

Academy Medical Centre

Newsletter—Summer 2025



Public Holidays 2025

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

- Monday 28th July 2025

We will be closed in the afternoon from 1pm to 6pm for staff training on:

- Wednesday 3rd September 2025



If you take regular medications, please ensure you check you have enough left to cover whilst the practice is 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 during the days the practice is closed, and you can't wait until it reopens, help will be available from a range of NHS services, from your pharmacy and minor injuries unit, to NHS Inform and NHS 24 on 111.

Practice Updates:

We are now a parkrun practice!

We have lots of new friendly faces who joined our team.

We now offer a Well Man clinic lead by Dr Sinclair for Men over 40.

Our new face-to-face appointments with our Locum GP's, Advance Nurse Practitioners (ANPs) and Nurse Practitioners.

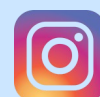
New accessible parking.

New Practice Occupational Therapy Service —Only practice in Tayside to have this.



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

You can also follow us on Facebook, X (Twitter) , Instagram and YouTube
@ForAcademyMed



Academy Medical Centre Summer 2025

Your feedback means a lot to us...



I cannot thank the doctors and all the other staff enough for the care they have given my husband recently. The receptionists were always very polite and courteous when I phoned and the doctors were good enough to see him after their initial phone call. All in all, I think everyone is very kind at academy medical centre.

Thank you to Dr Thomas for seeing me so quickly and organising all my tests so efficiently. Thank you for your empathy, care and understanding. Five star service from all in Academy Practice.

I have been with this practice for forty odd years, not once have I felt the need to complain. I would like to praise all the staff at AMC and thank them all for the long term care I have received.

This morning I phoned Academy and spoke to Lynda who very kindly said she would get the Doctor to phone back. This happened an hour and a half later and with Dr Denholm phoning me back and sorted out medication for my 90 year old Dad. So glad got a positive and quick response which was very appreciated.

I wanted to say thank you for helping me last Friday, by emailing my wife's and my prescriptions. We were able to source the correct medications on Saturday. This certainly put our minds at rest for the remainder of our holiday—you're a life saver!



If you would like to be a little more active, be outside and connect with others why not think about walking, jogging or volunteering at parkrun? The events are totally free to take part in and are open to everyone: you definitely don't need to run! Our nearest is Forfar Loch. It starts at 9:30am every Saturday! Please see www.parkrun.org.uk for more details or speak to a member of practice staff.

Something for
EVERYONE!



iDiabetes

What is iDiabetes?

It's an enhanced care approach for people with diabetes. iDiabetes stands for intelligent diabetes. Any recommendations from iDiabetes will be specific to you, based on your individual risks and likelihood of benefit, rather than one size fits all approach.

What does this mean for me?

Our practice is taking part to implement iDiabetes Plus care. This will start when you attend your next diabetes review.

How does iDiabetes work?

You attend for your diabetes review, additional bloods are requested to check for markers and gene variations.

Results are analysed using information about you such as your age and type of diabetes.

iDiabetes asks:

Do you have an increased risk of heart or liver disease?

Is your diabetes control sub-optimal?

Should you be on additional treatment?

Results are then received by our health care team within 4 weeks. iDiabetes may recommend:

A change to a new medication

Lifestyle changes

Further tests, such as scans.

No changes.

iDiabetes only makes recommendations, you and your doctor or nurse can agree what is the right treatment for you.

Visit [iDiabetes.org.uk](https://www.idiabetes.org.uk) for more information!



Well Man Clinic

Simply pick up a referral form from our reception, fill it out, and return it to us. Once we receive your completed form, Dr Sinclair, Dr Denholm or Dr Thomas will review your responses and may request blood tests based on your health profile. From there, our friendly admin team will be in touch to schedule any appointments required.

LGBTQ+

June sees the start of many Pride events across the country including our own Angus Pride even taking place Saturday 30th August at Victoria Park, Arbroath.

Supporting LGBTQ+ rights helps create more inclusive, respectful and equitable society and here at AMC, we support an inclusive approach to care for everyone.

Pride events exist to help celebrate LGBTQ+ Identities, promote equal rights, and commemorate the history of LGBTQ+ rights movement.

Please visit our website which has lots of resource pages available:

[https://](https://www.academymedicalcentre.co.uk/lgbti/resources.htm)

www.academymedicalcentre.co.uk/lgbti/resources.htm



Practice Improvements You Will Notice Because You Matter!

We've been busy making changes to ensure your visit is as comfortable, accessible and as welcoming as possible. Here's what is new to the practice:

High-back armchairs now in the waiting room, offering extra support to our less mobile patients. **Coming soon in every GP consultation room!**

Meet the team: Our new photo board helps you put a face to the name, because we believe in friendly care.

New team members: We've welcomed several new team members over the last 6 months check out their faces on our new arrivals board.

Improved Parking: In addition to our disabled parking spaces, we've created new **accessible friendly parking area** right next to the entrance - making it easier for families and those with mobility needs to access the practice.

Practice Occupational Therapist : Is a new service offering a first point of contact, enabling early interventions with easy access to the right care at the right time. They work with patients of all ages and treat both physical and mental health conditions. Occupational Therapists deliver effective evidence-based interventions using goals identified by the patient.

We are proud of these updates and grateful for your continued support. Our aim is to have a more inclusive and comfortable experience for all.

Improved access to appointments:

We've reviewed and enhanced our appointment system to offer:

- Better **face-to-face access** with Locum GP's, ANPs and Nurse Practitioners.
- Increased availability of **pre-booked appointments** for your convenience.

