

Academy Medical Centre Newsletter Spring 2020



For up to date information and self help guide on Coronavirus (COVID-19) please visit <https://www.nhsinform.scot/self-help-guides/self-help-guide-coronavirus-covid-19>

What is a Key Information Summary (KIS)?

This contains basic information about your health, eg your medication that may help NHS staff if you need urgent medical care when the GP surgery is closed. It contains all of the information that you want staff who are looking after you to know including –

- your medical condition and treatment
- your carer – their name and phone number
- any wishes you may have about your treatment
- where you would prefer to be cared for
- any wishes about how you would like to be cared for

Who can see this?

It will be held at your GP practice and sent to other health professionals involved in your care if you agree.

If you need urgent care NHS staff who look after you can also look at this including –

- Doctors
- Nurses
- Paramedics
- Staff in out of hours hospitals.

If you would like to sign up to this please ask any member of the surgery staff.

How can I find out more?

For more information about the KIS, visit NHS Inform website under the Care, Support and Rights tab



We're hosting a fundraiser

Please come along to help us raise funds for a local charity. We are dropping cakes between 2pm and 5pm and buy one of our delicious home made cake and candy donations!

Donation amount and local group will be revealed on our social media, website and in our Summer newsletter

CANCELLED

Visit our brand new website at www.academymedicalcentre.co.uk



Did you know we're also on Facebook and Twitter?!



Sign up to our online prescription and appointment service. Ask for a sign up form from the surgery reception today!

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Children and Young Peoples' Mental Health

"We can all struggle with our mental health from time to time and this is certainly true for children and young people. Feeling anxious, upset, angry or sad is completely normal, but sometimes this can go on for longer than would be expected or it begins to have an impact on the child or young person being able to get on with life, thrive and develop." Childrens Health Scotland



If you are a parent of a child or young person and concerned about their mental health, or you are a young person concerned about your own mental health you can speak with your team nurse or GP here in the surgery. You can also contact the school nurse directly or through your PCS teacher. Below is some useful information for children, young people and their parents/carers.



Cool2Talk - A safe space for young people age 12 and over providing a safe space where young people can get their questions answered accurately and without judgement. Confidential and anonymous online chats with counsellors available as well as accurate health information.

Visit <https://cool2talk.org/>



"This is the only charity in Scotland dedicated to informing, promoting and campaigning on behalf of the needs of all sick children and young people within our healthcare system. We make sure children and young people get the healthcare and treatment they need. "

Visit
<https://www.childrenshealthscotland.org/>

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

"Childline is yours – a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime."

Phone 0800 1111 or visit
<https://www.childline.org.uk/>



www.academymedicalcentre.co.uk



Online appointment and prescription service available

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Did you know?

We have a dedicated Mental Health and Wellbeing Nurse, Angela Gorman based here in the practice.

Angela is here to support anyone who is over the age of 16 (must no longer be in school) who is experiencing one or more of the following -

Having difficulty with a change in your life

Worrying a lot of the time

Low mood

Feeling overwhelmed

Want support to manage mental health and wellbeing

Having problems sleeping

Feeling anxious

You will be listened to, offered information and advice, self help material, given ideas of how to cope and signposted to other services. To access this service please contact the surgery.



Spring/Summer Public Holidays



We will be closed all day on –

- Monday 6th April
- Monday 13th April
- Friday 8th May
- Monday 25th May
- Monday 27th July



•If you take regular medications, please ensure you check you have enough left to cover times we are closed. It's also important not to over order, so only request what you need, and make sure you don't run out of anything during that time.

•If you are ill on a day or time when the surgery is closed and you can't wait until it reopens help may be available from a range of NHS services, from your pharmacy and minor injuries unit, to NHS Inform and NHS 24 on 111.

•Always **dial 999 in the event of an emergency.**



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Top Tips to Help when Dealing with Stress

- 1-Be Active:** exercise won't make it all disappear but can help clear some of your thoughts
- 2-Take Control:** this is empowering and is crucial to you finding the best solution for you
- 3-Connect with People:** a good support network can help ease troubles and see things in a different way
- 4-Have Some 'Me Time':** setting aside time to socialise, relax or exercise
- 5-Challenge Yourself:** setting goals and challenges can help build confidence and emotional resilience
- 6-Avoid Unhealthy Habits:** don't rely on alcohol, smoking or caffeine; these crutches won't solve the problem
- 7-Help Others:** volunteering, community work or doing someone a favour can help you to become more resilient and make you feel good
- 8-Work Smarter not Harder:** prioritise and concentrate on the tasks that make most difference
- 9-Try to be Positive:** look for the positives in life and things you are grateful for. Try to write some of these down.
- 10-Accept the things you can't change:** try to concentrate on the things you have control over

For more information on this visit

www.nhsinform.scot or speak with our Mental Health and Wellbeing Nurse-Angela or Patient Support Advisor-Ashley

Come along to our free Third Sector Health Hub events on the 3rd Monday of each month. They are in the waiting room between 2-3.30pm, everyone is welcome.

You'll find information and friendly staff available for a chat for more information on local services that might be able to give you some extra support.

Organisations attending our March and April events are –

- Angus Alive and Macmillan Cancer Information and Support Service
- Angus Citizens Advice Bureau
- Angus Alcohol and Drug Partnership
- Dundee and Angus ADHD Support Group
- Angus Independent Advocacy
- Housing Solutions
- Home Energy Scotland



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