

## Staff Retirement & New Practice Manager

**Staff Retirement**—it is with much sadness that we have to announce that Susan Stewart, Practice Manager and Ann Downie from our Admin Team are retiring from Hawkhill Medical Centre after just over 25 years service each.



**HAPPY RETIREMENT**

We would like to take this opportunity to thank them for all their hard work, loyalty and friendship they have provided us over the years.

They will be missed by staff and patients alike.

Good luck Susan and Ann and enjoy your retirement.

### New Practice Manager

We would like to welcome to our team Tracy Shillan who is our newly appointed Practice Manager, Tracy has been working alongside Susan since July in anticipation of Susan's retirement in October.

### New Doctor

The Practice is happy to welcome Dr Louise Bowie as a new GP to our Practice Team.

She is now working alongside her colleagues and is available for appointments.



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## Flu Clinic

Flu season is fast approaching again this year.

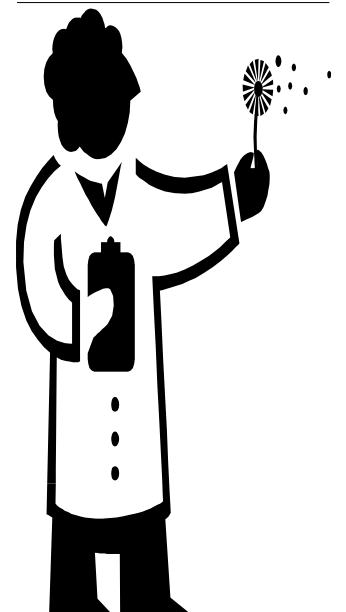
The Practice will be holding an immunisation clinic on a Saturday in the forthcoming weeks.

Patients who fall who are eligible to receive their flu immunization at this clinic will receive an

invitation through the post—this will have the consent form on the reverse side for patients to complete and bring with them along to the clinic.

Patients not entitled to flu vaccination through the NHS can approach pharmacies to enquire whether they are provid-

ing this as a private service. We are unable to do so within the surgery on a private basis.





Are we nearly there yet

## Pretty Muddy Charity Run

In June 2017 a number of the staff at Hawkhill Medical Centre, including doctors, nurses and the admin team took part in the Pretty Muddy Race for Life in aid of Cancer Research. We are proud to say that they raised a total of £941.25.



## Beating the Blues



Beating the Blues is a free, confidential self-help computerised treatment that uses Cognitive Behavioural Therapy to help people experiencing anxiety and depression. It can be accessed within 10 working days, is very simple to use and support is provided.

Studies show Beating the Blues is effective at reducing symptoms of anxiety and depression for patients aged

65 years and over. There are 8 x 60 minute sessions that you can access online to help you focus on resolving your current issues. You work at your own pace on a computer or laptop to develop helpful ways of thinking and behaving which help you to feel better and stay better.

Contact Bronagh Weir on 01356 692807 or on

bronagh.weir@nhs.net for more information, or speak to your GP. Alternatively if you are currently experiencing mood difficulties, are aged 65 years or over and want to refer yourself to Beating the Blues, complete and send the self-referral form on this website to:

Tay-UHB.beatingtheblues@nhs.net

## Failure to Attend Appointments

Between 01.01.17 and 31.08.17 - a total of **1348** appointments were wasted due to patients failing to turn up for these.

As an extremely busy Practice, you will agree that this is unacceptable and is causing problems for other patients obtaining an appointment at the Practice

Please ensure that you cancel your appointment if it is no longer required—this can be done at short notice.

Appointments are valuable.

You maybe at risk of being removed from the Practice List if you persistently fail to attend appointments.

