

Ludovic Medical Practice

Johnstone Health Centre

60 Quarry Street
Johnstone PA5 8EY

The Health Centre

Ardlamont Square
Linwood PA3 3DE

Telephone

Johnstone - Routine 01505 324348

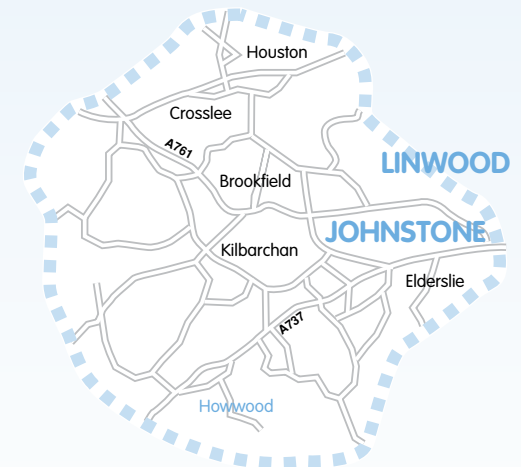
Johnstone - Appointments 01505 323002

(phone line open between 9.00am - 12 noon and 2.00 - 5.00pm)

Linwood Surgery 01505 324458

Web Address

www.ludovicmedicalpractice.co.uk



Doctors

• Forrest • Byrne • Keir •

Welcome To The Practice

This booklet tells you about the practice and the services we provide. We hold a General Medical Services (GMS) contract with NHS Greater Glasgow & Clyde, Gartnavel Royal Hospital, Tel: 0141 211 3944. Details of this contract are available from our practice manager Michelle Leslie. We hope you will find this booklet helpful and informative and suggest you keep it in a safe place.

The Doctors

Dr Gordon James Forrest	(Male) Full Time MB ChB MRCGP (Glasgow 1982)
Dr Maureen Byrne	(Female) Part Time BSc (Hons) MB ChB (Glasgow 1995)
Dr Ruth Helen Keir	(female) Full Time MB ChB (Glasgow 2005) BSc Med Sci (Glasgow 2003) DRCOG DGM (Glasgow 2009) DipFMS (Glasgow) 2011
Dr Lisa Sarkar	(Female) Part Time MB ChB MRCGP (Glasgow 2004)

The Practice Staff

Practice Manager	Michelle Leslie
Practice Administrator	Lorraine Griffiths
Practice Administrator	Angela Anderson
Systems Administrator	Allison Malcolm
Medical Receptionist	Carol Ann Hamilton
Medical Receptionist	Winnie Barlow
Medical Receptionist	Audrey Burns
Medical Receptionist	Eileen Thomson
Medical Receptionist	Wendy Ferguson
Medical Receptionist	Jennifer Neilson
Medical Receptionist	Rachel Saunders

Our fully trained reception staff are here to help you. They have a very difficult job to perform so please treat staff with courtesy and respect. To ensure that the receptionists assist you as effectively as possible and to ascertain the urgency of your request they may need to ask you for more information about your request. Please do not ask the reception staff to interpret results as they are not medically trained.

The receptionists are bound by the same rules of confidentiality as the doctors and nurses.

The receptionists will assist you to make routine appointments, deal with requests for repeat prescriptions, answer the telephone and help with numerous other varied requests.

Practice Nurses

Elizabeth Neilson	RGN, Nurse Prescriber, Asthma and Diabetic Diploma
Mary Carrigan	RGN, Nurse Prescriber, Asthma and Diabetic Diploma

The practice nurses are professional people in their own right and may be seen by appointment. They can offer help with problems that patients may not wish, or require, to see the doctor about. They also provide many preventative, monitoring and screening services for the practice, eg diabetic clinic, asthma clinic, cervical smears, smoking cessation, weight reduction, menopause clinic and travel vaccinations. They also deal with dressings, blood tests, immunisations, stitch removal and ear syringing.

Linda Ganson	Health Care Assistant
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The health care assistant runs phlebotomy, blood pressure, urinalysis, height and weight management, ear syringe, simple wound care and ECG clinics.

