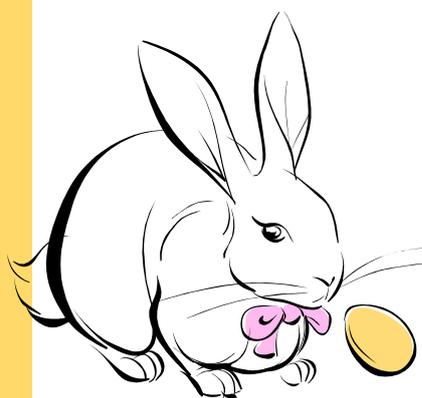


## Patient Group News

Mr Alex Diamant

We are very sad to record the passing of Alex Diamant in June 2011. Alex moved into the area in 2005 and quickly became involved in community activities. When the Patient Group was set up in 2008 he agreed to support it and was quickly elected it's first chair. This was a new group and we were very grateful to have someone of Alex's experience on board. He cheerfully took on the role and did a lot of extra work easing communication and developing the role of the group. He managed to play a very active part when his own health was not good. He is survived by Gwen who was an important support to him.

## Put a Spring in your Step



At this time of year when the lighter nights come in and the weather gets a bit warmer everyone begins to feel a bit better and an ideal time to make some lifestyle changes. It could be stopping smoking, getting a bit fitter or just wanting to lose the excess pounds put on over the winter months. There are many services available within Clackmannanshire that can help you with these changes.

There are gym facilities at the three new schools all offering the use of their fitness suites to the public. The gyms are open between the times of 5pm - 9.45 pm weekdays, Sat from 10am-4.45pm and Sunday from 12.15- 4.45. Inductions are free then £2.35 per session. Any other information can be obtained from [www.clacksweb.org.uk](http://www.clacksweb.org.uk) under culture and fitness.

The Leisure Bowl in Alloa offers fitness classes, gym /swimming facilities and activities including indoor bowls. For more info go to [www.lesuire-bowl.co.uk](http://www.lesuire-bowl.co.uk)

If you would like to stop smoking there are drop in services in Alva Health Centre 5.30pm-7.30pm on a Monday or St. Ninnians Health Centre 5.30- 7.30pm on a Wednesday. These offer a four week programme of advice and support. Suitable nicotine replacement therapy can be provided.

## Easter Holiday time

**The surgery will be closed on the 6<sup>th</sup> and 9<sup>th</sup> April 2012. If you require repeat prescriptions please make sure you order them in plenty of time.**

Due to holidays and staff sickness we may have to change the way we see patients in April. Anyone who needs medical attention will be seen but there will be less pre-bookable appointments during this month.

Patients will have to phone on the day they wish to be seen and an appointment will be given with whatever GP is available. We apologise for any inconvenience this may cause.

## Why does the receptionist ask questions about your illness?

Some people get annoyed when the receptionists ask for an indication of what is wrong. We appreciate that this information may be confidential. However there are some situations where it is helpful or even vital that we know what the problem is.

- If you have been given an “on the day “appointment the receptionist will need an idea of the problem so the GP can assess and deal with your medical problem appropriately
- It is really important when you ask for a home visit for the doctors to have an idea of what the problem is so that they can go to the most seriously ill patients first.
- If you ask for an appointment with a practice nurse, the receptionist needs to know what the problem is so that they can direct you to the most appropriate nurse. Not all our nurses do the same clinics and some conditions need longer appointments to do the necessary checks.

## New GP Registrar

### Dr Neil Shepherd

Hello, I am Dr Neil Shepherd and am pleased to say I am joining the practice as a GP trainee. I graduated from Aberdeen University in 2007 and since then have worked in various specialties in Stirling, Falkirk, Glasgow and recently Larbert. My current interests lie in pre-hospital emergency care and musculoskeletal medicine and I am looking to develop these while in Alva.

My aims for the next few years are to develop my skills in general practice and pass my exams while leaving enough time for enjoyment of my interests outside of work which include travelling, surfing and squash.



## Alva Medical Practice on the Web

**Remember**, Alva Health Centre information can be found on the web at [www.alvamedical.com](http://www.alvamedical.com)

We have a new look website that we think you'll find easy to use, helpful and with lots of exciting new features.

You can order your repeat medication, and change your personal details without needing to come into the practice during opening hours.

You can now book and cancel appointments on the web too!

