



Jedburgh Medical Practice Winter Newsletter 2022

Public Holidays

We will be closed all day on the following Public Holidays -

Monday 26 December 2022

Tuesday 27 December 2022

Monday 2 January 2023

Tuesday 3 January 2023



If you take regular medications, please ensure you check you have enough left to cover times we are closed. It's also important not to over order, so only request what you need, and make sure you don't run out of anything during that time. Did you know that if you have a long term condition and require regular medication you can register for the Chronic Medication Service (CMS) with your pharmacist for serial prescriptions who will dispense these at 8 weekly intervals without the need to order your prescription online or in surgery. For more information please discuss with your local community pharmacist to register.

If you are ill on a day or time when the surgery is closed and you can't wait until it reopens help may be available from a range of NHS services, from your pharmacy and minor injuries unit, NHS inform and NHS 24 on 111.

NHS PHARMACY FIRST SCOTLAND

Did you know that Pharmacists can help with your minor health conditions WITHOUT you needing to visit your GP surgery!

Pharmacists and their teams are experts in medicines and can help with minor health conditions, they can give you advice and treatment (if you need it) for minor illnesses such as:-

Acne	Diarrhoea	Mouth ulcers
Allergies	Earache	Pain
Athletes Foot	Eczema	Period pain
Backache	Headache	Sore throat
Blocked or runny nose	Head lice	Threadworms
Cold sores	Haemorrhoids	Thrush
Constipation	Hayfever	Warts
Cough	Impetigo	Verrucas
Cystitis	Indigestion	

NHS PHARMACY FIRST SCOTLAND
ADVICE | TREATMENT | REFERRAL

- ADVICE ON YOUR SYMPTOMS
- TREATMENT IF RECOMMENDED
- REFERRAL TO OTHER SERVICES

Pharmacists, like GP's, can only provide certain medicines and products on the NHS. All of these are proven to be effective for treating your condition. If you want a specific medicine or product, you may need to buy it. The pharmacist will give you advice on this. When visiting the pharmacy remember you can ask to use the pharmacy's consultation area or room if you want to speak to the pharmacist in private.

Don't worry if the pharmacist thinks it is better for you to see your GP, they will tell you to make an appointment.

For more information regarding this service you can contact your local pharmacy, contact NHS Inform Helpline on 0800224488 or visit the NHS inform website on www.nhsinform.scot

Beating the Winter Blues

It is thought the Winter Blues, or seasonal affective disorder (SAD), affects around 2 million people in the UK and more than 12 million people across northern Europe. It can affect people of any age, including children. Symptoms include:-

- *Depression
- *Sleep problems
- *Lethargy
- *Overeating
- *Irritability
- *Feeling down and unsociable

According to the Seasonal Affective Disorder Association (SADA) <https://www.sada.org.uk> these 10 tips could help relieve some of these symptoms.

- 1) **Keep Active**—a one-hour walk in the middle of the day could be helpful.
- 2) **Get Outside**—go outdoors in natural daylight as much as possible, especially at midday and on brighter days.
- 3) **Keep Warm**—Keep warm with hot drinks and hot food. Wear warm clothes and shoes, and aim to keep your home between 18C and 21C
- 4) **Eat Healthily**—A healthy diet will boost your mood, give you more energy and stop you putting on weight.
- 5) **See The Light**—Sit in front of a light box for up to 2 hours a day. These give out a very bright light at least 10 times stronger than ordinary home lighting
- 6) **Take Up a New Hobby**—keeping your mind active with a new interest seems to ward off symptoms of SAD.
- 7) **See Your Friends and Family**—Socialising is good for your mental and helps ward off the winter blues. Make an effort to keep in touch with people you care about.
- 8) **Talk it Through**—talking treatments such as counseling, psychotherapy or cognitive behavioural therapy can help you cope with symptoms.
- 9) **Join a Support Group**—think about joining a support group. Sharing your experience with others can make symptoms more bearable.
- 10) **Seek Help**—if your symptoms are so bad that you can't live a normal life, contact your GP surgery for medical help.

BANISH WINTER BLUES
GET OUT EVERY DAY
FOR A SHORT BRISK WALK
 #UoYwellbeing



General Communication

Opening Times

Mon–Thur	8:30 am	6:30 pm
Friday	830am	530pm
GP's In the Practice		
Monday	Dr Macintyre Dr Mitchell Dr Ferguson (locum)	
Tuesday	Dr Macintyre Dr Mitchell	
Wednes- day	Dr Macintyre Dr Robertson	
Thursday Friday	Dr Robertson Dr Mitchell Dr Macintyre (every 2 nd Friday)	

Appointments

To make an appointment with one of our Primary Care Team please call the surgery on 01896863361 after 830am. If possible you will be offered an appointment for the same working day, or we can offer limited pre-bookables 2 weeks/48 hours in advance with a GP and 6 weeks in advance with our Mental Health Nurse, our practice nurses or health care assistants.

However all of our appointments with our Advanced Nurse Practitioners are on the day.. Therefore you are advised to call as close to 830am as possible to get a face to face appointment with them.



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You can find us:-

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QUEEN STREET
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TD8 6EN

We're on the web
www.jedburghmedicalpractice.co.uk

Visit our facebook page:-
Jedburgh Medical

Jedburgh Medical Practice Provides Primary Care Services to the area circles in red. If you live out with this area please speak to one of our patient advisors who will provide you with information on how to move to a practice closer to where you live.



Did you know over three quarters of GP practice staff have faced verbal abuse from patients since the start of the pandemic. Our staff work hard to provide you with the best possible service. Please treat them with the courtesy and respect they deserve..

We operate a zero-tolerance policy and may refuse to provide services to individuals or those accompanying individuals who are violent, threaten violence, commit or threaten to commit a criminal offence either in person or over the phone.