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Comments via Facebook are welcome.

Boots Pharmacy
01324 820625

Lloyds Pharmacy
01324 822360

Pines Pharmacy
01324 824044

Central Advice and Support Hubs - Falkirk Council

Unit MSUI
Callendar Square
Falkirk
FK1 1UJ

 **01324 506070**
centralhub@falkirk.gov.uk

We are still open and here for you. Please don't ignore the early warning signs of serious conditions.

2020 and Coronavirus

2020 has been a year like no other. Because of the Coronavirus, lots of things have had to change - especially the need for patients not to come down to the practice unless it is essential.

When making a new appointment, the receptionist will ask the reason for your appointment. Please assist us by providing a brief explanation.

Remember, if you have any new symptoms that are worrying you and that you can't solve yourself, we encourage you to seek help. This might be a new lump, persistent abdominal pain, a changing or bleeding mole, new or unusual bleeding, or a persistent change in bowel pattern. You will initially be offered a telephone appointment with the doctor who will arrange to see you face to face if necessary.

Shielding

Around 400 patients in the practice have been advised to "shield" themselves for at least 12 weeks to avoid catching Covid-19. Help with delivering shopping or medications is available for those who need it.

A copy of the letter from the Scottish Government is available on the practice website:

www.carronbank.co.uk

New ways of working

For safety reasons, we have advised patients to avoid coming to the surgery unless it is essential and agreed beforehand,

We are using **telephone** and **sometimes video consultations** for the vast majority of patients at present.

We are still seeing a small number of patients in practice and hope to gradually increase this as lockdown restrictions are eased over the next few months.

Doctors are now wearing **personal protective equipment (PPE)** including masks - patients may also wish to wear masks or scarves when attending the surgery.

Social distancing is likely to continue for the foreseeable future.

Immunisations (apart from shingles) continue.

Blood tests - if you are being monitored for certain drugs or on warfarin this will continue, but may be on a new schedule.

8 week baby checks are continuing, you will be contacted regarding the arrangements.

We plan to continue yearly **reviews of chronic conditions** but these will be done mainly by phone by the Practice Nurses.

Ordering prescriptions:

Register to do this online or by email. See our website. Prescriptions are sent to the pharmacy to your choice for collection - or delivery.



Dr Catherine Monteith, GP



Monika Ingot, Trainee Practice Nurse



Kay McManus Receptionist



Dr Maeve Chestnutt, GP Trainee



Dr Carla Trivers, GP Trainee

Practice staff changes

As the practice keeps expanding, we have a number of new staff members, as well as many who have been here for ages!

We are delighted to welcome Dr Catherine Monteith as a new GP partner and our two new GP trainees, Dr Maeve Chestnutt and Dr Carla Trivers.

Dr Lieke Tollkamp has now left us and hopes to work abroad.

We also want to welcome Kay, our new receptionist, Monika, our new trainee practice nurse, Alicia, our Mental Health Nurse and the team of Pharmacists, Hazel, Laura, Lynne, Lynsey and Naressa. You may speak to any of them or maybe even meet at some stage.

We also hope to get a new practice physiotherapist and nurse practitioner later in the year.

Access to practice

The main doors to Carronbank House are still closed. If you have to attend the Health Centre/medical practice, the only entrance is via the out-of-hours door, which is located at the left of the main front doors, across from the Strathcarron Hospice shop at the corner of Carronbank Crescent,

Please note that there is still no access from the main car park.

Help yourself during lockdown

**YOU CAN GO OUTSIDE TO EXERCISE
A MAXIMUM OF ONCE PER DAY.**



Observe distancing rules (stay more than 2 metres from others) and workout alone or with only your household group.

Here are some ideas:



Go for a walk or a bike ride

Being in the fresh air will help improve your mood.



Challenge a friend remotely

Who can do the most keepee-uppes? Who can hula hoop the longest? Post your attempt to social media.



Lots of exercises can be done at home

Search for a video online and learn some new moves.

- What to do if you have a cough or fever, or if your child is unwell?
- Social distancing and dealing with an infection in the household
- Look after your mental wellbeing
- Volunteer to help others

More information on all these at:

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

Are you ok?

Find a list of mental health apps recommended by the NHS here:

<https://www.nhs.uk/apps-library/category/mental-health/>



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Cycling without age

Dr Ken McLean, one of our former GPs, was recently spotted helping Pines Pharmacy deliver medications!

See: <https://www.dailymotion.com/video/x7th4ey>