

## Main Surgery

Cove Bay Health Centre  
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Dr D Fowler, Dr A D Jamieson

Dr A J Henderson

Dr L J MacKenzie Dr R Taylor

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Dr A Macfarlane & Dr C Mitchell

*Consultations by Appointment Only*

[www.covebayandkincorthmedical.co.uk/](http://www.covebayandkincorthmedical.co.uk/)

## Branch Surgery

Kincorth Medical Centre  
Kincorth Clinic  
Provost Watt Drive,  
Kincorth, Aberdeen.  
AB12 5NA  
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## Healthy Helpings Programme

***One of the most important Public Health issues affecting the nation is the effect on health from carrying excess weight. This can increase chances of Type 2 Diabetes, Heart Disease and Osteoarthritis amongst many other conditions.***

With this in mind Cove Surgery has been hosting a Healthy Helpings course between January and March. These are fun, interactive sessions run once per week for an hour in a small group of around 10-12 people with the aim of looking at all aspects of lifestyle associated with losing weight.

Feedback from those attending the course has been very positive and indeed by the time this goes to press it is hoped to have 2 more courses running consecutively - one in the surgery in the late afternoon and another early evening in Cove Library. It is hoped to start these on March 29th (numbers permitting). If these are successful and there is continuing interest in a local course then it is likely that further courses will be run. *The Cove courses are open to all - not just patients of the Cove Surgery so please pass this information onto anyone else you think might be interested.*

Healthy Helpings courses are also run at various other centres across the region on a regular basis and are open to anyone aged 18 or over with a Body Mass Index

over 25. It is not suitable for those with Type 1 Diabetes but is for those with Type 2 Diabetes.

Leaflets giving more information about Healthy Helpings are available from the surgery or for further information please contact Maria Nika (Healthy Helpings Co-ordinator) on Telephone 556664.

## Ways to Access Help from Our Healthcare Professionals

We are a busy two centre practice who tries to ensure all our patients have appropriate access to a Healthcare Professional when they need to. *A lot of patients think they always need a Doctor's appointment but this is not always the case.*

*Our nursing team are able to provide help and advice on a wide range of ailments including wound care, immunisations and screening programmes. They are happy to call patients back with advice – Just call the above number and ask to leave a message for them. In addition, the local pharmacies can offer advice and support on lots of health related issues – please see our posters in reception on this. There are currently two Health Point centres, one is in the Aberdeen Market, manned Monday to Saturday 10am-4pm and the other is in the ARI, manned 10am-4pm Monday to Friday.*

This service gives information, advice

and support to the public by signposting patients to appropriate services and organisations. Help can also be given to people who require assistance in approaching services.

**We have a Duty Doctor Service available Monday to Friday 8am to 6pm.**

The Duty Doctors are able to discuss matters with patients over the telephone which may not require an appointment – this might include medication queries, medical advice or follow up consultations. Again please call the above number and the Duty Doctor will call you back the same day. If the Duty Doctor speaks to you and feels you need to be seen, they will ask you to come to the surgery for an emergency appointment.

We release new Doctors appointments into our timetable each morning at 8am for that day, the next day and 72 hours later. Our timetable is usually available to book 8 weeks ahead – If you wish an appointment for further away, we can take a note of your details and we will call you back when we add that week to the computer. *On Mondays and Thursdays we offer extended opening, with appointments available between 7am and 8 am at Cove, available for both Kincorth and Cove patients.*

**Practice Waiting Areas**

**Please do not leave children unattended in our waiting area as the practice is unable to ensure their safety in your absence.**