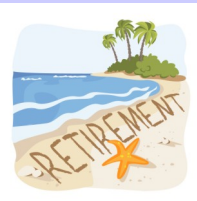


Academy Medical Centre

Newsletter

Spring 2022



We would like to wish our dear colleague Dr MacCallum all the best in her retirement from the practice partnership at the beginning of April. Thank you for all of your dedicated support and care to the patients and staff over the last 33 years. Dr MacCallum will continue to work reduced hours in and out of hours as a locum GP. We wish you all the very best and look forward to seeing you in your locum role.

Public Holidays—2022

We will be closed all day on the following Public Holidays –

Monday 4th April

Monday 18th April

Monday 2nd May

Thursday 2nd June

Friday 3rd June

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. Did you know that if you have a long term condition and require regular medication you can register for the **Chronic Medication Service (CMS)** with your pharmacist for serial prescriptions who will dispense these at 8 weekly intervals without the need to order your prescription online or in surgery. For more information please discuss with your local community Pharmacist to register.

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

Who Cares? Scotland for Care Experienced People and those Supporting Them



Who Cares Scotland hosted Tending the Light: Festival of Care 2022 to mark Care Day on Friday 18th February this year. There were celebrations throughout Scotland and online. Search #CareDay2022

Who are Who Cares Scotland? — A national voluntary organisation, working with care experienced young people and care leavers across Scotland. They support care experienced people in a number of ways including

- A helpline Monday—Friday from 12-4pm at 0330 107 7540 or emailing help@whocarescotland.org
- Advocacy for children and young people who build trusting, long term relationships to help them have their say
- Support to corporate parents, who provide day to day care or opportunities through services and support.



Click [HERE](https://www.whocarescotland.org/) to visit their website for more (<https://www.whocarescotland.org/>)

For services and the latest practice news let us know your email address and we will add you to our mailing list or visit



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You can also follow us on Facebook, Twitter, Instagram and YouTube
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Strathmore Cricket Club—Meeting Centre for People Living with Dementia

Work to establish a Meeting Cric-Hiit for people in Forfar living with dementia is pressing ahead at speed and the plan is for the Centre to up and running in the Spring.

The Meeting Centre – which will offer people in the early stages of living with dementia and their families a place to meet, socialise and access information – will be based in Strathmore Cricket Club's Lochside Park premises and be open several days each week. And there are plenty ways that you can get involved and help to ensure the success of this exciting new initiative in the town.

Since an open meeting of interested parties in October last year, work has been moving ahead on several fronts to get the Centre up and running. Improvements have been made to the building at Lochside to make it more attractive and suitable. Preparatory work has been done on processes for recruiting Meeting Centre members and staff recruitment is well underway.

In all of this work, there has been great support for the project from individuals, community organisations, health and social care agencies. All have recognised the potential for this important new service. The Meeting Centre project is being headed up by Strathmore Cricket Club, but its success will depend on the extent to which others in the community get behind it and contribute.

It's particularly important that people living with dementia and their family carers have an input to the project. Activities that take place in Meeting Centres are led by the members (the people who attend) and organisers of the proposed Forfar Centre are very keen to hear from potential members now!

If you, or someone you know are living with or caring for someone living with dementia then project leaders would be delighted to hear from you to chat about the Centre, what it might offer and how it might help to meet your needs. Contact by emailing meetingcentre@strathmorecc.co.uk. Someone from the organising group will get back to you to explore your interest. There's plenty of scope for others to get involved too.

The Meeting Centre will have staff, but it will also offer opportunities for other members of the community to get involved and support the project. The volunteering opportunities will include committee work, fund raising, befriending and going along to help organise activities that are of interest to members. If you think that you might have some time and talents to contribute, get in touch.



Our opening hours — We are closed from 1-2pm every day to allow us to manage demands and to complete staff training.



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Join us at Forfar Loch parkrun

Did you know there's a new parkrun started at Forfar Loch every Saturday at 9.30am?

The event takes place at Forfar Loch, starting at the Strathmore Rugby Club, Inchmacoble Park, Forfar, DD8 1RL. It's a free, fun and friendly weekly 5k event which you can walk, jog, run, volunteer or spectate at! Well done to Andrea, Diane and Lynda who went along to the first one!!

