

Practice news

Ullapool Befriending Update

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Back to school - tips on a healthy packed lunch

Smoking cessation information

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Flu Day



From 29th September 2016 patients living in Dundonnell will be able to collect their prescriptions from Dundonnell Stores. Patients will need to register for the service with Boots The Chemist in Ullapool. Forms can be obtained from Boots or the Health Centre

PRACTICE NEWS

Why does the receptionist need to ask what's wrong with you?

We would like all patients to be seen at the right time, by the right person. Reception staff are members of the practice team and it is very helpful if they know why you need to be seen. Reception staff are trained to ask certain questions in order to ensure you receive:

- The most appropriate medical care
- From the most appropriate health professional
- At the most appropriate time

Receptionists are asked to request a simple indication of the problem from patients to help doctors prioritise house visits and phone calls and to ensure that all patients receive the appropriate level of care.

If you feel an issue is very private you can either ask to speak to a receptionist in private away from reception, or you can tell them that you prefer not to say. This will be respected.

Reception staff, like all members of the team are bound by confidentiality rules and the practice would take any breach of confidentiality very seriously and deal with accordingly.

ULLAPOOL BEFRIENDERS

We are making slow but steady progress in setting up The Befrienders.

We now have funding for equipment, mobile phones, personal alarms, out of pocket expenses etc. We also have a list of folk wishing to take advantage of the befriending service.

We are however, short of volunteers.

If you have even an hour to spare each week please consider joining us.

Email Sandra.ullapool@gmail.com for more information



ULLAPOOL PATIENT PARTICIPATION GROUP

Ullapool medical practice PPG was formed 3 years ago. Aims of the group included having an influential impact on the practice, organising health promotion events, advising the practice on the patient perspective and promoting volunteer services.

We are low in numbers and looking to recruit more members. If you are interested or would like to know more contact the Practice Manager (Anne Ross) at the practice, or pop in for an application form. The face of healthcare is changing, so patient participation is more important now than ever.

NON NHS CHARGES - Why do GPs sometimes charge fees?

The NHS provides most health care to most people free of charge, but there are exceptions. Some services are not covered by the NHS, for example providing copies of health records, or producing medical reports for insurance companies.




Your GP is not employed by the NHS, but they work with the NHS. They are self employed and so have to cover their costs eg buildings, heating, lighting etc, in the same way as any other business. The NHS covers some of these costs for NHS work but for non NHS work the fees charged by GPs contribute towards their costs.

What is covered by the NHS? The government's contract with GPs covers medical services to NHS patients, including the provision of ongoing medical treatment. In recent years more and more organisations are involving GPs in a range of non medical work. Examples of non medical work include accident/sickness certificates for insurance purposes HGV private examination, holiday insurance certificates/letters.

Why are you charged if you only need a doctors signature? It is important that a doctor only signs for what they know to be true. Therefore in order to complete even the simplest of forms the doctor might have to check the patient's entire record.

What will you be charged? The BMA publishes lists of suggested fees, but it is up to individual doctors to decide how much they will charge.



Tips for a healthy lunchbox!

A balanced packed lunch should contain a mix of starchy food, proteins, dairy, vegetables or salad and a portion of fruit!
Instead of sandwiches, give kids bagels, pitta bread, wraps or baguettes. Use brown bread, wholemeal or seeded bread.
Children often like finger food, so chop up raw veg and give them hummus or cottage cheese for dips.
Bread sticks and wholemeal crackers are great finger-foods and can be spread with soft cheese.
Replace chocolate bars with fresh fruit and try to vary each day, or make up a tasty fruit salad.

We currently have lots of dietary information on display in our reception area, pop in and help yourself to some of the leaflets.

THAT'S IT I QUIT

If you want to stop smoking enlisting the help of a Healthcare Professional will offer the extra help and support needed.

Help is at hand at Ullapool Medical Practice from Carol MacKenzie the Health Improvement Advisor; drop her an email carolann.mackenzie@nhs.net or call her on 07768100022

“ the greatest wealth is health”
(unknown)

Brain training

We are all familiar with the term 'brain training' but are you aware of how easy it is to improve your cognitive ability by doing some simple exercises each day. These exercises can either be on a tablet, computer or by doing a daily crossword or sudoku. There are many free apps available which challenge all aspects of brain training from mental agility to memory and accuracy. These exercises aren't limited to those who have electronic devices. Whilst shopping try totting up the items in your basket to improve your mental arithmetic .

Dementia is the most feared diagnosis in the over 55s and people are keen to do whatever they can to reduce the risk of developing it. Research has shown that staying mentally active may be linked to a lower risk of dementia.

****FLU VACS****

**IT'S THAT TIME OF YEAR AGAIN, THE DATE OF OUR NEXT FLU DAY IS
TUESDAY 1ST NOVEMBER**