

### Branch Surgery

Kincorth Medical Centre  
Kincorth Clinic  
Provost Watt Drive, Kincorth  
Aberdeen, AB12 5NA  
Tel: 0845 337 1170  
Fax: 01224 859182

Dr D. Fowler, Dr A.D. Jamieson,  
Dr A.J. Henderson, Dr L.J. Mackenzie,  
Dr S. Whiteside, Dr S. Govindarajan,  
Dr A. Macfarlane, Dr C. Mitchell,  
Dr S.J. Wheelan & Dr S. Kumar

### Main Surgery

Cove Bay Health Centre  
Eams Hough Road  
Cove Bay, Aberdeen  
AB12 3FL  
Tel: 0845 337 1170  
Fax: 01224 846857

*Consultations by Appointment Only*

**Changes at the Practice** Jess, our Clinic Co-ordinator/Health Care Assistant, has decided to leave us and move to a Practice closer to home. The Practice would like to wish her all the very best for the future. The Practice would like to welcome Susan Taylor & Sam Smith who have recently joined the reception team at Cove.

**Physical Activity:** The Best Medicine? Whilst great worth is put on medications to lower blood pressure and cholesterol (generally with good evidence to this) it is very important to be aware of the huge benefit of regular physical activity.

How much benefit can this bring?..... those who exercise regularly live, on average, 7.2 years longer than those who don't do any physical activity.

How much exercise is needed for this? Nothing too strenuous – 30 minutes of reasonably brisk walking 5 times per week.

How does exercise compare to medication? Studies suggest that in most situations exercise is of pretty similar benefit to medications for blood pressures and cholesterol (but don't stop taking the pills, certainly not without taking medical advice, just add in the exercise to get even more benefit).

For more information just Google "Twenty three and a half hours" for a very entertaining 9 minute YouTube clip and for local opportunities visit Sport Aberdeen Website.

**Voluntary Service Aberdeen (VSA):** If you care for your partner, child, neighbour or friend this may mean that you are a carer therefore you can get advice support and information from a VSA Carer Support & Development Worker. They can offer training, counselling life coaching, complimentary therapies and Support Groups giving the carer a feeling of being listened to which instils confidence and self work. Some carers can feel isolated due to the nature of their caring role and might benefit from talking to other carers who understand each others situation and can support and advise one another as well as keeping up to date

with current events.

VSA Carers Service is delighted to announce that we have again received funding through the Scottish Government's short Breaks Fund - carers may be interested in making an application. Carers have benefited from the fund helping to pay for a holiday, alternative therapies or go to places of interest. Funding has been secured by the Princess Royal Trust for Carers where a grant of up to £500 to support the purchase of a service or essential household equipment that will have a long term impact on the carers quality of life.

To discuss any of the above and many other services VSA provide please contact Tracey Harrison, Carer Support & Development worker for VSA Carer Services on **01224 679026/212021**, or t **racey.harrison@vsa.org.uk** or **078858 03046** Registers Scottish Charity SC012950

**GP Appointments:** A routine Doctor's appointment at our Practice is 10 minutes long. If you have more than one item to discuss with the Doctor please advise the Receptionist when booking the appointment that you will require a longer time and that a double appointment will be needed – this is helpful to avoid the Doctor running late during their surgery.

Please avoid asking for repeat prescriptions during your appointment as requests for these can be given to reception instead.

We are a busy two centre practice who tries to ensure all our patients have appropriate access to 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 **0845 337 1170** 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.