

# Barns Medical Practice

SPRING 2019

## USEFUL TELEPHONE NUMBERS:

For Out of Hours  
advice please con-  
tact NHS24 on  
111

District Nursing  
Team  
01292 513877

Podiatry Team  
01292 614922

Health Visitor  
01292 885529/  
885534

Midwife  
01292 285893

Ante-natal First  
Appointment Book-  
ing  
01563 825411

Musculoskeletal  
Service / Physio  
0800 9179390

Ayr/Crosshouse  
Hospital  
Appointments Of-  
fice  
01563 827 070

## Staff Changes

After 30 years with the Practice our Office Manager, Aileen, worked her last day on Friday 22 March and will be much missed by staff and patients alike. We wish her every happiness in her retirement and many long years enjoying her "ME TIME"!

We are currently interviewing for a Modern Apprentice and hope to appoint someone very soon.

Dr Simpson is soon to go on maternity leave towards the end of April. The Partners are interviewing for a suitable locum to take on some of her sessions until Dr Nisbet takes over locum duties in August, following completion of his final exams.

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## Do You Look After Someone?

Are you looking after a relative or friend? Providing physical or emotional care for someone in an unpaid capacity can be difficult and cause you stresses of your own. South Ayrshire Carers Centre are located at 43 Sandgate, Ayr and can help with information and advice on help available, either in the form of what benefits may be available to you or the person you care for or with social activities and relaxation. They can offer you the opportunity just to talk things over. For more information please contact them on **01292 263000** or visit [www.unity-enterprise.com](http://www.unity-enterprise.com).

## Scottish Cervical Screening Campaign

In Scotland, uptake of cervical screening is on a downward trend; with the latest national figures showing just 73% of eligible women attend for screening, compared to 80% attending twelve years ago. The Practice figures reflect this change.

All women aged between 25 and 65 years are invited for screening. Uptake is lowest amongst the 25 – 30 year old group. There are many different advertisements in the media and posts circulating on social media attempting to reduce the embarrassment and encourage women to attend for their smear test. Our clinicians and healthcare team are very sensitive to the anxieties you may feel, however this screening may just save your life and we urge you to attend when you receive your invitation.

# Contact Details

The Practice may contact you for a number of reasons, therefore it is important your contact details are up-to-date. We send out appointment invitations and appointment reminders by text. Please let us know if you did not receive a reminder in order that we can check your details are correct or if there is a problem with the software.

E-mails are sent to patients for appointment invitations, Patient Information Leaflets, Newsletters and minutes of our Patient Participation Group Meetings. E-mails are also sent to patients who order their prescriptions via our website informing them if they are due a medication review or if an appointment is required etc. Please check your Junk Mail folders to ensure you are not missing anything and please add us to your contacts to avoid important e-mails going to Junk Mail.

If you change your address and are awaiting a hospital appointment, please be sure to inform the hospital of your new address to avoid missing appointments and having to be re-referred. You can contact the **Referral Management Centre on 01563 827070** to change your address and check waiting times.

## footcAyr Nail Cutting Service

footcAyr offers a toenail cutting service at various locations across South Ayrshire for a reasonable price. They will provide you with your own nail care kit at your first appointment which you then take with you to subsequent appointments. For more information or to make an appointment please call **01292 281800** or visit [footcayr@vasa.scot](mailto:footcayr@vasa.scot). Locations in Ayr include The Book & Bun in Newmarket Street, North Ayr Health Centre and 27-29 Crown Street.

## Dates for your Diary

**The Practice will be closed on the following dates:**

- **Friday 19 April 2019 (Good Friday)**
- **Monday 22 April 2019 (Easter Monday)**
- **Monday 6 May 2019 (May Day Bank Holiday)**
- **Monday 27 May 2019 (Spring Bank Holiday)**

### **CPR Training**

- **Tuesday 14 May 2019 at 5pm**

### **Patient Participation Group Meeting (New Members Welcome)**

- **Tuesday 4 June 2019 at 5pm**

**If you would like to join, please let us know and we will send you a reminder and agenda nearer the time.**