Attached Staff

The Primary Care Trust employs district nurses and health visitors etc who work from within the medical centre.

District Nurses

The district nurses' service is being re-organised. Please ask the receptionist if you require details of your named district nurse.

Their primary role is to provide specialist nursing care within the home. Referrals or messages can be left at reception or on the Johnstone Health Centre answer phone 01505 821320.

Health Visitors

Health visitors **Avril Shepherd** and **Fiona Castello** are registered nurses with extra training in health promotion in the community. Their work includes advice on health matters during and following pregnancy, assessing the health and development of children under five years of age and offering advice and support to parents. They are also responsible for running immunisation and child health surveillance clinics within the practice.

Midwives

The midwife service is actively involved in antenatal and postnatal care, parenthood education and breast-feeding workshops.

Strawberry Field Children's Nursery Houston



Set in 2 acres of
play areas & gardens

- In partnership with
Renfrewshire Council
- Safe homelike environment
- Care Commission registered
- Fully qualified staff

Back O' Hill Farm
Crosslee, Houston
PA6 7BY

Tel: 01505 615315
www.sfnursery.com
email: manager@sfnursery.com

Students

Medical students and nursing students attend the practice from time to time. We hope that you will co-operate with us and help the students to learn about general practice. However, you will be informed of their presence in advance and, if you do not want them to be present at a consultation, your wishes will be respected. This will not affect your treatment in any way.

Disabled Access

Our health centres have suitable access for disabled patients, and all the patient areas including waiting room, consulting rooms and toilets have wheelchair access.

A wheelchair is available at reception. Designated disabled parking spaces are located nearest to the entrance to Johnstone Health Centre.

Registering As A Patient

When registering you will be invited to complete a new patient questionnaire and will be offered a registration medical appointment. This will allow us to provide medical care in the interim period, while your medical records are transferred from your old practice to this one. If you move out of the practice area, you will need to register with a new practice as soon as you move. We can provide information about how to find a new practice.

Preference Of Practitioner

Patients are registered with the practice, not an individual GP. For administrative reasons your medical card will be issued in the name of one of the doctors; however, you can at any time express a preference for a particular doctor, for either all of your medical needs or on a case-by-case basis. We will do our best to respect your choice. However, not all the doctors in the practice provide all services and specific doctors may not be immediately available.

Services Available From The Practice

All GP practices are contracted to provide 'essential services', that is, basic treatment of ill people and the management of patients with a chronic disease. This includes a consultation with a member of clinical staff every three years and annual review for the over 75s. We also provide the following 'additional services':

Child health surveillance, together with the health visiting team.

Contraceptive services. Specialist services such as IUCD insertion are available at the family planning clinic in the health centre.

Maternity services in the antenatal and postnatal period, in conjunction with midwives from the Paisley Maternity Unit.

Immunisation for adults in relation to travel. Not all travel immunisations are available on the NHS; please ask our practice nurse for details.

Cervical screening

Freezing of warts and other small skin lesions.

We also hold contracts with NHS Greater Glasgow & Clyde for the following 'enhanced services':

Routine immunisation of children, together with the health visiting team.

A pneumococcal and annual flu immunisation programme to protect the elderly and at risk.

Regular monitoring, by blood and urine tests, for patients on a range of drugs for arthritis and bowel problems.

A methadone substitution programme for patients with drug abuse problems.

Minor surgery

Keepwell

Non-NHS Examinations/Services

The doctors are willing to carry out medical examinations eg:

- Employment medical • Driving licence medical •
- HGV medical • Insurance purposes medical •

They will also complete forms for the above and other medical certification, eg insurance claims, medical references, but wish to stress that these services are NOT part of the free NHS facilities provided by your doctor and regret that completed certificates cannot be handed over until the appropriate fee has been received. The receptionist can advise you of the fee on request.

Surgery Times

The surgery is open continuously from Monday to Friday 8.00am - 6.00pm, but closed to personal callers between 1.00 - 2.00pm.

