



NORTH UIST MEDICAL PRACTICE NEWSLETTER

www.north-uist-medical.co.uk

Issue 11

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NEW BABY

Dr Wheeler and His wife have had a baby boy, Guthrie John Wheeler was born on 09.11.2012 congratulations to them!!

NORTH UIST MEDICAL PRACTICE BAYHEAD SURGERY

We were forced to discontinue the service that we provided to our patients from the Bayhead area when the premises we used was sold by the Council.

2011/2012 GP PATIENT EXPERIENCE SURVEY

Once a year the Scottish Government conducts a Patient Experience Survey of GP and Local NHS Services. It was felt that the results of the survey were excellent. The survey results have been posted on the practice website so please take a look!

Doctors and staff at North Uist Medical Practice would like to wish all our patients a Merry Christmas and a Happy New Year!

CHRISTMAS/NEW YEAR HOLIDAYS 2012

The practice will be closed on the following dates over Christmas and new year:

- Monday 24th—OPEN
- Tuesday 25th—CLOSED
- Wed 26th—CLOSED
- Thursday 27th—OPEN

- Monday 31st—OPEN
- Tuesday 1st—CLOSED
- Wed 2nd—CLOSED
- Thursday 3rd—OPEN

Please ensure that you order you repeat prescriptions in plenty of time, allowing 2 working days from when you order your medication to picking it up.

We are pleased to say that this service has resumed and takes place once a fortnight from the Schoolhouse in Bayhead. The facilities there are very basic which does not allow the Doctor to examine patients fully but is sufficient for most consultations. The Surgery takes place once a fortnight and is by appointment only. If you require to be seen in Bayhead, you should phone the surgery on 01876 500463 to make an appointment. The surgery starts at 2:30pm.

FLU VACCINE CAMPAIGN 2012

We have almost finished our 2012 flu vaccine campaign. If you haven't received a letter or been invited to attend and you feel you should have, please contact the surgery where we will be very pleased to help you.

One concern that was reported in the survey was that patients feared that they could be overheard at reception. This has been taken on board and we are trying to solve this problem by making adjustments in the reception area. We are waiting for a reply from the Health Board with regards to getting permission for these changes.

COUGHS AND COLDS

Most of us will probably have a cold this winter. The main symptoms of winter bugs are coughing, sneezing, blocked nose, sore throat, headache and a slight temperature. If these are the only symptoms you have, it is unlikely that your GP will be able to do anything. Try to rest and keep well hydrated. You could also take paracetamol to treat fever and pain, steam inhalation helps clear a blocked nose.

NORTH UIST MEDICAL PRACTICE PATIENT PARTICIPATION GROUP

The North Uist Medical Practice Patient Participation Group continue to provide a useful link between the public and the Practice. The areas they continue to work on are

- * District Nurse changes
- * Physiotherapy services
- * Changes in referral pathways

The minutes of the meetings are available on the North Uist Medical

MOVEMBER



During November, Mustapha Hocine, Roddy Maclean and Norrie MacRitchie, along with many others, sprouted moustaches. The aim of which was to raise vital funds and awareness of men's health, specifically prostate cancer and testicular cancer. They would like to thank everyone who sponsored them and their wives

FUN CORNER

A man goes to see the doctor and says "Doctor everytime I touch my leg it hurts, everytime I touch my head it hurts, everytime I touch my arm it hurts what is wrong with me!!" To which the Doctor replies, "I know exactly what is wrong with you .. You have a sore finger!"