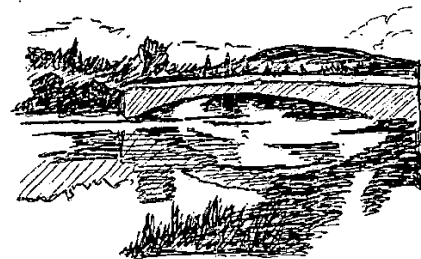


SUMMER NEWSLETTER 2025



1. Travel Vaccinations

The sun has arrived, and so with holidays in mind please consider if you need vaccinated for your destination.

To access advice, information and potential assessment please contact www.fitfortravel.nhs.uk for general advice and for Grampian specific services please use www.grampianvax.com/travel-vaccination

We as a practice do not offer a specified travel vaccine service

2. Students leaving the area

Many school leavers will be making plans for moving out of the area this summer to study in other areas of Scotland or further afield.

It is very important to register with a GP in your new location, as they will have the opportunity to supervise any tests, investigations and treatments that may be needed while you study there. This does not affect the ability of students to be seen by us in Aboyne for urgent issues when they return in holiday periods.

3. Minor Injuries

For some time now the provision of Minor Injuries Services has been delivered in the region by calling 111, where a triage discussion and appointment in a centre will be chosen if needed. As a result, the surgery does not hold the equipment needed for suitable minor injuries treatments. Please do not arrive at the surgery with the expectation of such injuries being treated, as we are advised to signpost all injuries occurring within 72 hours to the 111 service, and so coming here first only delays your effective treatment.

4. Breast Screening Locally

Eligible women aged 50 – 70 in this area will shortly be invited for routine mammogram screening to begin the week commencing 16th of June, held in the Mobile Unit that will be located at the Ambulance Depot in Bellwood Road, Aboyne.

For further details and a list of frequently asked questions on this subject please see the Aboyne Practice website.

5. Text & Voicemail contacts from the Practice

We have noticed that at times contacting patients is becoming increasingly challenging and we will not leave voicemail messages unless we have documented consent from patients to do this, and neither can/should we divulge that it is the practice calling. This may seem a bit of a nuisance however it does come down to confidentiality issues (potential breach of) and we have been subject to complaints from patients on both sides. Our phone lines are health board allocated and for many years now do not show on call identifiers as coming specifically from the health centre so

often are ignored/dismissed by patients. As a result, we have decided that when our staff are attempting to contact patients to make appointments/follow ups etc. if they are unsuccessful and there is a mobile number contact on the patient's records that a generic text message, with no clinical details or identifiers, will be sent asking the patient to contact us.

6. Volunteers Required

The practice is looking to improve the appearance of our entrance to enhance patient experience and wellbeing. The building is health board owned and beginning to look a little tired, so we have been meeting with our PPG (Patient Participation Group) and Aboyne Greenspaces to start this process ourselves as in the current financial climate health board priorities lie elsewhere. We would like to think it offers an excellent opportunity for some of our patients to become more involved in improving their and other patients' health centre and initially would be looking to do a "tidy up" followed by some planned planting and ongoing upkeep. Some finances for plants and materials is being sought from several local groups & charities including the Aboyne Amenities Fund so we are appealing for anyone who may be willing/able to give up some of their time to help to let us know. Names with contact details (ideally a mobile number & email) can be handed into the surgery reception or emailed to gram.aboyneadministrator@nhs.scot and we will get back in touch with a starting date very soon.

7. Skin issues in summer

With summer now here, please consider the following:

Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- a sun protection factor (SPF) of at least 30 to protect against UVB
- at least 4-star UVA protection

UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.

Make sure the sunscreen is not past its expiry date.

If you have a mole or freckle that changes shape, colour, texture, or causes itch or bleeding please contact us at the practice and we will be happy to review the area involved.

It is always better to get reassurance early, but if there is any cause for concern after GP review then early diagnosis and referral is the best way forward.

8. Emergency Ambulance Transport Update

Information for patients & their families

This statement came out to GP Practices recently

"Starting 1st May, Aberdeen Royal Infirmary (ARI) and Scottish Ambulance Service will implement a new scheduling system at the Acute Medical Initial Assessment (AMIA) Unit to address the frequent stacking of ambulances. This change aims to improve patient experience and ensure better availability of ambulances for emergency calls.

Key Changes: Ambulance Stacking: If two or more ambulances are queued at AMIA, no additional low acuity (4-hour) patients will be conveyed to the hospital. These patients will wait at home, monitored every 4 hours by Integrated Care Hub (ICH) clinicians. This will not affect immediate, 1hr or 2 hr ambulance requests.

Patient Prioritisation: When there are fewer than two ambulances stacking, the most urgent waiting 4-hour patient will be conveyed as a priority over other 1-hour waiting patients.

Patient Review: SAS clinician monitors patients waiting at home every 4 hours by phone and reprioritises if their condition deteriorates. Responsibility for the patient lies with SAS.

Patient Support: Encourage patients to wait at home or in a homely setting if they are low acuity and ambulances are stacked. This new system aims to enhance patient care and ensure ambulances are available for the most urgent emergencies in the community.”

A WARM THANKS TO ABOYNE MEDICAL AMENITIES FUND

This fund, which is a charitable organisation, has been in operation since 2003.

It has a committee of trustees who administer the fund that has built up from donations received from various sources.

The sole purpose of the fund is to benefit and enhance the lives of patients registered with Aboyne Medical Practice with the provision of equipment or facilities that in some way improve the patient experience and delivery of care/diagnostics.

Donations have historically come from a varied number of contributors including legacies. It has always been very heartening and humbling to know how generous everyone in our community is despite financially challenging times.

Here are just some examples of equipment the fund has financed or helped purchase:

Blood pressure recording machines

Replacement ECG and defibrillator machines

Patient activated cardiac recorders

24hr Blood pressure recorders

Portable cardiac rhythm recorders

Spirometry equipment for breathing tests

Portable oxygen cylinders.

Minor surgery electrocautery equipment

Oxygen monitoring equipment suitable for use with children & babies.

The Fund is also helping with a forthcoming project between Aboyne Green Spaces and the Practice to improve the patient experience when entering the surgery.

We as a Practice would like to publicly express our gratitude to all contributors to this fund over the last 22 years, no matter how large or small the donation, as your generosity has allowed us to deliver better and more complete care within the community we serve.

The Partners of Aboyne Medical Practice