

Congratulations

Dr Tan and her husband welcomed a beautiful baby girl in April and are enjoying their time at home getting to know her.



Appointment & Service Availability

The team has been working hard and adapting to changing demands throughout the coronavirus crisis. The Practice have been looking at ways in which we can re-introduce some services whilst adhering to social distancing guidelines. In the coming weeks we will be sending out some annual review invitations. We are also looking at trialling online annual reviews for some services such as asthma reviews.

Telephone and video consultations will continue to be offered where appropriate and we will offer more availability for advanced booking of these types of consultation with a clinician of your choice for routine matters and follow-up.

Our extended team of pharmacists, physiotherapist, mental health practitioner, occupational therapist and community link practitioner are all available for telephone or video consultations.

Barns Beats the Bulge—Lockdown Losers

If you've gained some extra weight over the coronavirus lockdown you're not alone. In order to help us all shed the extra pounds we're bringing back **Barns Beats the Bulge**. We'll be offering support and advice to anyone wishing to take part. There are some changes to the format this time around. We have created a private Facebook group for members to support each other and share hints and tips or just let others know what kind of day you're having. We will share some of this content via email to those who don't use Facebook. We're also offering appointments with a Healthcare Assistant for anyone who would like to have height, weight, BP, cholesterol level and measurements taken before starting and again an interval of your choice to check your progress. The scales and BP Pod in the waiting room are available for your use. To sign up drop us an email to email@medicayr.com or request to join our group on Facebook by searching Barns Beats the Bulge—Lockdown Losers.



Attend Anywhere

Attend Anywhere is a platform for offering secure video consultations. The clinicians have been offering video consultations to patients over the period of lockdown and have found it beneficial.

If you have a smartphone, tablet or PC with the relevant software you could see the doctor from the comfort of your home, or indeed, anywhere, without needing to attend the surgery.

If you feel a video consultation would be of more benefit to you than a telephone consultation or face to face appointment whilst we are observing social distancing measures you can request this. You will need quiet, private surroundings and Google Chrome or Safari web browser to enable the call.

Waiting Room Screens

We have installed screens around the reception desk to help protect staff and patients from the spread of viruses. You can now be greeted with a smile instead of a masked face.

South Ayrshire Lifeline Services



0800 432 0510

Our services - 7 days a week

- Food service - order and delivery of essential food items across South Ayrshire to those who are elderly or vulnerable
- Free hearing aid battery supply
- Free prescription pick-up and delivery
- Telephone befriending service
- Sensory support for hearing/sight impairment
- Signposting to other services

Charity Number: SC028234

Patient Participation Group

Our next PPG meeting was due to be held in our meeting room on Tuesday 9th June. We are trialling a quick virtual meeting using an online meeting platform. If you would be interested in participating please let us know and an invitation can be emailed to you with details of how to join.

Farewell

Toni Owens, Trainee Practice Nurse left us at the beginning of May to take on a permanent post in North Ayrshire. We wish her every success in her new post. Nursing services will continue in Practice with our current team of Healthcare Assistants, Treatment Room Nurse, Practice Nurse and Nurse Practitioners.



Hearing Aid Battery Replacement

We continue to provide hearing batteries and are happy to offer both a postal service and a pre-order collection service. Please phone us with your requested battery size and we will post them out to you or can leave them already packaged for you to collect from reception without the need for your yellow book.

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