

## CARERS INFORMATION DROP IN TUESDAY 17<sup>TH</sup> MARCH 3.00PM – 7.00PM

**A Carer is anyone who, unpaid, looks after a friend or family member who can't cope alone due to illness, disability, a mental health problem or an addiction.**

It is estimated that 1 in 8 of the Scottish population provide care and support to a family member, friend or neighbour to help that person live in their own community. This information would indicate there to be around 1000 patients caring for individuals that the Practice hasn't identified. Please let us know if you are looking after someone.

If this is you, then why not pop in and discover what help is available.

Learn what you can do to help in emergency situations, explore self-care and well-being options, financial support, social groups and support services available for carers.

Why not have a Carer's Health Check while you are in?  
Let us help look after you.



## Know Your Numbers!

Many of you will have seen the scales and BP monitor in the waiting room but have you used them?

Please feel free to pop in and use the scales or the BP Pod as part to **know your numbers**.

(Weight, BP, BMI, waist circumference, cholesterol etc)

You can also be screened for a condition called Atrial Fibrillation using a simple electronic device at the reception desk. Atrial Fibrillation is an irregular heartbeat and is associated with stroke and heart disease. Please ask a receptionist if you would like to try this.

If you would like some help to set goals to help lose weight, reduce your BP, etc you can make an appointment to see one of the Practice Nurses.



## National No Smoking Day 2020—Wednesday 11 March

You can quit smoking with our help! The Practice holds a drop in clinic on Tuesday evenings from 6-7pm. Alternatively you can book an appointment with an advisor on Friday afternoons. Why not make No Smoking Day your time to quit?

### Attend Anywhere

Attend Anywhere is a platform for offering secure video consultations. The GPs will soon offer video consultations to patients who are started on new medications as part of the review process.

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.



#### 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

X-Ray Dept

01292 614519

#### CPR Lifesaving Skills

The next training session will be held in the surgery on Tuesday 31st March from 5-7pm.

If you would like to attend this session please let a member of the reception team know and you will be added to list of attendees.

Please note spaces are limited. If you miss a session they are run every quarter.



#### Serial Prescribing

If you are on long-term medication for a medical condition and are stable on your dose you may be suitable for the serial prescribing service. This would mean you no longer need to order your regular medication from the surgery. If you think this may be suitable for your medication, please let us know and one of the Practice Pharmacy team will review your records and make the arrangements for you to collect your medication from your chosen pharmacy.

#### Dates to Remember

The Practice will be closed on the following dates:

Friday 10th April—Good Friday  
Monday 13th April—Easter Monday

Friday 8th May—May Day Holiday  
Monday 25th May—Spring Bank Holiday



#### CORONAVIRUS

**If you have travelled to any of the affected areas or have been in contact with someone who has and you think you have symptoms**

**PLEASE STAY HOME**

**Contact the surgery by telephone for advice on 01292 281439**

