

Arran Medical Group

Autumn Newsletter

Savvy Traveller Lift Share Project



The main purpose of this survey is to find out from local people how best to organise a lift share scheme for users of the various medical services on Arran.

You might be interested in using a lift share scheme to get to or from appointments either on a regular or on a one-off basis.



Perhaps you have a car and some free time to volunteer to drive patients who, for various reasons, are unable to use public transport to get to their appointments.

We would greatly appreciate as many insights, suggestions and concerns as you can muster, we intend on shaping the future direction of the project around local community's needs and wants.

If you are interested please complete the forms which are available in the waiting rooms at Arran Medical Group Surgeries and at Arran War Memorial Hospital.

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Flu Campaign

The seasonal Flu Campaign has started. This year the campaign will include a childhood flu programme again. Secondary school children and Primary School children will be **vaccinated at school**.

The Practice will be contacting patients in 'at risk' groups and parents of eligible children in the near future to make an appointment in October and November.



If you are unsure if you are in an eligible group please do not hesitate to contact the surgery on **01770 600516**.

Christmas and New Year Closures

Dates for your Diary:

The Practice will be closed on **Wednesday 25th & Thursday 26th December**. We will reopen on Friday 27th December. We will also be closed for New Year on **Wednesday 1st & Thursday 2nd January** and we will re-open on Friday 3rd January 2020.



Shingles

You may have already received a Shingles vaccine as part of last year's campaign. This year's campaign is for 70 and 79 year olds. Anyone now over the age of 80 is not eligible. You can check to see if you are eligible by entering your Date of Birth into an online calculator :

www.immunisationscotland.org.uk/shingles .

The Practice will be contacting eligible patients by letter to make an appointment for this vaccination. If you receive a letter please contact the surgery to make an appointment or to decline an appointment. It is important that we keep our records up to date so a quick call to the Practice is very helpful even if you do not wish to have the vaccine.

Breast Cancer

Awareness Month

Breast Cancer is the most common type of cancer in the UK. Most women diagnosed with breast cancer are over 50, but younger women can also get breast cancer.



About one in eight women are diagnosed with breast cancer during their lifetime. There's a good chance of recovery if it is detected in the early stages.

For this reason, it is vital that women check their breasts regularly for any changes and always get any changes examined by their G.P.

MMR Vaccine

MMR is a safe and effective combined vaccine that protects against 3 separate illnesses – measles, mumps and rubella (German measles), in a single injection. The full course of MMR vaccination requires 2 doses.



[Measles](#), [mumps](#) and [rubella](#) are highly infectious conditions that can have serious, potentially fatal complications, including meningitis, swelling of the brain and deafness.

They can also lead to complications in pregnancy that affect the unborn baby, and can lead to miscarriage.

Since the MMR vaccine was introduced in 1988, it is rare for children in the UK to develop these serious conditions.

But outbreaks happen and there have been cases of measles in recent years, so it is important to make sure that you and your children are up-to-date with the MMR vaccination.

Welcome Back

Dr Isla Cox previously spent a year with us in 2017/2018 working as a rural fellow. We are pleased to advise that she enjoyed her time with us so much she has agreed to join the Arran Medical Group Partnership. She has moved back to Arran with her husband and 2 children and has already started work.



Integration Update

Last year we held a series of engagement events to gather your input into plans for the future of Health and Social Care on Arran. More than 150 people participated at the five events held at different venues across the island.



We hope that those of you who attended found the sessions useful. Discussion topics included; plans to integrate our Health and Social Care teams; plans to develop a single management structure to manage all health and social care services on Arran; plans to develop a single care record for patients; the provision of integrated hospital, community, social care services, and some GP services (Lamlash and Brodick practices) in a single 'hub' building on the island.

We have collated all the information and feedback from the five local events. Overall we received positive support to integrate our teams and co-locate services in a hub on Arran, so that we can continue to provide and sustain services on the island.

We noted the following key queries:

- *Transport*
- *Confidentiality and sharing of information*
- *Location of the integrated hub*
- *Integration roles and training*

We know that we have engaged with only a relatively small number of people so far, and are planning more events to ensure that as many people as possible are part of the island-wide engagement regarding the "future proofing" of health and social care services on Arran; these events will take place over the next few months.

We are also continuing to progress plans for an integrated hub on Arran and the next step is to seek endorsement from Scottish Government. If the Scottish Government agrees with our proposed outline plan, we will then move to a formal consultation process.

We will keep Arran residents updated with information, including forthcoming engagement events, outcomes from these events, and updates from discussions with the Scottish Government, via posters, social media, local media, GP practice newsletters etc.

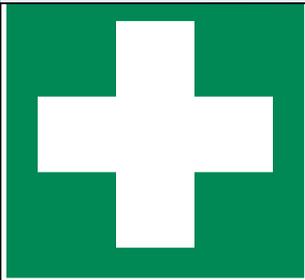
If you would like any more information, or further discussion, please do not hesitate to contact either Greg Hamill, *Clinical Lead – Arran Services*, or Ruth Betley, *Senior Manager – Arran Services*.

Thank you again for your input so far; health and social care on Arran is about people, and we need people's views to help us take Health and Social Care provision forward on Arran.



Know Who to Turn To

For services near you visit: www.knowwhototurnto.org



- Coughs & Colds
- Sore Throat
- Indigestion
- Diarrhoea or Constipation
- Aches and Pains
- Help when you run out of your repeat medicine

**Pharmacist
(Self Care)**



- Vomiting
- Ear Pain
- Sore Tummy
- Backache

**GP Practice
Arran Medical Group
01770 600516**



- Tooth Pain
- Swelling to your mouth
- Painful bleeding gums
- Injury to your mouth
- Advice on oral hygiene

Dentist



**when it's less
urgent than 999**

When your GP and local pharmacy are closed,
and you are too ill to wait for them to re-open,
call 111

**NHS 24
111**



- Cuts and minor burns
- Sprains and strains
- Broken bones and fractures

**A&E
Arran War Memorial Hospital**

**PLEASE DO NOT CALL AWMH FOR MEDICAL ADVICE—AWMH NURSING STAFF
CANNOT OFFER THIS BY TELEPHONE**



- Suspected heart attack or stroke
- Breathing difficulties
- Severe Bleeding

999