS INFORM

‘A one-stop-shop for quality assured general health information for patients, their families and carers, and interested members of the public. The information includes: Patient leaflets, medicines information, and support groups.’

You may find the NHS Inform website interesting. www.nhsinform.co.uk



PUBLIC HOLIDAY

Please note that the practice will be **closed on Good Friday 3rd April 2015.**

The usual arrangements will be in place for calls to be transferred to NHS24 if you have an urgent medical concern.

PROTECTED LEARNING TIME (PLT)

Here is the next date on which the surgery will be closed in the afternoon for Protected Learning Time to allow for education/training for doctors, nurses and staff.

TUESDAY, 12TH MAY 2015, CLOSED FROM 1PM

Tweeddale Medical Practice

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Patient Newsletter

Tweeddale Medical Practice



MAR 2015

Issue 33

Spring 2015 Edition

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

- Dr Neil Arnott
- Norovirus
- Your Repeat Prescriptions
- Staff Updates
- Easter Holiday
- PLT Date

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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.

[Visit our website at www.tweeddale.com](http://www.tweeddale.com)

Here you can pass on your suggestions and **also sign up for e-mail copies of newsletters and updates direct from us**, to help keep you informed on what’s happening at Tweeddale (just go to the ‘Contact Us’ page on the website).

THIS NEWSLETTER IS AVAILABLE IN LARGE FONT

Dr Neil Arnott

We are sad to inform you that Dr Arnott is leaving Tweeddale.

Dr Arnott is moving back to the east coast of Scotland to be nearer to his extended family and he starts a new job in Edinburgh in May.

Dr Arnott started working at Tweeddale in August 2000. During his time at Tweeddale he will have undertaken thousands of consultations and been present through many of the difficult points of local peoples' lives.

He helped the practice to achieve the RCGP Quality Practice Award twice. He was involved in the training of GPs and Medical Students and participated in research and leadership.

In 2004 he spent time undertaking voluntary work in Nepal and he became a Fellow of the Royal college of Obstetricians and Gynaecologists in 2010 and the Royal college of General Practitioners in 2011.

While in Lochaber he was a member of Lochaber Athletics Club and ran the Ben Nevis race four times.

Dr Arnott's wife Morag is taking up a primary school teaching job in Fife. Dr Arnott has 2 daughters, Claire and Elise . Claire is in her final year at Aberdeen University and Elise is currently working in Cupar and has been undertaking voluntary work in a local primary school before deciding what to do next. Both girls attended Fort William primary school and Lochaber high.

We hope to see Dr Arnott back in Lochaber from time to time and he will no doubt be back hill running over the Aonachs, Mamores and Grey corries.

We wish him all the very best.

NOROVIRUS

You may be aware of the recent outbreak of Norovirus which has resulted in the Belford Hospital being closed to admissions on several occasions.

What can I do to stop myself catching norovirus?

It is not possible to guarantee that you will not catch norovirus. But [good hygiene will lower your risk of catching or spreading norovirus](#). Wash your hands frequently, particularly after going to the toilet, and before eating or preparing food. Avoiding raw, unwashed foods during a norovirus outbreak can also lower your risk of infection.

What should I do if I have norovirus?

There is no [specific treatment for norovirus illness](#), and you will have to let the illness run its course. Stay at home and drink plenty of fluids to avoid dehydration. That means regular sips of water or fruit juice, even if you are feeling sick. Adults can take rehydration drinks and anti-diarrhoea medicines available from pharmacies. Anti-diarrhoea medicines are not suitable for children.

To avoid infecting other people, wash your hands regularly. Stay at home for 48 hours after the last sign of symptoms, and do not prepare food for others for three days after the last sign of symptoms.

The vast majority of those infected make a full recovery within two days. But particular care must be taken with the very young and older people who catch norovirus, as they are at higher risk of dehydration. (Courtesy of NHS Choices)

HELP US TO KEEP YOUR REPEAT LIST UP TO DATE

We strive to ensure that our repeat prescription service is as safe and efficient as possible. An important part of this is ensuring that your repeat prescription lists are correct. It would be really helpful if you could work with us. If there are any inaccuracies on your Repeat Prescription list (for example, items which have been stopped or items that you no longer use/need), please let us know so that we can update our records.

Online - if you use our online repeats, pop a message in the Special Request box

Repeat Re-Order Form - cross it out/write a note on it

In the practice - Let the GP/Nurse/HCA know or inform reception