

# NEWSLETTER

The last year has seen numerous short and long term changes within the NHS. These changes have come to light from a number of areas, some from work done through the new GP contract with the Scottish Government, others from NHS Borders and of course some fallen off from the Pandemic. In this every changing environment it is important that we know where to go for the

**Right Care, at the Right Place.**

**Minor Injuries:** traditionally seen in Practice this has now changed with all minor injuries now being dealt by NHS24 on 111. Please call 111 first, where they will advise you where to attend, this may be at a minor injuries unit, at the hospital or indeed you may be sent to see us in Practice.

**Mental Health Support** can be accessed from various sources, including from the Practice by calling us Monday-Friday. Breathing Space is available weekdays 6pm -2am, & weekends Friday to Monday from 6pm-6am by calling 0800 83 85 87 [breathingspace.scot](http://breathingspace.scot) For urgent support please call NHS24 on 111 day or night.

**Minor illness:** the community pharmacies are not only there for collecting medication, but can also assist patients with minor illness such as sore throats, constipation, urinary infection and emergency contraception.

**Childhood Vaccinations:** these are now the responsibility of the NHS Borders Child Health Team who can be contacted on 01896 825 531. These appointments are usually still within this building.

**Immunisations** - COVID, Flu, Shingles, Pneumococcal and Travel: These vaccines are now carried out by the NHS Borders Vaccination Hub who can be contacted on 01896 809 250. NHS work directly with community pharmacy to deliver travel vaccines.

## COVID Updates

If you have **COVID symptoms** you must be assessed by NHS24 on 111. We are not able to see you in the Practice until you have been assessed, regardless of vaccine status and LFD test.

For those with symptoms, **PCR testing** can be arranged via [www.nhsinform.scot](http://www.nhsinform.scot) or by calling 119.

GP Practices do not have access to this **COVID Passport** system, and are unable to provide you with this or indeed update any information for you either. Please go to [www.nhsinform.scot/nhs-scotland-covid-status/](http://www.nhsinform.scot/nhs-scotland-covid-status/) where you will find information and contact details.

NHS Inform is Scotland's national health information website. [www.nhsinform.scot](http://www.nhsinform.scot)  
Here you will find lots of useful and accurate information to help with your health needs.

**In an emergency you should always go directly to A&E or call 999**



## Meet the Team



### GPs

Dr Ross Mitchell  
Dr Morag Robertson  
Dr Siobhan Macintyre

### Advanced Practitioners

Emma Brown  
Lynne Finlayson  
Matt Carter

### Practice Nurses

Angela Leitch  
Lauren Elliot

### Phlebotomist

Annie Sweeting  
Vicky Colvine