Routine Appointments

Consultations are by appointment every morning and afternoon and can be made either by telephoning or calling at the surgery. Please try to book well in advance for routine appointments.

Johnstone surgery has a dedicated appointments telephone line which is in operation from 9.00am - 12 noon and from 2.00 - 5.00pm. Appointments can be made at Linwood surgery by telephoning the number for routine matters.

Johnstone appointments - 01505 323002

Linwood appointments - 01505 324458

Please inform us as soon as possible if you need to cancel your appointment so that the time can be given to someone else.

If you have not been seen at the surgery for three years (or one year for those over 75) you can request a check-up appointment if you wish.



SALWAN
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Pharmacy care in the community

Register for free over-the-counter medicines on the NHS EMAS Scheme.

Free prescription collection and delivery service

Services

Medicines

- Weekly pillboxes / blister-packs dispensed with **FREE** delivery
- Nursing / care homes supplied and training provided
- Emergency supplies available if you run out

Lifestyle

- Stop smoking (**FREE** nicotine replacement products)
- Weight loss
- Emergency contraception

We pick up prescriptions from ALL Renfrewshire surgeries: Johnstone, Paisley, Linwood, Ferguslie, Bridge of Weir, Lochwinnoch, Houston and Kilbarchan

You can find our other stores at:

Elderslie 19 Stoddard Square Elderslie PA5 9AS 01505 335 275	Johnstone Castle 80 Sycamore Avenue Johnstone PA5 0BL 01505 321 413	Sparteston Sparteston Shopping Centre 27 Hallhill Road, Sparteston PA5 0SA 01505 704 142
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You can now order your repeat prescriptions online from our website: www.reachpharmacy.com



SALWAN
SALWAN PHARMACY LTD

FREE Prescription Collection and Delivery

Either phone in or hand this form completed into your local store. If you leave your repeat-prescription form with us, you can phone to re-order medication, or just hand in your self-completed form to us when you need more medication.

We pick up prescriptions from ALL surgeries in: Renfrewshire, including: Johnstone, Paisley, Linwood, Ferguslie, Bridge of Weir, Lochwinnoch, Houston and Kilbarchan.

Name: D.O.B:

Address:

Postcode: Phone:

Email:

NHS Number (if known):

Doctor's Name:

Practice:

I give permission for Salwan Pharmacy/Elderslie Pharmacy/Sparteston Pharmacy (please circle) to retain my prescription re-order slip and request prescriptions from my surgery at my request.

Signed: Date:

☐ I'm unable to make it to the pharmacy and would like a regular home delivery (please tick).

FREE AND EASY PARKING AT ALL STORES

You can now order your repeat prescriptions online at: www.reachpharmacy.com

Attract more business by placing your advert here. Simply call 0800 0234 196.

PRESCRIPTION FOR SUCCESS

AS part of an independent pharmacy group with three locations throughout Johnstone, the award-winning Elderslie Pharmacy has become a fixture in the heart of the local community.

“What makes us different is that we are located where we are needed most, not on the high street but right in the middle of the communities we serve,” said owner Neeraj Salwan, an experienced pharmacist who opened the business in 2000.

“We know our clients and offer a high level of personal care and attention.”

First and foremost in their list of services is prescription dispensing. “We pride ourselves on prompt and reliable dispensing of both NHS and private prescriptions,” added Neeraj.

“We also offer collection of prescriptions from all local GP surgeries and, if more convenient, free delivery.”

Alongside this, the experienced and helpful team provide a range of enhanced services.

“We operate a minor ailments scheme that allows us to diagnose and prescribe medicine for a number of conditions without having to see a GP,” Neeraj said.

“Also available are monitored dosage boxes/blister packs, which are especially popular for the elderly or vulnerable. We are one of two pharmacies in the area that supply and deliver oxygen cylinders for patients with airway/breathing problems.”

There are private consultation rooms at all three sites, where the team are able to offer discreet and confidential advice on a range of health-related matters.

“Our advice is totally confidential, and we’re always happy to help,” said Neeraj. A full range of toiletries, vitamins and minerals are also stocked.

