

## Staff News!

### Doreen Ebsworth, Office Manager

Doreen our Office Manager will be taking early retirement in July this year. Doreen 'After having worked at Alva Medical Practice for over 20 years I am leaving with mixed emotions. I'll be sad to go and will miss everyone very much but I'm looking forward to the next stage of my life and having more time to spend with my family'



### Mary Kensett, Practice Nurse

Mary our Practice Nurse will be leaving the practice at the end of May. Mary 'I have spent 23 years working in Alva and have worked with the most wonderful people during this time. I will miss the friendship of both staff and patients'

### Dr Bhatti and Dr Hart

Dr Bhatti and Dr Hart will finish with us in July and August. We wish them all the best for the future.

### Our New Specialist Registrars

Dr Neil Shepherd will be returning to the practice as a GP trainee in August. He was first here as a Registrar in April 2012 for 6 months. We look forward to welcoming him back.

We also have a new registrar this year Dr Kirsty MacInnes who will be joining us in August. She will be with us for 6 months as part of her training in General Practice.

## Diabetes UK

Diabetes UK is the leading diabetes charity in the UK providing education and support to people with diabetes, their friends and families.

The number of people with diabetes in the UK is rocketing – from under half a million in the late 1960s to almost 3 million today, with almost 250,000 people in Scotland with diabetes. Experts warn that the nation is facing a health time bomb unless Scots make radical changes to their lifestyle.

Diabetes UK provides support, advice and information on prevention and managing the disease through its Website, Care line and Literature. [www.diabetes.org.uk](http://www.diabetes.org.uk)

Visit the **DIABETES AWARENESS days** at Alva Medical Practice on 20th May or at Tullibody Health Centre on 5th June.

For more information contact Bob McQueen Area Liaison Coordinator, Diabetes UK Scotland  
E-Mail: [Bob.McQueen@diabetes.org.uk](mailto:Bob.McQueen@diabetes.org.uk)

## Summer Time – Be Prepared

### Travel Vaccines

Holiday time is now upon us. If you are lucky enough to be going somewhere exotic please make sure you give yourself enough time to have any vaccinations required. Please collect the appropriate form at reception to be completed and return to the practice **at least 6-8 weeks** before departure date. For further information on this and a list of Travel Clinics visit our website [www.alvamedical.com](http://www.alvamedical.com)

### Hayfever

If you are one of the many people that suffer from Hayfever start your preventative medication before the hayfever season starts. Spring hayfever is usually a result of pollens in the air. Late summer is usually the dust from a dry hot environment.

- Sneezing
- Stuffy blocked nose
- Runny itchy nose
- Watery, puffy or itchy eyes

Visit your local Pharmacist now for treatment and advice

### Stay Safe in the Sun

Sunburn increases the risk of skin cancer. Don't let sunburn catch you out - whether at home or abroad, use shade, clothing and at least factor 15 sunscreen applied generously and regularly to protect your skin.

Always take special care of children's skin. The best way to do this is to cover them up and keep them in the shade.



**Don't forget our website:**

[www.alvamedical.com](http://www.alvamedical.com)

- Register for our Online Repeat Prescription order service
- Book and Cancel your doctor or nurse appointments
- Change your personal details

### Mail from the Practice

We have changed the way we send a lot of letters from the practice. These are in a larger envelope with a docmail logo rather than a postage stamp. Please don't confuse with junk mail

We are confident that these letters are dealt with securely and that any letters which are returned undelivered are shredded without opening. Please raise any concerns with the Practice Manager.



### Practice Closures

The Practice is closed on the following dates: Monday 10<sup>th</sup> June 2013, Monday 2<sup>nd</sup> September 2013, Monday 14<sup>th</sup> October 2013, Wednesday 25<sup>th</sup> December 2013, Thursday 26<sup>th</sup> December 2013, Wednesday 1<sup>st</sup> January 2014, and Thursday 2<sup>nd</sup> January 2014

We will also be closed at 12.30pm for staff training on the following days, 22<sup>nd</sup> May 2013 and 20<sup>th</sup> June 2013

For other training days and closures please check our surgery notice board and website