

### Christmas and New Year Closures 2024/25

We will be closed all days on the following days for public holidays:

- Wednesday, December 25<sup>th</sup>
- Thursday, December 26<sup>th</sup>
- Wednesday, January 1<sup>st</sup>
- Thursday, January 2<sup>nd</sup>

If you take regular medications, please ensure you check you have enough to left to cover whilst the practice is closed. Please only request what you need in order to not run out during that time.

If you are ill during the days the practice is closed, and you can't wait until it reopens, help will be available from NHS 24 on 111.

### RECIPE IDEA

from Fiona

Try infusing Wild Angelica (freely available on Uist lawns and verges) in a **Bramble Jelly**. Tradition says that blackberries cannot be harvested after Michaelmas when Lucifer (the fallen angel defeated by Archangel Michael) spits or urinates upon the berries. When Lucifer failed to make the heavenly grade and was cast out, he fell heavily into a bramble patch. This story may be allowed a few days grace because Old Michaelmas Day fell on October II<sup>th</sup> - i.e. before the calendar change in 1752 - when the Julian Calendar was replaced by the Gregorian one. Calendars aside, 29<sup>th</sup> September does mark a shift in the length of daylight - the move from summer to autumn.

Jelly making can't be rushed, but it is easy to make. Simmer brambles with a few angelica stalks during the day and allow the softened fruit pulp to drip slowly (this is the key to clear jelly) through a jelly bag, overnight. Measure the resulting bramble juice and then warm the liquid in a preserving pan before adding granulated sugar. Rather quaintly, I use Imperial measurements 1lb of granulated sugar to each pint of fruit juice.



For services and the latest practice news, let us know your email address and we can add you to our mailing list or visit [SouthUistMedicalPractice.gp.scot](http://SouthUistMedicalPractice.gp.scot)

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## Dispensary and Delivery Notice

School holidays affect the practice staffing.

**We are not going to have a delivery service on;**

- Tuesday, October 15<sup>th</sup>
- Thursday, October 17<sup>th</sup>
- Tuesday, October 22<sup>nd</sup>
- Thursday, October 24<sup>th</sup>

Medications can be collected on Mondays, Wednesdays, and Fridays from 4.30pm till 5.30pm.

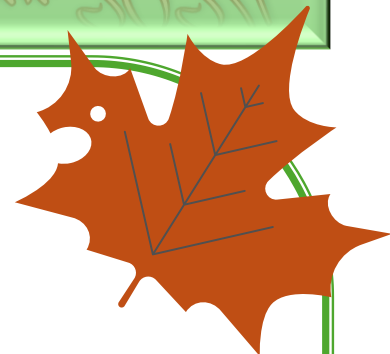
Patients can order medication in advance if required on 01878 700907 or through the Patient Access app.

We started the South Uist Medication delivery service in 2020 after the really generous support of the local Resilience Group who ensured that medications reliably reached those who were isolating during the COVID lock-down and subsequent outbreaks.

It was clear that there continued to be those in the community who struggle to pick up medications and so the service has remained. However, in order to maintain this service, the SUMP Dispensary team need time to prepare and check your repeat medications. Please give 2 full working days' notice on prescriptions.

You are welcome to request repeat prescriptions by phone, electronically, or physical repeat slip. Any medication that is not on your repeats must be approved by a doctor before being prescribed.

For those who prefer to pick up their medications, this actually adds to the overall workload – because the focus continues to be on preparation for the deliveries. If the general opinion is that the delivery service has served its purpose and is no longer beneficial then we would value feedback.



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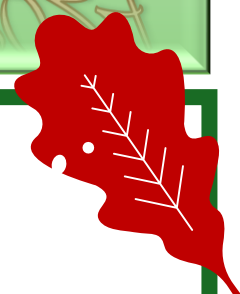
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Website: [SouthUistMedicalPractice.gp.scot](http://SouthUistMedicalPractice.gp.scot)

[wi.southuist@nhs.scot](mailto:wi.southuist@nhs.scot)

South Uist Medical Practice, Daliburgh, South Uist, HS8 5SS

*Autumn 2024*



## Upcoming Awareness Campaigns

### September

Urology Awareness Month - <https://www.theurologyfoundation.org/impact-achievements/campaigns/urology-awareness-month/>

Pulmonary Fibrosis Awareness Month - <https://www.actionpf.org/get-involved/awareness-month/september>

Know Your Numbers Week - <https://www.bloodpressureuk.org/know-your-numbers/>

World Suicide Prevention Day - <https://www.nhsemployers.org/articles/suicide-prevention-and-postvention>

World Sepsis Day - <https://sepsistrust.org/>

National Fitness Day - <https://www.nationalfitnessday.com/>

Organ Donation Week - <https://www.nhsbt.nhs.uk/how-you-can-help/get-involved/tips-and-guidance/turn-the-skies-pink-for-organ-donation-week/>

World's Biggest Coffee Morning - <https://www.macmillan.org.uk/coffee-morning>

### October

Stoptober - <https://www.nhs.uk/better-health/quit-smoking/>

Sober October - <https://www.gosober.org.uk/>

National Cholesterol Month - <https://www.heartuk.org.uk/>

Breast Cancer Awareness Month - <https://breastcancernow.org/get-involved/breast-cancer-awareness-month>

Back Care Awareness Week - <https://www.nhsemployers.org/publications/musculoskeletal-health-workplace>

National Work Life Week - <https://workingfamilies.org.uk/nationalworklifeweek/>

Baby Loss Awareness Week - <https://babyloss-awareness.org/>

Malnutrition Awareness Week - <https://www.bapen.org.uk/malnutrition/uk-malnutrition-awareness-week/>

World Mental Health Day - <https://www.mentalhealth.org.uk/our-work/public-engagement/world-mental-health-day>

Infection Prevention Control Week - <https://infectionpreventionandyou.org/iipw/>

World Menopause Day - <https://www.imsociety.org/education/world-menopause-day/>

### November

Men's Health Awareness Month - <https://uk.movember.com/>

National Self Care Week - <https://www.selfcareforum.org/events/self-care-week/>

National Stress Awareness Day - <https://www.rethink.org/campaigns-and-policy/awareness-days-and-events/stress-awareness-day/>

Carers Rights Day - <https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>

16 Days of Action Against Domestic Violence - <https://www.who.int/campaigns/16-days-of-activism-against-gender-based-violence/2023>

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## Sleepio™

Sleepio is a clinically proven online CBT programme for sleep problems and insomnia which is available to all residents in the Western Isles with poor sleep.

To start the programme or for more information, contact [wi.mpower@nhs.scot](mailto:wi.mpower@nhs.scot)



## Move More Macmillan Walks Uist

Macmillan walks are short, sociable and provide a supportive, friendly environment for anyone affected by cancer to become more active. People living with cancer, their friends, family and carers are all welcome to join the groups.

Currently participants in the Move More Western Isles programme can choose from a range of activities including Circuit Classes, Easy Aqua, Walking Groups, 1:1 Physical Activity Advice and Support and Gentle Movement Classes

To find out more call or email your local Move More Activity Officer, Kevin Morrison, on:

[kevin.morrison@cne-siar.gov.uk](mailto:kevin.morrison@cne-siar.gov.uk) or 01870 603599

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