



### Disabled Parking

The Practice has one allocated disabled bay pictured below. If this bay is free and you are a blue badge holder, access to the carpark can be granted for your appointment. We ask that you allow sufficient time to make alternative arrangements should this space not be free, in order for you to attend your appointment on time.



### Dates to Remember

The surgery will be closed on the following dates:

**Fri 18 April (Good Friday)**

**Mon 21 April (Easter Monday)**

**Mon 5 May (May Day Bank Holiday)**

**Mon 26 May (Spring Bank Holiday)**

**Wed 18 June from 12.30pm (Protected Learning Time)**

**Thurs 22 Aug from 12.30pm (Protected Learning Time)**





## Ayr Hospital Radio

**If you've been in the waiting room over the last few weeks  
you may have heard Ayr Hospital Radio playing.**

We recently had a visit from Adie, John and Laura who told us how Ayr Hospital Radio is one of the oldest hospital radio stations in Scotland - first broadcasting from Somerset Park, the home of Ayr United Football Club 🏆

If you'd like to have a listen at home you can get it via the internet at

[www.ayrhospitalradio.co.uk](http://www.ayrhospitalradio.co.uk)

### Our Future Health

Our Future Health is a collaboration of public, private and charity sectors working together for health research. They are looking for ways to prevent, detect and treat disease.

Clinics are running in Boots, Ayr High Street.

For more information visit

[www.ourfuturehealth.org.uk](http://www.ourfuturehealth.org.uk)



# YOUNG CARERS

Barns Medical Practice are working in Partnership with South Ayrshire Young Carers team supporting our Young Carers.

A young carer is someone aged under 18 who may help look after a family member or friend. They might provide help with shopping or housework or help with personal care, family finances or getting siblings ready for school. If you are or know a young person with carer responsibilities we can put them in touch with support services.

# Pharmacy First Service

Your local community pharmacy should be your first port of call for minor illnesses and conditions such as cold symptoms, hay fever, skin infections, head lice, diarrhoea and UTI's in women aged 16 and over.

The pharmacy can offer advice and treatment for many conditions. No appointment necessary.

The reception team are trained to direct you to the Pharmacy First Service where appropriate.

Simple pain relief such as paracetamol and ibuprofen can be obtained through this service without the need for clinical appointments.

For more information please visit [www.nhsaaa.net](http://www.nhsaaa.net)



## RCGP Active Practice challenge

The Practice is taking part in the RCGP Active Practice Challenge, encouraging staff and patients to lead a more active lifestyle.

Patients are all welcome to take part in the walking group leaving the practice foyer every Wednesday from 10.30am.

Staff are encouraged to take part in a Daily Mile, getting out in the fresh air for a walk on lunch breaks. We are also a Parkrun Practice with some members of the team taking part in Parkrun events around Ayrshire on a Saturday morning.

What can being more active do for you?

Moving more can **lift your mood** by releasing feel-good chemicals, reducing stress and improving mental health.

Moving more can help you **stay strong**. It strengthens bones muscles and joints keeping you mobile for longer.

Moving more can help **prevent illness** by lowering the risk of heart disease, diabetes and some cancers.

Moving more can help you **sleep better**.

## USEFUL TELEPHONE

### NUMBERS:

For Out of Hours advice please contact NHS24 on

**111**

District Nursing Team

01292 513877

Health Visitor

01292 885501

Childhood Immunisations Team

01294 317268

Midwife

01292 285893

Ante-natal First Appointment Booking

01563 825411

Ayr/Crosshouse Hospital

Appointments Office

01563 827 070

Urgent Dental Advice

01563 578664

X-Ray Dept

01292 614519

Mass Vaccination Team

01563 826540



### **Well Person Checks**

Patients 75 and over, or with chronic medical conditions are invited to arrange a health check annually. We do not routinely invite healthy patients for an annual review, however we are happy to see anyone wishing a health check.

If you would like to attend, please arrange an appointment with one of our Practice Nurses who will be happy to carry out height, weight, blood pressure and routine blood testing and

### **Breast Screening**

Females aged 50 – 70 years are routinely invited for breast screening (mammogram) every 3 years.

Patients living in Ayr will be routinely invited in 2025 when the mobile breast screening unit returns to Asda car park in Heathfield. If you have recently turned 50 you will be called at that time. If you do wish to attend before your routine recall however, you can phone the Breast Screening team at Ayrshire Central Hospital on 01294 323506 and arrange an appointment with them.

### **Evening Surgeries**

The surgery is open every Tuesday evening until 7pm. The GP partners take this on a rotational basis. Every week there is one GP and up to three practice nurses available. These appointments are ideally suited to patients working normal office hours, however are open to all patients.

The nurses are ideally suited for contraceptive and sexual health as well as dressings at this time.

Bloods are better suited to daytime where possible, allowing for on the day lab collection.

### **Appointment Reminders**

Text confirmations and reminders are sent automatically to all patients for whom we hold a mobile number.

The reception team will ask you if you received a reminder as you check in. If you don't receive a text please let us know and we will check we have up-to-date contact details for you.

