



## In The Know...

December 2011  
Issue 2

After listening to your feedback the unit in Dumfries will now be open over the lunch time

period with staff manning the phones and reception desk to help with any general enquiries

If people are looking for changes to

prescriptions could you where possible give 48 hours notice and also factor in posting time for prescriptions getting to pharmacies in the localities.

Lloyds Pharmacy High Street Annan now provides a needle exchange service

during its opening hours.

Xmas prescription collections will be Friday 23rd Dec to cover until Tuesday 27th Dec.

New Year prescription collections will be Friday Dec 30th until Tuesday 3rd Jan.

### Contact us

[intheknow@nhs.net](mailto:intheknow@nhs.net)

Lynda Wilson 01387 244555

Justin Murray 01387 244550

*Apologies to all who attempted to email, problems with the email address are now resolved.*

## Alcoholics Anonymous Christmas message

Xmas can be a difficult time of year, especially for people trying to stay sober – says Lynn who goes to her local AA meetings every week.

What a different and positive life I've had since I've been attending AA. AA is about stopping drinking and being supported to maintain this. You can expect kindness and friendliness and never being judged by other members. No one will call you an alcoholic, it's **your** decision to make.

What I got from my first meeting was

hope. Its confidential so you can, if you want, talk about your experiences both past and present. You can use any name you want, and you don't have to stand up or speak or say 'Hi I'm Lynn and I'm an alcoholic. You can just sit and listen and identify with other people. When you do want to share something you don't have to stand up at all!

Maybe there's a fear of 12 step programmes and the word God, can put people off, but this illness is fear based, and AA has taught me not to

have fear in my life. I continue to go to meetings on a regular basis, giving me contact with people who have similar problems to me.

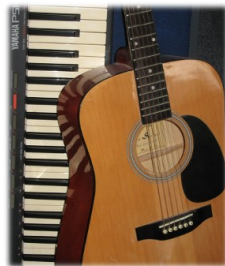
People from all walks of life go to AA meetings. It doesn't matter who you are, you will be most welcome. There are AA meetings all over the country all of which aim to support people to stop drinking and feel better about themselves. Starting closer to home though, you can go to a meeting every night of the week in Dumfries and Galloway.

<b>Monday</b>	<b>Dalbeattie</b>	<b>8.00 pm</b>	<b>Green Rooms behind Dalbeattie Financial Services.</b>
<b>Tuesday</b>	<b>Dumfries</b>	<b>8.00 pm</b>	<b>Activity &amp; Resource Centre Burns Street.</b>
<b>Wednesday</b>	<b>Kircudbright</b>	<b>8.00 pm</b>	<b>St. Andrews Hall high street</b>
<b>Thursday</b>	<b>Lockerbie</b>	<b>8.00 pm</b>	<b>Dryfesdale Church hall upstairs.</b>
<b>Friday</b>	<b>Stranraer</b>	<b>8.00 pm</b>	<b>Wigtownshire locality Office off Dalrymple street</b>
<b>Saturday</b>	<b>Dumfries</b>	<b>8.00 pm</b>	<b>Activity &amp; Resource Centre Burns Street.</b>
<b>Sunday</b>	<b>Newton Stewart</b>	<b>6.30 pm</b>	<b>Church all of Our Lady</b>
	<b>Thornhill</b>	<b>7.00 pm</b>	<b>hospital day centre.</b>

*He who has health has hope, and he who has hope has everything – Arabian Proverb*

## Music Group

Come along and join our very first music group. For those who have an interest in music, whether that is listening, playing an instrument, learning to play or writing songs, this group offers you the opportunity to meet others with similar interests. You can explore your musical potential and enjoy a friendly environment.



The funding has been provided by our service to access the top of the range Oasis music centre, Newall terrace in Dumfries. The group is free and all we ask is that you bring your ideas to the group.

If you are interested in finding out more or joining the group please contact Lewis Fergusson on 01387 244555.

## Why are people often having to change nurses?

It is unusual for service users to have to change their nurses on a regular basis. Although for those that do, we recognise that it can feel for them that they are not getting the chance to build up a working relationship with their named nurse. For this reason we do try where possible to avoid changing your nurse.

However, there are times when it proves unavoidable. This may be when a named

nurse is off sick for a prolonged period. It may be when a nurse leaves the service or changes roles within the team. It can also be when a service user themselves changes GP or moves house to a different locality. In addition to this, it may be felt that a change in named nurse would benefit the service user's recovery but this would only happen after discussion between all parties.



