

Nurse Clinics

Over the next few weeks and months we will beginning to expand on our nurse led services. Angela Ross will be holding monthly smear clinics; if you are due your screening please contact the Practice to make an appointment,

Jean Fraser will be offering virtual diabetic clinics; these will be telephone consultations for patients who have been in for their annual health check

&

Kathleen Russell will be holding virtual Asthma clinics starting in May.



The team at **Cromarty Medical Practice** are looking forward to joining the residents of Cromarty at the **Picnic in the Park** celebrations in honour of the **Coronation of King Charles III.**

World Asthma Day

2nd May

ginasthma.org/world-asthma-day-2023/

An annual event organised by the Global Initiative of Asthma to improve awareness and care around the world.



Asthma Care for ALL

WORLD ASTHMA DAY 2023



TUESDAY, MAY 2 • GINASTHMA.ORG • @GINASTHMA

Diabetes Awareness Week

www.diabetes.org.uk/

www.diabetes.co.uk/

June 12th – 18th

A week long event aiming to raise awareness of diabetes and encourage those with it to be open about their experiences.



Practice closures

In line with NHS Scotland, the practice will be closed on the following dates;

- Monday 10th April
- Monday 1st May
- Monday 8th May
- Monday 25th December 2023
- Tuesday 26th December 2023

If you require medical assistance on any of these dates that cannot wait until the practice re-opens please contact NHS24 on 111

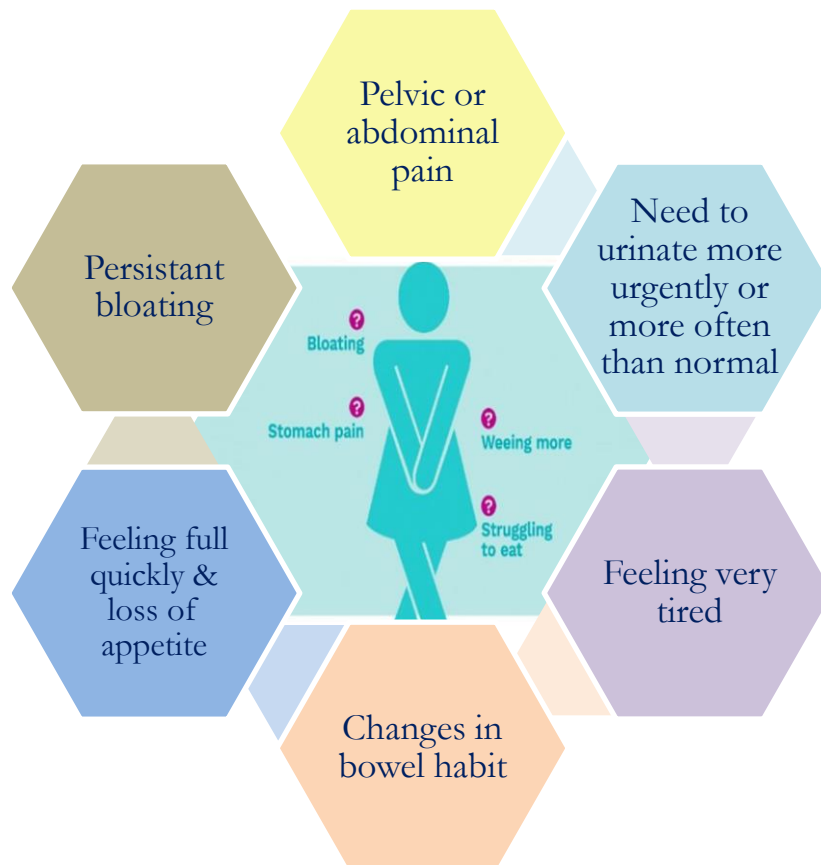


Ovarian Cancer Awareness

Ovarian cancer is a cancer that affects part of female reproductive system, the ovaries.

Ovarian cancer can affect anyone with ovaries and fallopian tubes, it can develop when abnormal cells grow in and around the ovaries and fallopian tubes.

Warning Signs of Ovarian Cancer



Ovarian cancer is the one of the most common cancer in women, with approximately 7,400 diagnoses each year in the UK.

If your symptoms are frequent, severe & persistent make an appointment with your GP. Keeping a record of your symptoms would be a helpful aid as this will allow the GP to see the frequency of them symptoms you are experiencing.

