

## Training at Cairn

Daniel Simpson, who has been training with us for this last four years, will be leaving in August, and beginning a salaried post in Dingwall. Vui Chieng will also be leaving in August to spend a year in secondary care but will return to us in August 2019. Hayley Mckeown is off on maternity leave presently, and will recommence working with us at some point in 2019. Matthew Graham will be with us from August onwards, alongside a new GPST (GP Speciality Trainee) Cherith Sutton (who will be with us on a part-time basis for 6 months.

*We welcome our newly appointed Treatment Room Nurse, Claire McLachlan. Claire is experienced in community healthcare and a valuable addition to our nursing team.*

## Struggling with Hayfever?

Why not ask your local pharmacist for advice. Most of the pharmacies offer a minor ailments service which may be free of charge if you're eligible. If you are not eligible, a range of over the counter medications can be bought at the pharmacy. This may save you time having to wait for a GP appointment.

## Thinking of starting running but not sure how?

How about joining ParkRun! It's Fun, Friendly & Free with lots of support. Every Saturday at 9.30am. More information at [www.parkrun.org.uk/inverness](http://www.parkrun.org.uk/inverness)



## Short course antibiotics for simple urine infections are now available as a free NHS service from most Pharmacies

This is a new NHS service for ladies aged 16-65 years with a simple urinary tract infection; community pharmacies can prescribe a 3 day course of Trimethoprim 200mg antibiotic. Speak to your pharmacist first as it's not suitable for all women especially if you have recurrent UTI's or are taking complex medication so best to contact your usual pharmacist **first**.

Dr Thain has asked that we post this on his behalf:

"As I finally retire from the Practice after an awfully long time, I'd just like to say thank you. Thank you for your gifts and, most particularly, your kind words and good wishes. Your generosity is humbling and I'll remember this time for many, many years to come.

I leave you all in safe, caring and capable hands.

With very best wishes and thanks

Alex"



## Cairn Medical Practice Health Walks

Thinking of getting fitter, losing weight or just want to meet new people?

*Don't know where to start? No motivation? Nobody to go with?*

Whatever your reason why not join some of our staff or GPs on a walk?

Each walk lasts approximately 30 minutes and is fairly easy going and it's a great way to make the first steps towards a healthier life!

We have walks available on;

- Thursday 12<sup>th</sup> July at 2pm
- Thursday 19<sup>th</sup> July at 6pm
- Thursday 26<sup>th</sup> July at 2pm



The next batch of walks are available for booking via the reception desk or by calling the surgery on 712233.



In July we welcome a new addition to our team, Wendy MacKinnon. Wendy is an experienced nurse practitioner who will join Stuart and Gordon to make up our Advanced Practitioner Team.

She has been working in the Out of Hours service and loves the outdoors!

### Stop Smoking

Our pharmacies in Inverness provide the NHS Scotland service to stop smoking. Your pharmacist can prescribe the full range of nicotine replacement products and provide support tailored to your needs, such as the 'Florence' text support service as well as being available when you are.

Many people do quit on their own although it's shown that you're four times more likely to quit and stay smoke free with support on top of nicotine replacement products.



Have you ever thought about volunteering or joining a community event or group? Volunteering is a great way to get experience, meet people and get out into nature. Inverness is lucky, we have a stack of great things happening locally. Signpost, 5-7 Tomnahurich Street, are a fantastic organisation who can help point you in the right direction for a lot of these things.



### WheelNess



Do you know someone on a low income or with an underlying health issue who might benefit from cycling? We are working with Cycling UK on a great project to make cycling more accessible for every day journeys for those who may not have been able to. We are working with the local bike shops and a number of other great local organisations on this. Ask at the front desk for a leaflet!

### Pharmacy First

Your local community pharmacy provides many NHS services all year round and is easy to access.

**Unscheduled Care** – this is a great Scotland wide NHS service, if you've run out of your medication and need it quickly, go to your pharmacy and barring some exceptions the pharmacist will be able to write you a prescription.

We also support using this service when the practice is open as it can take 48 hours for us to get a prescription ready to collect, your usual pharmacy can write a prescription for you and give you the medication you need immediately. Pharmacy provides the practice with a copy so we can update your patient notes.





