

Dr Abel – Retirement



Dr Graeme Abel retires at the beginning of October after 32 years as a partner in Alva Medical Practice.

He has seen a lot of changes since succeeding Dr Kenneth Gordon in 1984. There were only 3 consulting rooms and six GPs in the Health Centre at that time, which has grown in size to currently accommodate 15 GPs and 11 consulting rooms.

Dr Abel hopes to remain active in his retirement, climbing more Munros, and he has organised a trip to the Himalayas in November where he is undertaking a trek to Annapurna base camp. Prior to then he is off to Slovakia to support the Scottish Football team and encourage them on to qualify for the 2018 World Cup. One can only hope!

Dr Abel feels his time in Alva has flown by and he very much appreciates the friendship and support of Practice staff, GP colleagues and patients over the past 32 years.

Dr Abel says that Alva Medical Practice has been a tremendous place to have worked and would like it known that the current Practice Team is second to none.

He wishes his successor Dr Eleanor Ewbank the very best for her future career at the Practice.

Charity Bike Ride

Dr Lorna Graham took part in "Ride London" at the end of July this year. This is a 100 mile cycle through London and Surrey.

Around £1000 was raised for the British Heart Foundation.



Annual Flu Vaccination – make your appointment now!

Our annual Flu Clinic will be held on **Monday 10th October 2016**. Both health centres will be closed for everything other than the Flu Clinic on that day.

If you are over 65, pregnant, have certain chronic medical conditions such as asthma or diabetes or are a carer you are entitled to a flu vaccination.

We will only send letters out to people who are under 65 and fall within the 'at risk' patient group inviting them to make an appointment. Patients aged over 65 will receive the usual letter from the Health Board notifying them of their entitlement to a flu vaccination but will not receive a letter from the Practice.

New Specialist GP Trainees

This year we will be joined by two new GP Trainees. Dr Carla Trivers will be with us for 6 months and Dr Julie Cope for a year.

Dr David Watson and Dr Jamie Stuart finished with us at the beginning of August. We wish them both well for the future.

Changes to Health Visitor input to the Child Health Clinics

From 10th October 2016 patients will no longer be able to drop in to see a Health Visitor at the Child Health Clinic. **Health Visitors will see patient's by appointment only.**



Appointments will be available in Alva Health Centre on a Tuesday afternoon between 2.30pm - 3.45pm

Tullibody Health Centre on a Thursday afternoon between 2.00pm - 3.15pm

Please contact the surgery you attend if you wish to arrange an appointment.



Diabetes UK is the leading charity in the UK for people with diabetes, their friends and families.

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 diabetes or want to know more about it, please contact the skilled and experienced Health Professionals in Alva or Tullibody

Diabetes Awareness days are held regularly at these Medical Centres or you can visit www.diabetes.org.uk

Want to make a health change? Contact Tullibody Healthy Living

Tullibody Healthy Living offers access to many activities locally to suit all abilities and also help and advice on anything that affects your feelings of wellbeing.



For more information contact Tracy on 01259 724374 or pop into the office at 13 Tron Court, Tullibody.

Practice Closures

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

- Monday 5th September 2016 all day
- Tuesday 13th September from 12.30pm for staff training
- Monday 10th October – except for Flu Vaccinations
- Wednesday 26th October from 12.30pm for staff training