



SUMMER NEWSLETTER 2024



JEDBURGH MEDICAL PRACTICE
www.jedburghmedicalpractice.co.uk

Dr Ross Mitchell Retires from Jedburgh Medical Practice



On Friday 23rd August 2024 Dr Ross Mitchell retires from Jedburgh Medical Practice after 31 years' service.

Patients registered with Dr Mitchell will be automatically transferred over to Dr Tommy Galliano. Dr Galliano has been working with us for over a year as part of the GP Fellowship Scheme and so is a familiar face for patients. He will become a Partner on the 2nd September.

We will be very sad to see Dr Mitchell go, but we are sure all our patients will join us in wishing him all the best for his retirement.

New Advanced Nurse Practitioner



We have recently recruited another Advanced Nurse Practitioner to the team. This means we now have 3 Advanced Nurse Practitioners working at JMP - Emma, Lynne and Rory. Rory is an experienced Advanced Nurse Practitioner, who has joined us from BECS at the BGH. His working hours will be Monday-Friday 830am-430pm, and his appointments will be on the day.

Everyone at JMP welcomes Rory to the team!

Struggling Emotionally or Worried About Your Mental Health?

Kirsty is our Mental Health Nurse, who is based in Jedburgh Medical Practice who will advise and signpost you to services that can help.

You can make an appointment with Kirsty by calling reception on 01835863361. She is available most days 9am-2pm.

Kirsty will call you in the first instance to discuss your concerns at this point signposting and advice can be given. If required a face to face appointment may be arranged.

A face to face appointment will be 20 minutes where Kirsty will discuss your issues further, again at this point signposting, referral or short term review may be arranged.

Here are some websites you may find helpful to look at:-

- NHS inform
- MIND
- With You Borders
- CRUSE Scotland
- Relate



Due to system changes from 31st March 2024 we will be unable to process prescriptions over the telephone and will require at least 3 working days to process your prescription and send to the pharmacy, these changes are in line with NHS protocol and are being implemented for safety reasons.

For further information please visit our website www.JedburghMedicalPractice.co.uk



Travel Vaccination Update

With summer fast approaching many of us will be thinking of jetting off to sunnier climates, however visiting other countries can sometimes put individuals at risk of diseases not normally found in the UK. No-one wants to become ill during their holiday therefore start planning as soon as possible – book your holiday – book your vaccinations if required.

Your GP is unable to provide travel vaccinations however NHS Borders runs a weekly travel health clinic in Borders General Hospital, offering essential risk assessment, guidance and vaccinations before patients start their journey.

You can contact the vaccination hub by emailing vaccination.bookinghub@borders.scot.nhs.uk or calling 01896809250.



OPENING TIMES

Mon-Thurs	8:30am	6:30pm
Friday	8:30am	5:30pm
GP's in the Practice		
Monday	Dr Macintyre Dr Mitchell Dr Ferguson Dr Galliano	
Tuesday	Dr Macintyre Dr Mitchell	
Wednesday	Dr Macintyre Dr Ferguson	
Thursday	Dr Mitchell Ferguson	
Friday	Dr Mitchell Dr Galliano Dr Macintyre (every 2 nd Friday)	

APPOINTMENTS

To make an appointment with one of our Clinicians please call the surgery on 01835863361 as close to 8.30am as possible. If possible you will be offered an appointment for the same working day, or we can offer limited pre-bookable 2 weeks/48 hours in advance with a GP.

All our appointments with our Advanced Nurse Practitioners are on the day. Therefore, you are advised to call as close to 8.30am as possible to get a face to face appointment with them.

GENERAL INFORMATION

Jedburgh Medical Practice provides Primary Care Services to 7000 patients. The areas covered are circled in red on the map below. 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.



Thursday 2 January 2025

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The NHS advise that you start to arrange vaccinations at least 8-12 weeks before you depart for your holiday, this will ensure any vaccinations provided take full effect before travelling. Although the most common destinations for UK travellers are considered low risk there are certain destinations, specific advice, vaccinations or additional protection, such as anti-malarias that might be necessary. Getting risk assessed and vaccinated against certain diseases before travelling is one of the most effective things a traveller can do to protect their health abroad. Some vaccinations are given as a precaution, while others may be required to enter a particular country. For further information, visit www.fitfortravel.nhs.uk.

Your GP is unable to provide travel vaccinations however NHS Borders runs a weekly travel health clinic in Borders General Hospital, offering essential risk assessment, guidance and vaccinations before patients start their journey.

You can contact the vaccination hub by emailing vaccination.bookinghub@borders.scot.nhs.uk or calling 01896809250.



Public Holidays 2024

The surgery will be closed on the following dates in 2024 due to Public Holidays. Please ensure you have enough medication to cover these periods.

Friday 12 July 2024

Monday 15 July 2024

Monday 14 October 2024

Wednesday 25 December 2024

Thursday 26 December 2024

Wednesday 1 January 2025