

REMINDER

Please remember to use the following methods to order your prescriptions via:

- **Your usual chemist** (phone or re-order slip or handwritten list with your details).
- **The Tweeddale.com website** (register your details and create an 'account' - cuts out the middle man— comes straight to the practice— quicker).
- **Surface mail**
- **Reception desk** (complete your re-order slip or the re-order form provided and put in the slot at the desk).

The Receptionists are unable to take repeat orders over the phone as this ties up the line for possible urgent clinical matters.

Learning Time/ Public Holidays

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

WEDNESDAY 25th FEBRUARY 2015

Staff Update

Unfortunately Dr Roberta Lindemann is coming to the end of her six month placement with Tweeddale. She will be leaving us at the end of January. She will be returning to us for her final year of GP Training in 2016.

Tweeddale Medical Practice

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Patient Newsletter

Tweeddale Medical Practice



Dec 2014

Issue 32

Winter 14/15 Edition

Welcome to the winter edition of your Practice Newsletter.

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

- FLU VACCINATIONS
- NATIONAL BOWEL SCREENING
- PHONE NUMBERS

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REMEMBER TO ORDER YOUR REPEAT PRESCRIPTION IN PLENTY OF TIME TO COVER YOU OVER THE FESTIVE PERIOD. THE PRACTICE WILL BE CLOSED 25th & 26th DECEMBER AND 1st & 2nd JANUARY 2015. MERRY CHRISTMAS AND A HEALTHY NEW YEAR

FLU VACCINATIONS

We recently held our very successful Saturday flu clinics and would like to thank our patients for embracing the change again this year and participating in this venture so wholeheartedly.

We do hope that you find the Saturday clinics helpful and convenient. We vaccinate upwards of 350-400 patients each Saturday so this takes a huge burden off the normal appointments system. Thank you.

P.S. It's not too late to get your vaccination if you haven't yet. Just phone the practice to make an appointment.

SCOTTISH NATIONAL BOWEL SCREENING PROGRAMME

All men and women aged 50-74 are invited for bowel screening.

Bowel screening involves taking a simple test at home every two years

- Almost 4000 people are diagnosed with bowel cancer every year in Scotland
- The good news is bowel screening reduces bowel cancer deaths.
- Everyone between 50 and 74 will receive a test kit by post every 2 years.
- Take the test. You do it at home—it's quick, easy to do and it could be a lifesaver.

Go to the NHS Inform website for more information.

If you are aged 50 or over and wish to have a bowel screening kit sent to you, please contact the Bowel Screening Centre Helpline on 0800 0121 833 (textphone 180010800 0121 833).

(see You Tube for the National Bowel Screening 'Poo Song')

Here are some handy telephone numbers for other departments within the Health Centre and a few more which you may find useful:

Craig Nevis Surgery	01397 702947
Glen Mor Surgery	01397 703773
Dental Dept	01397 709865
Community Health	01397 709800
Adult Social Work and Community Mental Health	01397 709830
Health Visitors	01397 709860
Tweeddale Community Nurses	01397 709839

Belford Hospital	01397 702481
Raigmore Hospital	01463 704000
Hospital Patient Transport Booking Service	0300 123 1236
Community Car Scheme	01397 701222

PLEASE NOTE THAT TWEEDDALE RECEPTIONISTS ARE UNABLE TO PROVIDE A DIRECTORY or SWITCHBOARD SERVICE FOR THE HEALTH CENTRE
THE MAIN CONTACT NUMBER FOR THE HEALTH CENTRE IS
01397 709800

LOCHABER TRANSPORT FORUM

The purpose of the group is to look at rural transport problems and provide solutions and report back to the government on this issue.

They do not provide transport as such but are a link to other transport providers and help people with health and social care transport issues.

LTABs office can be contacted for advice by patients/public/service providers with any transport difficulties.

They provide 'joined up thinking' in regard to transport in Lochaber.

Voluntary Action Lochaber is providing the Transport Advice and Bookings Service which is manned by local people who know the area. If you have difficulties in arranging transport for appointments the number to phone is: 01397 701022 or email: info@ltabs.org.uk

THIS IS YOUR NEWSLETTER

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. You can pass suggestions on to any member of staff in the practice—ask for a comments/suggestions form at reception or go to the 'Contact us' section of our website