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Meet our Community Nurse Practitioner

Deborah Gardiner joined the Practice on 1 June. If you are too ill to attend the surgery and require a house visit, Deborah will be the person who visits you. She is trained to a very high level and can offer advice and prescribe medication for a variety of conditions.

Diane Lindsay, Advanced Nurse Practitioner continues to provide appointments in the Practice for acute and minor illness. She will also provide relief cover for Deborah in the community.



Lifesaving Skills

Would you like to learn CPR? Both Jan McCulloch, Practice Manager and Morag Neilson, Healthcare Assistant have undergone training with Heartstart to become instructors. They can teach you how to provide lifesaving resuscitation to someone suffering a heart attack or choking. If you would be interested in attending a training session with them please advise a member of the reception team and we can invite you along.



Health Promotion Libraries

Did you know that your local library can provide you with health information. There is a wide range of books, leaflets and information packs for you to learn how you can manage your health and Longterm Conditions such as heart disease, epilepsy, stroke and respiratory conditions. Why not pop along and see what they have on offer?

Message in a Bottle

A supply of bottles are available at reception. If you know a vulnerable person who would benefit from one of these please feel free to take one away for them. The bottle is placed in the fridge door with information on the person's medical conditions, medication next of kin etc. and a sticker is placed on the inside of the front door. Should the Emergency Services be required, they would know to look in the fridge for this information.



Pharmacy Collection Service

Many local pharmacies offer a prescription collection service. When you sign up in Practice for this, we will send your prescription direct to the pharmacy for you, **EVERY** time you order a prescription, even if this is arranged by telephone via the nurse or doctor, saving you a trip to the surgery.

To sign up, ask for a consent form at reception and order your prescriptions as normal. Please allow time for your pharmacy of choice to collect and dispense your prescription. This can take a day or two from ordering from the Practice.

Patient Participation Group

Our Patient Participation Group met again recently and celebrated our first birthday with a cake. We also premiered our promotional video which is now running in the waiting room. The meetings are always very positive for all involved and provide the Practice with ideas for improvements to services and access.

If you would like to join our group, please give your name at reception and we can invite you along. We aim to hold our next meeting sometime in September.



We can email you our quarterly newsletter, Patient Participation Group minutes and action plans and other Practice

Information.

Give your email address to a member of the reception team.

How to Order Prescriptions Online

- Click the link at the bottom of the homepage - *Order your Repeat Prescription Securely Online*
- A new window will appear showing the order form.
- Type in your details (those marked with a red asterisk * are required fields).
- Fill in the list of your repeat medications.
- Under the heading *Sending Your Request* there is a tickbox
- *Remember my details on this computer for next time.* By keeping this ticked, the computer will populate your list next time you visit. Then all you need to do is tick the items you wish to order.
- Click the send button and you will receive a message telling you your request was successfully sent.



Stay Informed!