

#### Branch Surgery

Kincorth Medical Centre  
Kincorth Clinic  
Provost Watt Drive, Kincorth  
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Tel: 0845 337 1170  
Fax: 01224 899182

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  
Earns Hough Road  
Cove Bay, Aberdeen  
AB12 3FL  
Tel: 0845 337 1170  
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*Consultations by Appointment Only*

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## Update from Cove Bay & Kincorth Medical Centre – January 2013

### Changes at the Practice

The practice would like to congratulate Dr Whiteside and her husband on the safe arrival of their son, Harrison who was born in November. Mum and baby are both doing well.

Dr Mackenzie had a routine procedure at the beginning of December and will be off work for approximately 3 months.

### Bus Routes

From Monday 17th September 2012, First Bus withdrew the No 21 bus service between Kincorth and Cove. The Partners, on behalf of its patients, would like to sincerely thank all local campaigners who have worked tirelessly to organise a petition and campaigned with First Bus to have the route reinstated.

### Public Holidays 2013/14

#### The Practice will be closed on the following Public Holidays:

Monday 1st April 2013

Monday 6th May 2013

Monday 8th July 2013

Monday 23rd September 2013

Wednesday 25th & Thursday 26th December 2013

Wednesday 1st & 2nd Thursday January 2014

If you require urgent medical care during these times you should still call the practice telephone **0845 337 1170** and your call will be transferred through to NHS24 or you can telephone NHS24 direct on **08454 24 24 24**.

### DNA Rates

Our latest DNA rates (Did Not Attend) for appointments continue to be a cause for concern. In December 2012, 184 people did not attend for their GP appointment and 195 people did not attend for their nurse appointment. This is part of the reason why there can be a wait for a GP or nurse appointment.

If you no longer need your appointment, **PLEASE** ring to cancel with as much notice as possible so it can be offered to another patient.

In an attempt to resolve this, the practice have developed the following policy – if you fail to attend for two consecutive appointments without informing us, we will write to you asking if there are any specific problems preventing you from attending or cancelling your appointment. If you fail to attend for a third appointment, you may be removed from the Practice list and will need to register with an alternative GP practice.

### **Cove Practice Front Doors**

Unfortunately in September, the glass sliding doors at the entrance to our Cove practice were vandalised and smashed. This has led to expensive repairs and we are now installing metal shutters to try and reduce the chance of any further damage. The Police have been informed.

There have been other instances of children/teenagers hanging around the surgery at evenings and weekends, creating mess and trouble (e.g. turning off our main gas supply!!) If you have any information about these events please contact our Business Manager (Louise Dey) or Grampian Police.

### **Beware Measles & Whooping Cough**

An increase in MEASLES has been slowly spreading across the country and 2 cases have been recently proven in Grampian. At best this is a very unpleasant illness, but it can occasionally be fatal and can also cause permanent progressive brain damage. Both local cases have been in adolescents (this group may be at increased risk due to a drop in vaccination rates when they were babies caused by unfounded concerns around the safety of the MMR vaccination)

**WHOOPIING COUGH** has seen an alarming rise this year – a lot in young adults where immunity from vaccination may have worn off. Although it is a very unpleasant illness in this age group (with bouts of severe coughing to the point of choking and vomiting lasting for several weeks), it is the risk of spreading this to young, unimmunised babies (who are at much greater risk of fatality), that is most worrying. With this in mind, the vaccination programme against whooping cough has been extended to pregnant women in the latter stages of pregnancy. This will give increased immunity to newborn babies and minimise the risk to them. The optimal time for this is between 28-32 weeks of pregnancy.

### **WHAT ELSE CAN BE DONE?**

Please make every effort to have your children vaccinated as closely as possible to the advised timescale. Please **DO NOT** postpone vaccination if your child has a minor illness – only if they are more significantly ill.

If you have not had your child vaccinated, please contact your Health Visitor or the Practice to arrange an appointment (If in doubt, we would be happy to check for you). Please feel free to discuss vaccination with a GP, Practice Nurse, Health Visitor or Midwife.