The Elderslie Pharmacy has won awards over a period of three years from the Scottish Chemist Review.

Call in today, telephone **(01505) 335275** or visit the group’s online facility www.reachpharmacy.com for more information.

Elderslie Pharmacy is the official stockist in this area of the VICHY range of skin products - SPECIAL OFFER, receive a 20% discount on the whole range on the production of this booklet.

ADVERTISING FEATURE

Emergency/Urgent Appointments

The practice operates a system of telephone triage between 9.00 - 10.00am and 1.30 - 2.00pm. A member of reception will answer your call. They will arrange for you to speak to the practice nurse. The practice nurse will offer you advice or invite you to attend the surgery.

Tel: 01505 324348

Extended Hours

We offer early morning and evening appointments for patients who are unable to attend normal surgery hours. Patients are seen by pre-booked appointments only.

Home Visits

If possible please try to telephone before 10.00am. A doctor or nurse may phone you back, as it may be that your problem can be dealt with by telephone advice, or that it would be more appropriate to send a nurse, or indeed arrange a hospital attendance. House visits are only available for patients who are housebound because of illness or disability.

Please remember that several patients can be seen in the practice in the time that it takes to make one home visit. There are also better facilities for examining and treating patients at the health centre.

Out Of Hours

Out-of-hours cover is the responsibility of NHS Greater Glasgow & Clyde. Between Monday to Friday 6.00pm - 8.00am, Friday 6.00pm - Monday 8.00am and local area bank holidays, the surgery is closed. In order to obtain medical advice at these times, please call **0845 4 24 24 24**.

A receptionist in the emergency call centre will answer your call. They will either:

1. Arrange for you to speak to a doctor or nurse
2. Invite you to attend the centre to be seen by the doctor
3. Arrange a home visit if you are too ill to visit the centre

Please take a leaflet for further details from reception.

NHS 24

Further advice and information can also be obtained from NHS 24, whom you call direct on 0845 4 24 24 24, or visit www.nhs24.com

Serious Emergencies

Dial 999 For An Ambulance

If you are confronted by a serious problem, such as severe chest pain or severe bleeding, call an ambulance (Tel: 999) before calling the surgery.

Repeat Prescriptions

TELEPHONE REQUESTS ARE INTENDED FOR THE HOUSEBOUND ONLY.

Complete a request form (the tear-off page opposite your last prescription) and put in the 'post box' at reception. If you require your prescription to be posted back, please enclose an SAE for this purpose. Please allow 24 - 48 hours before collecting your prescription (excluding weekends and bank/local holidays).

OR

Contact your local community pharmacist for details of their repeat prescription service.



The advertisement features a blue background. On the left, there is a large red heart. Inside the heart, the text "Transplants save lives" is written in white. To the right of the heart, the text "Join the NHS Organ Donor Register" is written in white. Below this, the phone number "0300 123 2323" and the website "www.organdonation.nhs.uk" are displayed in white. The NHS logo is in the top right corner.



Now Open
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Located in the town centre of
 Bridge of Weir
 Substantial car parking area

Open for Lunch
 and Early Evening Deals

Live music evenings

To book a table or for further information,
 Please call 01505 610 660

Email: info@ristoranteamaretto.com
 Or visit: www.ristoranteamaretto.com

60 Main Street, Bridge of Weir, Renfrewshire PA11 3AB



Make a meal special!

There really is nothing quite like going for a meal to make it a special occasion. Whether you have something specific to celebrate or not, a meal out provides the perfect break from the routine of home and work, a chance to unwind with friends and family while someone else does the cooking and washing up.

Extra special cooking it is too, treats you wouldn't normally have at home which should live on in the memory long after you have got in the car or called a taxi and headed for home.

The choice of restaurants these days is greater than ever, from classic establishments specialising in fine British cuisine to a whole range of ethnic establishments offering a vast range of choice on each and every menu.

Even the smallest town has a wide choice of restaurants these days and the local establishments are particularly keen to offer the finest in food and customer service because they know that if you have a memorable experience, you are likely to return time and again, as well as spreading the word among friends and family.

