

NEWSLETTER

CROMWELL HARBOUR + LAUDERDALE + WHITESANDS

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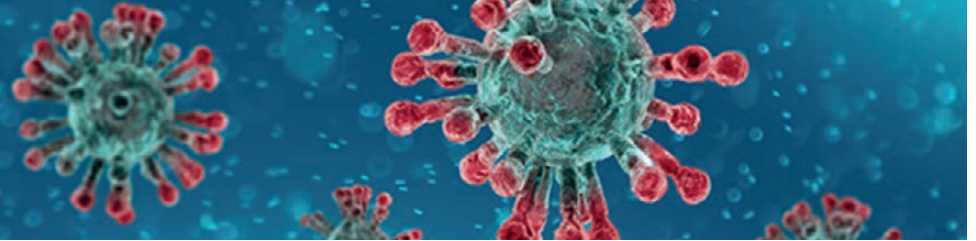


**DUNBAR
MEDICAL CENTRE
PATIENTS GROUP**

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CORONAVIRUS (COVID-19)



NHS Inform has up to date information online about coronavirus, visit nhsinform.scot for help and advice. Use this service if:

- in the last 14 days you've been to a country or area with a high risk of coronavirus
- you've been in close contact with someone with coronavirus

Do not go to a GP surgery, pharmacy or hospital.

Stay indoors and avoid close contact with other people. Call your GP or NHS 24 on 111 out of hours if you need to speak to someone.

Holiday Travel

If you're planning to travel outside the UK, ideally consult www.fitfortravel.nhs.uk/home 6-8 weeks in advance of travel as advice depends on destination, length of stay, activities and your general health. You can only receive vaccinations from your GP practice which are available from the NHS.



DUNBAR IN BLOOM

Do you love the look of the colourful "Blooms" through Dunbar and the High Street in Summer?

Want to meet new people and get healthy? **WHY NOT JOIN DUNBAR IN BLOOM**



Did you notice how "Blooming" Beautiful Dunbar looked last year, lovely floral displays throughout the town and Dunbar was rewarded by achieving the prestigious Gold Award from Keep Scotland Beautiful in the Coastal Town section.

The work to keep Dunbar in Bloom all year round is undertaken by a small group of volunteers and we are always looking for some more help. Planting of the "Blooms" starts early May and helping is an excellent way of meeting new people, undertaking gentle exercise as well as contributing to the colour look of Dunbar.

Why not join us to try and maintain our Gold Award as well as contributing to the many activities Dunbar in Bloom are involved with? Recently a quiz night was held to raise funds for the plants around the town and a Daffodil Tea is being held on **4 April (10.00am - 12 noon)** at Be Green on the High Street, Dunbar where you can obtain more information about us.

EASTER CLOSURE DATES

All three practices within Dunbar Medical Centre will be closed on **Friday 10 and Monday 13 April for Easter**. Both chemists within Dunbar, Aitkens and Lloyds, are also closed on the same dates, but are open on the Saturday morning. NHS Inform remains available on 111.

HEALTH TALKS

Several talks are being planned for this year, including **Carers of East Lothian**.

Dates are to be confirmed. To register your interest in attending and to be first to hear of this talk and others please email: **dunbarppg@hotmail.com**



VOLUNTEER DRIVERS WANTED

If you drive a four-wheel-drive vehicle and can offer to transport patients to the Medical Centre during bad weather, please contact your practice to register.



FEEDBACK

We'd like your views on the newsletter and what you want to see in future issues. Please email us at: **dunbarppg@hotmail.com**



Thank you for reading this newsletter



visit online at:
cromwellharbourmedicalpractice.com
lauderdalemedicalpractice.scot.nhs.uk
whitesandsmedicalpractice.com

Dunbar Grammar Mental Health Week



The Head Boy and Girl team at Dunbar Grammar School are part of DMC Patients Group and here Head Boy Thomas and Head Girl Georgie describe what they are doing to raise awareness and improve mental health at the school.

HEALTH: Such a pertinent and important matter in Dunbar Grammar School. We strive to create a healthy environment for students and teachers, both physically and mentally. A range of initiatives have, are and will be run to not only to promote health, but to try and educate students and teachers on how to keep themselves healthy and happy.

One of our most ambitious initiatives coming up at the end of March is our **Mental Health Week**. We are striving to make this the biggest and best event to date as we continue to create an environment where students and staff feel comfortable to talk about mental health. For too long, there has been a stigma around the issue. We are trying to change that. Through a range of different events and activities, we aim to get people to start talking about mental health, as well as promote and raise money for a number of great causes, including YoungMinds, Penumbra and Mind. The week aims to get people involved in a number of events, including things like Art Therapy, Sports, Music and a range of activities aimed to raise awareness.

We also have a multitude of staff who are **Mental Health First Aiders**, as well as permanent counsellors within the school who are very much the last line of defence against mental health, with our various support systems in place to catch people struggling with mental health before they reach this stage. Our

guidance teachers are caring and supportive, ensuring the pupils are looked after and feel as if they belong in a caring environment.

In the past year, the school's drive to become a caring community has been greatly enhanced with our mental health dogs. Our Support for Learning team have brought in dogs to help pupils relax and feel safe by reading to them. A great initiative that aims to make the school feel as supported as possible.

As you can see, we have a group of very engaged and committed students, who are determined to promote healthy living around the school.

Students from every year group realise and respect the importance of both physical and mental health. We also have a dedicated group of staff, who ensure all students' needs are met and that all students are as happy and healthy as possible.