## AVOID TREAT CARE

### Great News about Blood borne viruses in Dumfries and Galloway!!

If you have ever been tested for a blood borne virus and thought there was nothing on offer to help you - think again!

Did you know that Hepatitis C is now preventable, treatable and **curable**?

Did you know that Hepatitis B is now a preventable, treatable, life long condition which you can vaccinate against?

Did you know that HIV is now a preventable, treatable, life long condition?

**One** simple blood test can tell if you

have been affected by these viruses and you can be tested even if your veins are damaged. Across Dumfries and Galloway a simple **finger prick test** is available. Many practitioners, often your nurse, is able to provide this test for you.

If your results are **negative** there is plenty of help and support to keep you **infection free**.

If you do get a **positive** result you can be referred into **specialist care**.

Treatment has **greatly advanced** in

recent years which has significantly improved the outlook for people with blood borne viruses and their families.

Although treatment is long, many people don't need to start straight away.

Even if you have other problems, these will not be seen as a barrier to care.

Knowing that you do have a blood borne virus means you can take positive steps to prevent it infecting others.

Regular testing (6-12 monthly) is crucial if you feel you are at continued risk.

For help and advice speak to your named nurse or Justine or Andrea, the BBV nurses on 01387 72724.



### Questions for the Doctor

Please send your questions to [intheknow@nhs.net](mailto:intheknow@nhs.net)



### Why do I sweat so much while taking Methadone?

Sweating can be a symptom of withdrawal, so if there are other withdrawal symptoms (body aches, runny nose, nausea, stomach cramps), the sweating may improve with a dose increase.

Otherwise, sweating is a side effect, which doesn't affect everyone, and the overwhelming majority of people who have it find it's mild and bearable. However, a few get very bad sweats, day and night. As to why, it's to do with the regulation of temperature in the brain, but why it should only affect some isn't really

known.

What to do if you do suffer badly? The following have been claimed to help: wear loose fitting clothing, light in weight and of natural materials, keep your house cool, stay cool as best you can e.g. lots of cool showers, lose excessive weight, get/keep fit, avoid spicy food, drink plenty of water, use an antiperspirant (there's a difference between antiperspirant and deodorant. Look for a brand that has a high percentage of aluminium chloride as an active ingredient).

**Dr John Waterhouse**  
**Consultant Psychiatrist**

### Christmas Mocktail

#### Shloer Cosmo

75ml Shloer White Grape, Raspberry & Cranberry  
50ml Shloer Red Grape  
25ml fresh orange juice  
2 lime wedges



For a great night in this non-alcoholic version of the Sex and the City classic will treat your taste buds to Shloer White Grape, Raspberry & Cranberry and a sparkle of Shloer Red Grape. Shake well with freshly squeezed orange and lime juice, then strain and serve in a martini glass and garnish with flambéd orange zest and grapes.

### Needle Exchange Information

#### Dumfries

Murrays, 35 Galloway St  
Mon-Fri 9am-1pm & 2pm-5pm  
Sat 9am -12 noon  
01387 266248

#### Alliance Boots

47 Buccleuch St  
Mon-Fri 9am-5.45pm  
Sat-9am-1pm  
01387 252875

#### Castle Douglas

Boots  
97 King Street  
Mon-Sat 10am-5pm  
01556502003

#### Stranraer

Gordons Chemist  
26-30 Charlotte St

Mon-Sat 10am-12noon

2pm-5pm  
Apex-2 Back Rampart,  
High Street

Mon, Tues, Wed,  
Fri 3.30pm-5pm  
Thursday 3.30 pm-7pm  
01776 700973

#### Newton Stewart

44-46 Victoria St  
Mon- Sat 9am-5.30pm  
01671 402226

#### Whithorn

67 St John St.  
Mon/Tues/Thurs Fri 9am-5.30pm  
Wed 9am-3pm  
Sat 9am-12.30pm  
01988 500217

#### Wigtown

Wigtown Pharmacy  
20 North Main St.  
Mon-Fri 9am-5.30pm  
Sat 9am-12.30pm  
01988 403474

#### Gretna

Co-op Pharmacy  
50 Annan Rd  
Mon-Fri 9am-5.45pm  
Sat 9am-1pm  
01461 338201

#### Lockerbie

Co-op pharmacy  
21-23 High St  
Mon-Fri 9am-6pm  
Sat 9am-1pm  
01576 202618

### Contact us

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