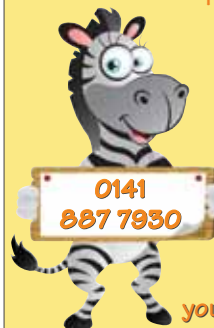
As with any local business, restaurants pride themselves on the personal rapport they can quickly build up with customers. After a few visits, the owner or head waiter will know your name and look after you as an individual, often being able to offer you an unrivalled service as well as a welcoming smile.

Along with wide-ranging menus and the finest in customer service, local restaurants also pride themselves in offering the finest ingredients, freshly delivered to make sure your visit is one to remember.

ADVERTISING FEATURE

You Helping You... Naturally

- * Weight Loss
- * Food Intolerance Testing
- * Muscle & Joint Pain
- * Irritable Bowel Syndrome
- * Phobias & Fears
- * Stress & Anxiety
- * Dyslexia & ADHD
- * Confidence
- * Relationships
- * Personal Development



Kinesiology
 Reflexology
 Massage
 Nutrition

www.fionagass.com

Email:

youhelpingyou@gmail.com

Why Holistic Therapy?

Massage - is one of the oldest forms of therapy and can be used with all ages. It stimulates blood circulation and assists the lymphatic system which helps to eliminate waste throughout the body. It is beneficial to muscle tension and helps to combat stress. It is also used by all sports professionals to assist in recovery and performance.

Kinesiology - a session is called a 'Balance'... and assists the body to manage external stressors. It is used to get to the root of both physical and non-physical health issues. It is suitable for all ages and is also used to identify food intolerances, learning issues, muscle pain and emotional factors.

Reflexology - an ancient foot therapy that reflects a 'map' of the body. Having a Reflexology session is both relaxing and therapeutic, and people choose it for a number of reasons.

Nutrition - the foundation of good health... affects weight, blood pressure, energy and wellbeing.

ADVERTISING FEATURE

Obtaining Test Results

If you have undergone tests or X-rays ordered by the practice, we will inform you of the results at your next appointment. If no further appointment has been arranged, please allow five working days, then you can telephone the surgery between 3.00 and 4.30pm when the receptionist will provide you with the result. A letter will be sent to patients informing them of the result of any cervical smear test undertaken by the practice.

The practice has a strict policy regarding confidentiality and data protection. We will only release test results to the person to whom they relate unless that person has given prior permission in writing for the release of the results or they are not capable of understanding the results.

Please do not ask the reception staff to interpret results as they are not medically trained.

Suggestions Or Complaints

We make every effort to give the best service possible to everyone who attends our practice. However, we are aware that things can go wrong resulting in a patient feeling that they have a genuine cause for complaint. If this is so, we would wish for the matter to be settled as quickly, and as amicably, as possible. Simply contact the practice manager and she will set all the necessary wheels in motion. Further written information on the complaints procedure is available from reception.

We are continually striving to improve our service. Any helpful suggestions would be much appreciated.

Patient Rights And Responsibilities

You will be treated with respect and as a partner in your care. Being a partner means you have responsibilities too.

We will:

- Ensure our patients have 24-hour access to medical advice.
- Aim for you to have access to a suitably qualified medical professional within 48 hours of your initial contact during surgery hours or, in an urgent case, the same day.
- Work in partnership with you to achieve the best medical care possible.
- Involve you and listen to your opinions and views in all aspects of your medical care.

The prevention of disease, illness and injury is a primary concern. The medical staff will advise and inform you of the steps you can take to promote good health and a healthy lifestyle.

We would respectfully ask that you:

- Let us know if you intend to cancel an appointment or are running late.
- Treat staff with courtesy and respect. Reception staff may have to ask some personal questions to assist us in providing you with the best service.
- Inform the practice staff of any alterations in your circumstances, such as change of surname, address or telephone number. Please ensure that we have your correct telephone number, even if it is ex-directory.

As patients, you are responsible for your own health and that of any dependants. It is important that you adhere to information and advice given to you by health professionals, and co-operate with the practice in their endeavours to keep you healthy.

