
Barns Medical Practice

AUTUMN/WINTER
NEWSLETTER

2025/26



New to the Team.

- We Welcome Dr Stoops, Dr Sundar and Dr Grier to the practice for their continuing medical training.
- We are happy to announce Dr McLachlan who was here as a locum will now be staying on at the practice as a salaried GP.



Useful Telephone Numbers to keep in mind:

For Out of Hours advice please
call 111.

- District Nursing Team-- 01292 513877
 - Health Visitor - 01292 885501
 - Childhood Immunisation Team- 01294 317268
 - Midwife- 01292 285893
 - Ante-Natal First Appointment Booking- 01563 825411
 - Ayr/Crosshouse Hospital Appointment Office- 01563 825411
 - Urgent Dental Advice- 01563 578664
 - X-ray Department- 01292 614519
 - Mass Vaccination Team- 01563 826540
 - Referral Management- 01563 827070
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Holly Health

Holly Health are able to give coaching to help with the following:

- Sleeping
- Exercise
- Eating
- Mental Wellbeing
- Weight Management

NHS Ayrshire and Arran have partnered with Holly Health to give you 12 months of free digital habit coaching to help with the above. This app has supported thousands to feel better and reach their goals. You can sign up with the below link or QR code.



DATES TO REMEMBER!

- The surgery will be closed at 1pm on the 27th of November for our Protected Learning Time.
- We are also closed on the 25th, 26th of December and 1st and 2nd of January for the public holidays.

SCOTTISH BREAST SCREENING PROGRAMME

The mobile breast screening unit is currently situated in Sainsburys car park.

Women aged 50-70 are routinely invited to attend every 3 years. Barns patients who have already been started to be called for this.

You should receive these results within 3 weeks and the practice are informed of results and non-attendees. We will flag the notes of any patients who do not attend and encourage them to do so.

**CHECK
YOUR
BOOBIES**



COMMUNICATION FRIENDLY ENVIRONMENTS

At our recent Protected Learning Time training event we had Jo Ford in from the Speech and Language Therapy service who came in to speak to our admin team.



The aim of this training was to offer resources to help patients with communication difficulties. Barns is the first GP Practice to get involved in the initiative and Jo has created some individualised picture boards for some of the common requests we encounter in practice.



COMPASS DRUG AND ALCOHOL PARTNERSHIP

Compass “Bringing Service Together Under One Roof” is a service aiming to improve the health and wellbeing of people with multiple and complex needs.

Offering support to anyone resident in South Ayrshire and aged 16+ with drug and /or alcohol issues and their family and friends.

They can provide support and advice and also a safe place to go. They can provide washing facilities, mobile phones and bringing together services such as housing and benefit support. Many of the staff working there have first-hand experience of addiction struggles.

We had a couple of the members from the Compass team in to highlight their services to us to be able to pass this on to patients who would benefit from the service.



OUR FUTURE HEALTH SCOTLAND



<https://ourfuturehealth.org.uk/>

Our Future Health is the UK's largest ever health research programme. A collaboration of public, private and charity sectors working together with the aim of helping everyone live longer healthier lives.

Residents of Ayr can volunteer by completing an online questionnaire, providing blood and physical measurements at the clinic in Boots on Ayr High Street and allowing access to their health records to help researchers develop new ways of preventing, detecting and treating diseases.

FLU AND COVID VACCINE ENQUIRIES

Just a wee reminder, anyone with any queries regarding flu or covid vaccinations should contact the vaccination helpline on this number:
01563 826540



Thank you for reading!

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