

GP to take part in Charity Bike Ride

Dr Graeme Hay has signed up to take part in “Ride London” in August of this year. This is a 100 mile cycle through London and Surrey.

He is doing this to raise money for Wateraid. Wateraid is a Charity which raises money for clean water and sanitation projects for the poorest people in the world.

If you would like to make a donation please go to the link, [Just Giving Page](#)



Trying to get fit or lose some weight?

After the Christmas excesses many of us try to lose a bit of weight or get fitter.

NHS Forth Valley have produced a new website which will help you do both.

It's called “Choose to Lose” and has lots of information, meal plans, hints and tips and even an app to help you reach your goal.

Go to www.nhsforthvalley.com/weight for more information.

Keep fit in Clackmannanshire

Clackmannanshire Council has some high quality leisure and recreation opportunities available to everyone. Whether you're looking to keep fit, play sport, exercise, book a hall or simply enjoy the natural beauty of the county there's something for you. Some of the activities are free.

Go to www.clacksweb.org.uk/culture/leisure/ for more information.



Practice Closures

Alva and Tullibody Health Centres will be closed on the following days:

- Friday 3rd April 2015
- Monday 6th April 2015
- Monday 4th May 2015
- Monday 8th June 2015

We will also be closed at 12.30pm on Tuesday 17th March for staff training,

Summer Time is coming – be prepared



Travel Vaccines

Holiday time will soon be upon us. If you are lucky enough to be going somewhere exotic make sure you give yourself enough time to have any vaccinations required. Collect a form at reception, complete it and return it to the practice **at least 6-8 weeks** before departure. Many immunisations have to be done at private travel clinics. For further information on this and a list of Travel Clinics visit our website www.alvamedical.com

Minor Injury Unit – Stirling Community Hospital

The Minor Injury Unit is open from 9am – 9pm, seven days a week. They provide treatment for a wide range of injuries which need urgent care but are not life threatening, these include;

Sprains and strains	Suspected broken bones	Infected wounds
Minor eye injuries	Minor burns and scalds	Cuts and grazes
Minor head and neck injuries		

Minor Injury Units provide treatment for adults and children over the age of 2. Children under 2 should be taken to the Emergency Department at Forth Valley Royal Hospital in Larbert



Diabetes UK is the leading charity in the UK for people with diabetes, their friends and families. Diabetes statistics are shocking with over 3.5 million people having diabetes in the UK. In Scotland, more than 268,000 people currently have the condition, including over 15,000 in Forth Valley. Experts warn that the nation is facing a health time bomb unless Scots make radical changes to their lifestyle. Bob McQueen of Diabetes UK Scotland stated: - “Up to 80% of cases of Type 2 diabetes could be delayed or prevented through positive lifestyle changes such as eating a balanced diet and increasing exercise.”

If you are concerned about your diabetes or want to know more about it, please contact your skilled and experienced Health Professionals in Alva or Tullibody Medical Centres. You can also visit DIABETES AWARENESS days held regularly at these Medical Centres or visit www.diabetes.org.uk

Diabetes UK provides support, advice and information on prevention and managing the disease through its Website, Care line and Literature. For more information contact E-Mail: Bob.McQueen@diabetes.org.uk