Zero Tolerance Policy

The practice considers aggressive behaviour to be any personal, abusive and/or aggressive comments, cursing and/or swearing, physical contact and/or aggressive gestures.

The practice will request the removal of any patient from the practice list who is aggressive or abusive towards a doctor, member of staff, other patient, or who damages property.

All instances of actual physical abuse on any doctor or member of staff, by a patient or their relatives, will be reported to the police as an assault. There is a special GP practice in the area to which violent patients will be referred.

Freedom Of Information – Publication Scheme

The Freedom of Information (Scotland) Act 2002 obliges the practice to produce a Publication Scheme. A Publication Scheme is a guide to the 'classes' of information the practice intends to routinely make available.

This scheme is available from reception.

Confidentiality And Information Sharing

The practice complies with Data Protection and Access to Medical Records legislation. Identifiable information about you will be shared with others in the following circumstances:

- Emergency Care Summary (this is a computer summary of basic information about your health).

If you agree, doctors, nurses and receptionists in the out-of-hours medical centre, staff at NHS 24 who are involved in your care and staff in hospital accident and emergency departments have access to your Emergency Care Summary.

Everyone has been 'Opted In' to this system, ie your records can already be accessed in this way, but anyone can choose to **'Opt Out'** in which case an electronic lock will be put on your medical records. Please ask a member of reception if you wish to opt out.

- To provide further medical treatment for you, eg from district nurses and hospital services.
- To help you access other services, eg from the social work department. This requires your consent.
- When we have a duty to others, eg in child protection cases.

Anonymised patient information will also be used at local and national level to help the health board and government plan services, eg for diabetic care. If you do not wish anonymous information about you to be used in such a way, please let us know.

Leaflets

Leaflets and other written information about various illnesses and conditions are available on display in the reception area and from the practice nurses. We do not have any leaflets produced by the practice.

Mind Coach for Life

Paisley based Hypnotherapy
31 Moss Street, Paisley PA1 1DL

Hypnotherapy can deal
with a wide range of issues:

Stop Smoking (one session)

Weight Management & Weight Loss
(licensed Hypno Band Therapist)

Anxiety & Stress Management

Phobias & Fears

Insomnia & Sleeplessness

Work Related Stress

Call James on 0141 889 6666

or email

info@mindcoachforlife.com

www.mindcoachforlife.com

For fast hypnosis results,
call us today for a
free no-obligation
consultation!

Ever wondered about Hypnotherapy?

Hypnotherapy uses hypnotic techniques to bring about beneficial changes. From helping people to overcome a craving for cigarettes, cope with depressions and stress or eating less to managing chronic pain from an illness or accident, trained hypnotherapists work with a wide variety of problems.

Whilst in the state of hypnosis the patient's mind is detached from everyday cares and anxieties. Whilst in this state the therapist will 'suggest' actions to be taken or avoided by the patient. Although the heart rate and breathing slow down perceptively, patients remain conscious of their surroundings and in control of their own actions and speech. When the session is completed patients feel refreshed and relaxed.

Hypnosis has seen a huge growth in popularity over recent years. Hypnotherapy is quite simply the most powerful device for personal development and positive change, because it utilises the most powerful part of our creative potential - our imagination.

So unleash YOUR imagination to bring about the changes you want in life – consult a qualified hypnotherapist.

ADVERTISING FEATURE

New Vision

Eye Care Specialists

- Contact Lenses
- Budget and Designer Frames
- Children's Eyecare

0800 3283442

01505 614700

3 Gryffe Place, Main Street, Bridge of Weir

Spare Keys

NEVER leave a spare key in a convenient hiding place such as under the doormat or in a flowerpot - a thief will look there first. If you've moved into a new house, consider changing the back and front door locks - other people may have keys that fit.

Don't make it easy for the burglar.

To advertise **your** business to **our** patients on low cost, easy payment terms call 0800 0234 196.

Lifestyle Information

Smoking

We are keen to give all our patients who smoke as much help as possible to stop. Please ask at reception or at any consultation for information and support.

