

Flu 2018/2019

Our open flu clinics this year were well attended and we have vaccinated the majority of eligible patients. If you missed out on the last clinics, we will be holding another open clinic on Monday 19th November. Reminders will be sent to all eligible patients who have not yet been vaccinated.

Support for Veterans



The Scottish Government have committed to providing armed forces veterans the best possible care and support. In order to help ensure the best possible healthcare is accessible, we would like to identify veterans within our patient list. If you have served in the armed forces please let a member of our reception team know and we will add a note to your medical records. We understand that healthcare needs of veterans can be complicated by trauma or injury sustained in active service and can make referrals for onward care using a priority referral pathway.



Our walking group recently had a relaunch and we have seen a boost in numbers attending. We leave the surgery at 11am every Wednesday and we welcome everyone of all abilities.

We currently offer one and two mile routes, taking approximately one hour to complete

and there is the option to go for a coffee at a local cafe afterwards.

We would love to know if there is any interest from you in another group being arranged to offer a longer or quicker paced walk? If you would like to join in, help to co-ordinate or have any suggestions, please let us know your thoughts. We already have a willing volunteer to lead a second group.

For information and to find other local health walks you can visit www.pathsforall.org.uk.

USEFUL TELEPHONE NUMBERS:

For Out of Hours advice please contact NHS24 on 111

District Nursing Team

01292 513877

Podiatry Team

01292 614922

Health Visitor

01292 885529/ 885534

Midwife

01292 285893

Ante-natal First Appointment Booking

01563 825411

Musculoskeletal Service / Physio

0800 9179390

Ayr/Crosshouse

Hospital

Appointments Office

01563 827 070

DATES TO REMEMBER

The Practice will be closed on
Tuesday 25th December 2018
Wednesday 26th December 2018

Tuesday 1st January 2019
Wednesday 2nd January 2019





ASTHMA CAMPAIGN

Do you have Asthma?

Do you have it Under Control?

Regular/Annual Asthma Reviews –are you attending?

If you only use a blue inhaler, then you will urgently need a review. Blue inhalers should only be used as a reliever and not on a regular basis!



The Grand Drop

Community Weight Loss Challenge

There's still time to join in our community weight loss challenge!!! We are half way through the challenge and we need you to help us reach our target of losing a collective 1000 pounds by Christmas! Simply give us a note of your current height and weight and we'll sign you up.

We'll provide you with a weekly update, hints and tips and some recipes. We even have a step challenge coming up to boost your fitness and your weight loss! We hope to make it to Lapland to deliver our letters to Santa before he leaves on his Christmas Eve rounds.



Winter Illnesses

At this time of year there are lots of bugs around from colds and sore throats to the winter vomiting bug.

These illnesses are best treated at home, containing the spread to others.

Most sore throats are caused by a virus and therefore cannot be treated with antibiotics. Simple treatment with paracetamol and ibuprofen will help with the pain and bring down a temperature. Over the Counter remedies are available from pharmacies and supermarkets and may be free of charge if you are eligible for the minor ailments service.

If you have diarrhoea and vomiting it is best to stay home and keep hydrated until at least 48 hours after your symptoms have stopped.