

Academy Medical Centre

Newsletter—Winter 2025

Public Holidays 2025

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

- Thursday 25th December 2025
- Friday 26th December 2025
- Thursday 1st January 2026
- Friday 2nd January 2026



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.

Staff updates:

We're delighted to announce that **Teressa Forbes** has been promoted to **Practice Manager**. Please join us in congratulating her on this well-deserved achievement. We wish her every success in her new role and look forward to seeing her continue to make a positive impact in the team.



We're excited to share that **Kim Birse** has been appointed as our new **Senior Clinical Assistant**. We congratulate Kim on this wonderful achievement. We're incredibly proud of her hard work and dedication, and we wish her every success in her new role!

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 Winter 2025

Your feed back means a lot to us..

Thank
you

Via Google review: * * * * *

..... The new team is a monumental improvement all round. Before when you approached reception, you knew that you were entering a risky hostage situation but now there is freedom, blood pressure remains normal, doctors get a true reading and it's all down to polite kind new receptionists. Love the doctors too.

Via our website feedback form:

After a phone call yesterday morning I had a consultation with Dr Sinclair at the surgery in the afternoon. Thank you for the care and attention I received. It was second to none.

Via our email:

Hello, I would just like to highlight Kirsty's professional and helpful manner. I dealt with her regarding a query re my husband's prescription. She was very efficient calling me back that day with the issue solved. Thank you Kirsty!

Via our email:

My husband and I would like to thank Dr Denholm for the amazing service he has provided for us and our son. He goes above and beyond and we really can't thank him enough. I have had a few consultations historically where he has also been great so please pass on our thanks.

**MACMILLAN
CANCER SUPPORT**

Macmillan Coffee Morning Success!

A huge thank you to everyone who joined and supported our **Macmillan Coffee Morning on 23rd September.**

We're delighted to share that we raised an amazing **£354** at the practice of which £57 of this was raised in the waiting room with support of the PPG (Patient Participation Group).

We would also like to thank **Kevin Kelly** for the use of his coffee machine for our coffee morning. This was an absolute delight!



Meet Jen Moisey!

What is your job role?

I am a Primary Care Occupational Therapist (PCOT).

What is the purpose of PCOT?

PCOT is to empower individuals to reach their highest level of function, manage their conditions effectively, and ultimately achieve the best quality of life. By focusing on early intervention and providing proactive support, we aim to deliver the most positive outcomes for our patients.

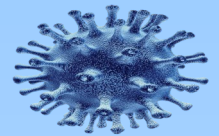
What does a typical day look like for you?

My day usually involves seeing a few patients, with each session lasting between 60 to 90 minutes. This allows me to provide focused, individualized care for each person I work with.

What do you enjoy most about your job?

The variety is what I enjoy most. Every patient brings a unique background and set of challenges, which allows me to apply a broad range of OT skills rather than being limited to one specific area of practice. Being part of a new service is also incredibly exciting, as we have the opportunity to shape and develop it from the ground up. We are committed to ensuring that our practice is evidence-based, both in terms of patient outcomes and aligning with best practices across other health boards.

CARI



CARI stands for **Community Acute Respiratory Infections**

If you present with acute respiratory symptoms, ie cough, sore throat, shortness of breath then you may be asked by one of our clinicians to have a swab taken to be sent away for testing.

The swab is then tested for viruses such as Covid-19, influenza types A and B respiratory syncytial virus (RSV), seasonal coronavirus (non-SARS-CoV-2), Parainfluenza, human metapneumovirus, mycoplasma pneumonia, rhinovirus, adenovirus.

This provides evidence for:

- local management of disease in primary care (GPs)
 - identifying those most vulnerable to respiratory disease
 - comparing patterns of disease with those seen in secondary care (hospitals)
 - comparing patterns of disease with those seen elsewhere in the UK and internationally
 - national and international vaccine effectiveness studies
- epidemic and pandemic preparedness

Waiting for the results helps ensure you only receive antibiotics when they are the safest and most effective option



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Phone Line update:

We are pleased to announce an exciting new feature on our phone lines, offering you the option to **request a call back** from our admin team as soon as your turn in the queue arrives. This enhancement ensures a more efficient and convenient experience

Parking:

We would like to remind everyone about our 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.



We're thrilled to share that our **Get Out Get Active (GOGA)** class has been **extended!**

Join us every **Thursday from 11am to 12pm** right here at the practice for another fantastic session full of fun, fitness, and feel-good energy!

Don't miss out — come along, get active, and enjoy being part of this amazing community!

Chair based Movement Class

- Strength - Balance
- Flexibility
- a wee bit of Cardio and a dash of fun!

Thursdays 11am - 12pm
at Academy Medical
Centre Forfar
All welcome!
Free!



After 35 years of dedicated service, our beloved secretary **Margaret Clark** is hanging up her headphones and stepping into retirement. We extend our heartfelt thanks to Margaret for all she has contributed over the years and wish her nothing but happiness and fulfilment in this exciting new chapter of her life.



MERRY
CHRISTMAS
AND
HAPPY NEW YEAR

Wishing you all a wonderful Christmas season
and a happy, healthy & prosperous new year!

FROM ACADEMY MEDICAL CENTRE