

Practice News

What is a Community Link Worker?



Most people think of GP surgeries as places where GPs work! Of course that's true, but most surgeries have many other types of care professionals also lurking somewhere in the building...

Some of you will have met Lesley Preston, our

Community Link Worker. Formerly known as Social Prescribers, Lesley and her colleagues work out of GP practices and help individuals connect with local support and services, or community groups and activities.

Community Link Workers aim to empower people to take an active role in improving their wellbeing. They can provide support for social issues which

affect a person like financial or housing difficulties, social isolation and loneliness, or anxiety and stress. Community Link Workers use a person-centred approach and talk about what really matters to the individual. They work with people to identify the challenges they are facing and support them to set goals and overcome barriers to allow them to take greater control of their physical and mental health.

This service is available to anyone aged 16 or over, registered with a GP practice in Angus.

You can ask for an appointment with Lesley by speaking to our reception team.

Also in this edition...

- Minor Injuries
- Cervical Screening Awareness
- Dundee Kiltwalk
- Scottish Health Research Register
- Join the Patient Participation Group

Extended Hours



Telephone appointments are normally available from 8am to 4.30pm, Monday to Friday. However, we also offer Tuesday early morning appointments from 7.30am, and appointments with the Practice Nurse on Thursday evening until 6.20pm. Please ask at reception for details.

Minor Injuries

It is really important that people know where to go to get the right care for their needs. This helps to make sure our GP and A&E services are available for people who really need them.

For “minor” injuries that you cannot treat by yourself at home - things like cuts and minor burns, sprains and strains, and suspected broken bones and fractures - there are Minor Injury units in Forfar (at Whitehills Health and Community Centre) and Arbroath (at Arbroath Infirmary). These units are nurse led - staffed by primary care staff nurses who have undergone additional training in both Minor Injuries and Minor Illness management.

Whitehills MIU is open from 9am until 4.30pm every day, and Arbroath MIU is open from 8am until 8pm every day.

However, you should call NHS24 on 111 first, before attending a minor injuries unit. The team at NHS24 will make sure that you receive the correct advice and are sent to the correct facility.



Cervical cancer is the most common form of cancer in women under 35, with two women in the UK per day dying from the disease. Regular cervical screening appointments can prevent up to 75% of instances of cervical cancer, saving 5000 lives per year. Despite this, many women are reluctant to have this test done with a quarter of women not responding to their screening invitation.

1 in 4 don't attend their cervical screening test

19-24 June 2024 is Cervical Screening Awareness Week, an annual event which aims to highlight the importance of regular cervical screening for women's health. The week is organised by the charity Jo's trust, a charity dedicated to women affected by cervical cancer or cervical abnormalities.

Jo's cervical cancer trust



Cervical Screening Awareness week aims to encourage all women to have regular cervical screening as well as to provide information and reassurance around any fears or embarrassment that women may have concerning taking the test.

Going for your cervical screening isn't always easy, and everyone's experience is different. So many changes in life, from big milestones to how we feel day-to-day, can have an impact. If you are looking for ways to make cervical screening (a smear test) better for you, there are lots of things you can try:

- Ask to book a longer appointment. This gives you more time to ask questions and feel ready.
- Bring someone you trust. They can be with you in the waiting room or during your appointment.
- Ask for a smaller speculum. A smaller size may be more comfortable for you.
- Wear a skirt or dress. You can keep it on during your appointment to help feel more covered.
- Talk to your nurse. If you need any support or have questions, your nurse can help.

It may take a while to try a few things before finding something that works for you - but it really is worth it!



Ravenswood Surgery is a parkrun practice - we have been supporting the popular community 5km event since it's inauguration in Forfar some years ago. However, eight members of the Ravenswood team will be putting on their tartan for the Dundee Kiltwalk, which is not just a walk in the Park! (*Do you see what we did there?*)

Kiltwalk is Scotland's largest mass participation walking event with over 145,000 people taking part since 2016. There are four different Kiltwalks this year, and the Dundee event is on August 11th, starting in St Andrews and journeying over 21 miles to finish across the Tay.

Kiltwalk is both a challenge and a great team building event, but perhaps more importantly the Ravenswood team are walking for an excellent cause. The team are raising money for CHAS, the Scottish children's hospice charity. Ravenswood already has links to CHAS, as Dr Edmond does work with the charity, and so we are delighted to support them further.

If you would like to contribute to the fundraising efforts, you can donate through the team's [JustGiving page \(www.justgiving.com/team/ravenswoodramblers\)](http://www.justgiving.com/team/ravenswoodramblers). Alternatively, you can hand in donations at reception. If you are a tax payer, please include your name and indicate if you are happy to GiftAid your donation, which will increase it by 25% at no cost to you!

SHARE - Scottish Health Research Register and Biobank

Did you know that you can make a valuable difference to the future wellbeing of friends and family, by helping health research?

SHARE is an NHS Research Scotland initiative. It has been created to establish a register of people, aged 11 and over, interested in participating in health research.

Participants agree to allow SHARE to use the coded data in their various secure NHS computer records to check whether they might be suitable for health research studies. All information is confidential; no-one can access this information without your permission. This information can be incredibly useful when it comes to developing new treatments and cures for a wide variety of health conditions.

It takes less than a minute to join - you can sign up at www.registerforshare.org/register

Some participants have additionally agreed to allow any spare blood, left-over following routine clinical tests, to be used for anonymised health research. This is known as the SHARE Biobank.

When you join, you might be invited to take part in a health research study in the future but it would be up to you at the time to decide if you wanted to participate.

It only takes a minute to join the SHARE Register and Biobank, but together we can make a real difference to Scotland's future health! If you have any questions, call SHARE on 01382 383471.



Would you like to help shape the future of your GP Practice? Ravenswood Surgery has a Patient Participation Group, which aims to support the GPs in a constructive way, to give patients a voice on the service that is provided, and to find ways to improve.

The PPG plays an important role in informing the services provided at Ravenswood. We are actively looking for new members who are patients with the Practice to join our small group. To find out more, please contact any of the reception team who will be happy pass your details on to our practice manager, Marion Morison.