It may not always be possible to prevent ovarian cancer, however there are a few things you can do to lower the risks;

Quit smoking, maintain a healthy weight or lose weight if you are overweight, talk with a GP about possible test or treatment if ovarian cancer runs in your family.

For more info visit;

ovarian.org.uk

macmillan.org.uk

PenCycle

In the UK, around 23 million medical pens end up incinerated or on landfill. **PenCycle** is a recycling initiative that aims to reduce wastage of many types of these pens by re-purposing them with the aim of helping to put an end to the unsustainable use of the earth's natural resources.

If you are receiving treatment for diabetes, weight management or undergoing growth hormone treatment; the pens you use may be suitable. For more info, please visit www.pen-cycle.co.uk/

To participate visit <https://order-form.pen-cycle.co.uk/> to order a return box, once the box is full it can be mailed back to Novo Nordisk free of charge

Free Period Products

The Period Products (Free Provision) (Scotland) Act 2021 aims to tackle period poverty, promote period dignity, and break the stigma surrounding periods in Scotland.

The aim is to ensure that period products are freely available in Highland and that this work will be carried out in a way that respects the dignity of anyone who needs to access products. Free period products are now available from collection points across Highland or by a home delivery service. Everyone can access the free period products. Whether you need them for yourself or for someone else.

How to access free period products; Community collection points: Free period products are available in community premises, such as High Life Highland leisure centres, libraries, and Council service points.

Details of the locations can be found at www.highland.gov.uk/freeperiodproduct

You can access information on community collection points in Highland on the map on website or via the PickUpMyPeriod app

Home delivery

If you are unable to pick up products in the community, products can be ordered via a free postal home delivery service for anyone in the Highland Council area. This service is provided through our partnership with the social enterprise, Hey Girls.

Recycle4Charity

Ink Cartridge Recycling Scheme

The British Red Cross Charity Shop in Dingwall are participating in the **Recycle4Charity** initiative to recycle used ink cartridges.

This is a free, easy to use programme for empty ink cartridges, it is a simple way to help the environment and at the same time raise money for charity.

They recycle HP, Dell, Lexmark, Canon, Samsung and Neopost printer inkjet cartridges.

At least £1 for every cartridge recycled will go to charities such as The British Red Cross

For further info; www.recycle4charity.co.uk

Practice News

The Practice Physiotherapist, Susie, will be changing her working day, she will now be with us on a Friday morning.

A Primary Mental Health Nurse and Mental Health Worker will be joining the Practice team before the end of April, this will be a service offering anxiety management, mindfulness, health promotion, psychoeducation and relaxation techniques for anyone dealing with mild to moderate mental health issues.

You may have noticed that our Admin team has been expanding, we would like to welcome our newest team members. We are delighted they have joined the team.

Hayfever

Hay fever is a common allergic condition affecting 1 in 5 people

It is caused by a reaction to pollen

Symptoms may include;

- Sneezing · Runny or blocked nose · Itchy, red or watery eyes ·
- Itchy throat, mouth, nose and ears · Cough ·

Some simple ways to reduce hay fever symptoms include;

Staying indoors where possible

Take a shower and change your clothes after being outdoors to remove pollen that may be on you.

Wear sunglasses to stop pollen getting into your eyes

Close door and windows to prevent pollen getting into your home if possible

To treat hay fever visit your local pharmacy who can provide advice and treatment options such as antihistamines

You may need to speak to a GP if your symptoms continue to get worse, if they do not improve after you have taken treatment provided by your pharmacy or if you are experiencing persistent complications from hay fever.

Mental Health Awareness Week

15th – 21st May

The theme of this year's Mental Health awareness week is **Anxiety**.

Anxiety is a feeling of unease, such as worry or fear, which can be mild or severe.

We can all experience anxiety at periods in our lives, but at times it can become overwhelming and may lead to mental health problems.

If feelings of anxiety have become constant, are affecting your daily life and causing you distress, you should see your GP or contact one of the following services;

NHS 24 Mental Health Service on 111.

Breathing Space on 0800 83 85 87. Weekdays: Monday - Thursday 6pm to 2am. Weekend: Friday 6pm - Monday 6am.

Samaritans on 116 123 or email jo@Samaritans.org. 24 hours a day, 365 days a year.

For further information please visit;

**nhsinform/scot
mentalhealth.org.uk**