All you need to do is register before you come along. You will find all of the information that you need to register, find out more and info on volunteering by clicking



[HERE](https://www.parkrun.org.uk/forfarloch/)

(<https://www.parkrun.org.uk/forfarloch/>)



Some of our staff are also taking part in the NHS Tayside Health Working Lives Virtual Walking Challenge too.

We are virtually walking the Moray Way from 1st February to the 25th March which means we need to accumulate 240 375 steps each over this period. We've donned our pedometers and are focusing on moving more and increasing our steps whenever we can. You can do this too!!

“Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier” It helps improve our physical and mental health in many ways!

Make moving more a habit! Think about—

- Walking part of your journey to work
- Walk to the shops
- Use the stairs instead of the lift
- Leave the car behind for short journeys
- Walk the kids to school
- Do a regular walk with a friend
- Go for a stroll with friends or family after tea
- Listen to music, a podcast or audiobook
- Try a different route and notice what new things you see on the way



Download the free Active10 app to track your walking and how brisk this has been.

You can also find useful tips and advice for older people by clicking [HERE](https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/walking-tips-advice/) (<https://www.ageuk.org.uk/information-advice/health-wellbeing/exercise/walking-tips-advice/>)




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Your feedback means a lot...



"She is a credit to the team, it must be great having people like her working for the centre, her manner is so caring and can't thank her enough for all her help"

"You all deserve a medal for your help to everyone"

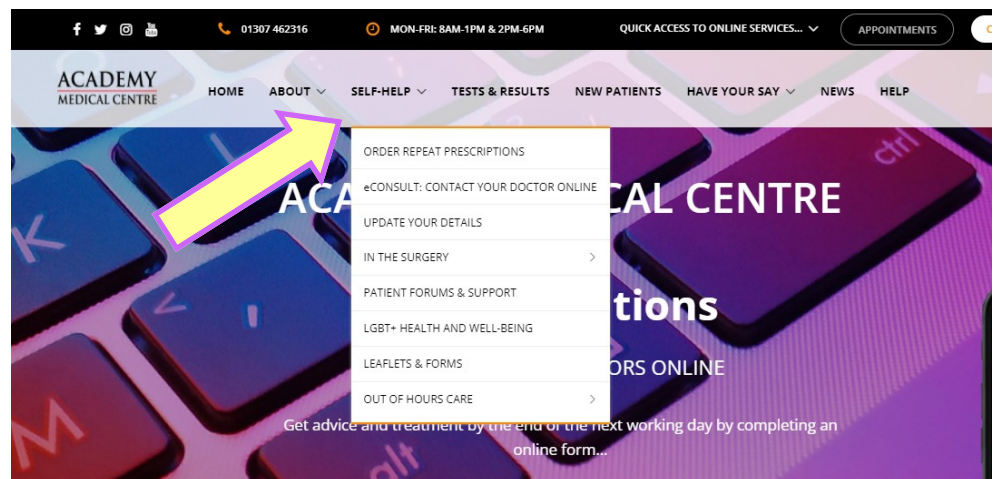
"Thanks to everyone in the practice for their wonderful care and everything for me and my late husband over the years"

Our Website—Tips and Advice



Did you know we have a wide range of self help information that you can access 24/7 from our website?

Under the Self Help tab you will find advice on repeat prescriptions, updating your details, patient forms and free support services, an extensive list of handy and informative leaflets and how to access care Out of Hours. You will also find out list of LGBT+ Health and Wellbeing links.



We welcomed February as LGBT History month, it's important to celebrate and show support for LGBT culture and history. We do not forget the history in the battle against discrimination reminding us of all the sacrifices, the courage, the struggle, the progress and the work still to be done. Over the last 30 years, LGBT people and allies have achieved brilliant progress for LGBT rights and acceptance. There has been progress in terms of employment rights, parenting rights, partnership right and an equal age of consent. Social attitudes have improved but there is still work to be done before full equality is achieved, particularly in relation to trans equality. At Academy Street we believe Equality, Diversity and Inclusion is central to the work we do and how we support our staff and patients. Find out much more under our self help tab on the website or by clicking  [HERE](https://www.academymedicalcentre.co.uk/lgbti/) (https://www.academymedicalcentre.co.uk/lgbti/)

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