

GREEN PRACTICE STOCKBRIDGE HEALTH CENTRE

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Health Centre Closed – Public Holiday
Monday 15th September 2014
For Urgent Call NHS24: 111



Summer 2014

www.greenpractice-shc.co.uk



New NHS24 Number

From 29th April, people across Scotland will be able to access NHS 24 out of hours care and information by calling 111.

The new number will ensure that people across Scotland can access the service, whether via a landline or mobile phone free of charge, using a number that is short and easy to remember.

If you are ill when your GP surgery is closed, either through the night or at the weekend, and you can't wait until it reopens, you can call NHS 24 free on 111.

FY2 doctors

From August 6th the practice will be taking on FY2 [foundation training year 2] doctors on a four monthly rotating basis.

These doctors have been qualified for more than 1 year and are spending their second year rotating through GP and some specialty jobs in four month blocks.

They are more junior than the GP Registrars we have working in the practice, as such they will tend to be allocated longer appointment times and have a senior doctor supervising them [a senior doctor will not be present in the room when you are seen]

FY2 doctors have been working successfully in many practices across the city and we look forward to welcoming them to the green team.

5 KM walk/run

Members of the “Weigh forwards group “ [practice led weight management group] and the “Cheyne gang “ [practice run choir for patients with COPD] undertook a 5km run/walk on 22nd June, accompanied by some of the practice Nurses/Doctors and Admin staff.

We are raising money for “The life centre” in Stockbridge; if you would like to sponsor the team please let reception know.



The Cheyne Gang Choir

Our Practice Nurses Pauline and Sarah started a choir in October 2013 for Green Practice patients who have the debilitating respiratory condition Chronic Obstructive Pulmonary Disease (COPD).

Research has shown that singing:

- Improves breathing control
- Improves lung capacity
- Reduces anxiety
- Reduces COPD exacerbations
- Is a stress reliever
- Help with sleep quality

The Cheyne Gang recently helped raise £1500 for The British Lung Foundation by performing at a charity tea party.

Please help us raise funds to keep The Cheyne Gang singing by buying a book at our stall on the 2nd floor.

If you have COPD and are interested in joining the choir please make a review appointment with Pauline.



Summer Sun

Hopefully we will all see lots of sun this summer. Some sun exposure is good for us as it helps our bodies create vitamin D and promotes general well being.

However, over exposure, or becoming burnt can lead to skin cancer, photosensitive rashes and can worsen conditions such as rosacea and eczema.

Babies, young children, fair skinned, those with red hair and freckles and people who have previously had skin cancer are particularly vulnerable. Certain medicines can also make you more sensitive to the sun.

Be sun safe by following the tips below:

1. AVOID SUNBURN
2. Use a sunscreen of at least SPF 15 which also has a high UVA rating
3. Sit in the shade between 11am-3pm when the sun is at its strongest
4. Wear a hat, t-shirt and sunglasses that offer 100% UVA protection
5. Children and babies should be well protected AT ALL TIMES
6. Report any unusual moles or skin changes to the Doctor

See www.cruk.org and www.fitfortravel.scot.nhs.uk for more information