Walking

Even the smallest effort can improve your quality of life and make you feel healthier and livelier. As walking is a very good exercise which most people are able to do, and doesn't need special equipment, then why not get started on your fitness campaign. Simply start by walking for 15 or 20 minutes at a brisk enough pace to get your heart beating faster, three times a week regularly. When you can easily walk for an hour you are ready to move on to swimming, cycling or running!

Healthy Eating

A healthy diet doesn't need to be a boring one. Health experts tell us we are all eating too much fat, salt etc, but what exactly does this mean? Why not speak to your doctor/nurse or pick up some of our information leaflets so you can enjoy a healthier diet?

What To Do In Time Of Bereavement

If death occurs at home:

Telephone the doctor who will visit to confirm that death has taken place.

Contact the funeral director.

Collect the death certificate from the surgery - the doctor will tell you when this will be available for collection.

The NHS Minor Ailment Service

The NHS Minor Ailments Service is available at your local community pharmacist. You will be able to get advice and treatment from your community pharmacist for minor illnesses and complaints such as:

Acne	Cough	Hay fever	Nasal congestion
Athlete's foot	Diarrhoea	Headache	Pain
Backache	Ear ache	Head lice	Period pain
Cold sores	Eczema and allergies	Indigestion	Thrush
Constipation	Haemorrhoids (piles)	Mouth ulcers	Sore throat
Threadworms	Warts and verrucae		

SMOKING
CAUSES MANY PREMATURE DEATHS AND MUCH DISABILITY

It is an important factor in causing:

- Lung Cancer
- Chronic Bronchitis and Emphysema
- Coronary Heart Disease
- Arterial Disease in Limbs which can lead to Gangrene
- High Blood Pressure and Stroke
- In Pregnancy Smoking can cause the Retardation of a Baby's Growth and Premature Birth.

SMOKING CAN HARM OTHER PERSONS BY MAKING THEM "SECONDARY SMOKERS".
IF YOU ARE A SMOKER CONSIDER THE POSSIBLE CONSEQUENCES OF WHAT YOU MAY BE DOING TO YOURSELF AND TO OTHERS.



Richard Mulhearn
Dip ABRSM

"I've always wanted to play the sax!"

Saxophone, Clarinet, or Flute Tuition
Pop, Rock, Jazz, Blues, Classical
All Grades Taught
Home Visits Available
Experienced Teacher

FBS

Tel: 01505 843 004 or 0781 460 7135
Email: richard.mulhearn@btinternet.com

Private Music Teacher

It is believed that music is a great way to help babies and toddlers develop good listening skills and it can have a profound, positive effect on a child's mental and physical development. Every child is musical and listening to music is beneficial but actually making music is better still.

However, music is not just reserved for babies and children. It is something that anyone of any age can participate in and gain a considerable amount of pleasure from. Music tuition, unlike many other subjects is generally taught a one-to-one basis, usually either in the teacher's or the pupil's home. Their work ranges from teaching beginners to giving refresher lessons to top performers, and involves planning lessons to suit the individual needs of each pupil. They can help pupils prepare for music examinations, competitions and performances, or just for the sheer pleasure and enjoyment of 'just doing it'!

So contact your local music teacher and find out how music can enrich your life.

ADVERTISING FEATURE

Why your business needs a website

WITHOUT a website, your business or practice is invisible to the two thirds of prospective clients that use the Internet to locate products and services, and this figure grows daily.

Worse still, if your competitors have a website and you don't, then they are picking up your share of the prospects for your type of business when they search online.

Pay As You Go websites are proving to be a godsend to small and medium-sized businesses across the UK and Ireland.

Introduced by OPG Ltd, who have been building websites for more than eight years, and who have been helping businesses grow and prosper for over 30 years, they provide businesses and professional practices with 24/7 access to their targeted market.

Uniquely, the Pay - Monthly service comes with Web Partner support. This 'phone-a-friend' facility will provide answers to your queries and help you develop your site.

