**Port Appin Surgery**

**Summer Newsletter**



Well we are certainly having summer for real this year. We hope you are managing to enjoy it and not struggle too much with water shortages.

Dr David Kynaston joined the practice in April and is already a well established and very welcome member of the team. As both GPs are now working on Wednesdays we are trying to use Wednesday afternoons for staff training, professional development and meetings as far as we can. Urgent matters will always be dealt with but we would appreciate as few routine enquiries as possible between 2 and 4pm.

Ticks

The season is in full swing and rightly so people are concerned about Lyme Disease. Please see this link to very useful information from NHS Highland

https://www.nhsinform.scot/illnesses-and-conditions/injuries/skin-injuries/tick-bites

Ear syringing

We are still carrying out this procedure in the Practice but ENT specialists have for years now been encouraging people to use micro suction instead. There is now an excellent Ear Micro-suction service in Oban and we would encourage people to use this when possible. They can be contacted by e mail at [argyllearwaxremoval@gmail.com](mailto:argyllearwaxremoval@gmail.com) or phone 07538518321

Public holidays

The surgery will be closed on the following Mondays over the Summer months

Monday 7th August 2023

Monday 25th September 2023



Embracing the Gaelic language & cultures

Some of you may be aware that I have been learning Gaelic for the last few months. I am doing a distance learning course at Sabhal mòr Ostaig and have also spent some time at the college. I am loving this, but it is a lot of work! Among Gaelic learners there is a feeling that we should try to normalise the language in our daily lives where possible. One suggestion is to use Gaelic place names even when speaking English, and I wonder if there is any scope for me using this within the practice. I am very aware of the risk of well-meaning incomers / learners trying to tell the local population how to manage their own culture, and so do not wish to push this on anyone or be patronising in any way. Some of you may remember an episode of Hamish MacBeth on this subject which was almost too true to be funny!

However I would love to engage a bit with the Gaelic speakers here and gauge their opinions on what would be appropriate. Some thoughts –

* Could we have a Gaelic version of the Practice name on letterhead etc? ‘The Medical Practice of Appin, Duror, Port Appin and Lismore’ is a bit clunky even in English but perhaps there is a suitable geographical area we could use?
* Should we have Gaelic versions of all or part of our Practice Leaflet and website?
* Could we use a few appropriate phrases in our communications?

Of course we would need an expert to do any translating and advice on this – it will be a long time before my Gaelic will be proficient enough.

I’d love to also try saying a few words with anyone who is willing to be kind!

Please let me know if you have any interest in this. (Lorna)