So if you don't yet have a website, or are unhappy with the one you have, call today for a chat on 0800 612 1408. You'll be glad you did!

Generate more business with a Pay - Monthly website from OPG



We will design and launch a top quality bespoke business generating website for you, update it regularly at your request and provide on-going advice and support every working day.

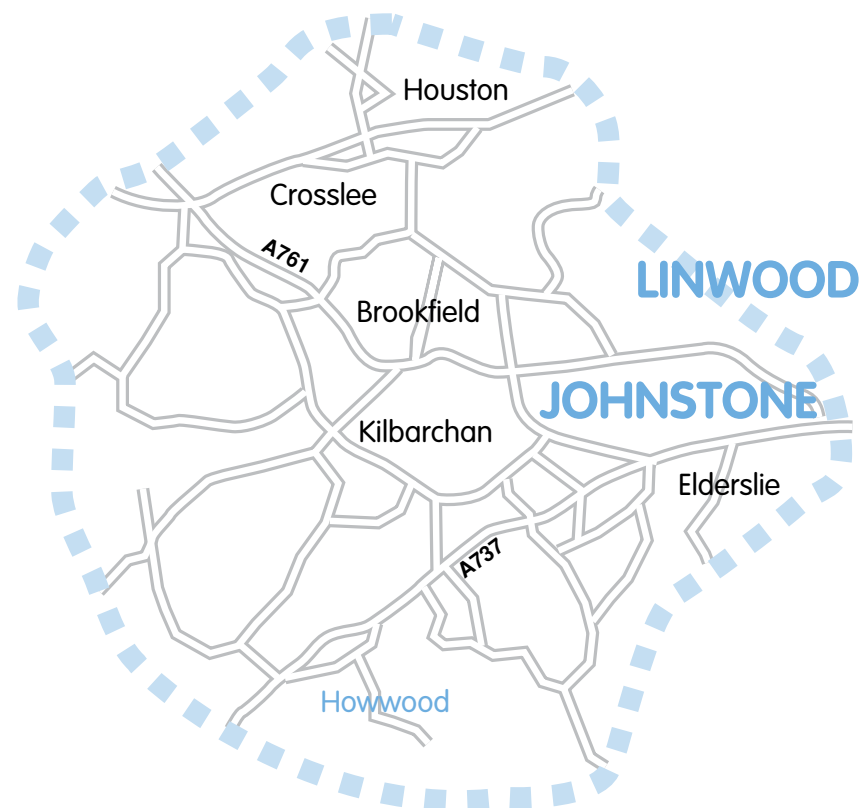
from £21 per month

There is no up-front payment and no extras, with an option to choose a pay-as-you-go, stop-when-you-like service.

To find out more simply call 0800 612 1408 or email us at payasyougo@opg.co.uk

OPG - HELPING THE SMALL BUSINESS GROW FOR OVER 30 YEARS

Our Practice Area



Attract more business by placing your advert here. Simply call 0800 0234 196.

ADVERTISING FEATURE

Let our practice
publications
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business
for you!



To place an eye catching
advertising feature in our vitally
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simply phone Jenny Mellenchip
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Useful Telephone Numbers

NHS 24	08454 24 24 24
Johnstone Clinic	01505 821300
Linwood Clinic	01505 821400

Family Planning:

Johnstone Health Centre	01505 821300
Russell Institute	0141 314 9402

Johnstone Police Office	01505 404000
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Social Work Department:

Johnstone	0300 300 1199
Linwood	0141 842 5151

Hospitals:

Royal Alexandra	0141 887 9111
Southern General	0141 201 1100
Dykebar	0141 884 5122

Age Concern.....	0845 125 9782
Alcoholics Anonymous.....	0845 769 7555
Alzheimer Scotland	0808 808 3000
ChildLine Scotland	0800 1111
Citizens Advice Bureau	0141 889 2121
Cruse Bereavement Care	0844 477 9400
Dial-a-Bus	0845 125 9807
Domestic Abuse Helpline.....	0141 887 7227
Renfrewshire Association for Mental Health	0141 847 8900