

JMP

WINTER NEWSLETTER

2024

Everyone at Jedburgh Medical Practice would like to thank our patients for the lovely gifts and cards that we received over the festive period, they were much appreciated..

To help everyone stay well over the Winter months it is important that we all prepare for the cold weather. As the weather gets colder and the days get darker it can affect our health and wellbeing, however by following the tips below from NHS inform we can stay healthy this winter.

- 1) **Use digital resources for safe and trusted advice**—if you're feeling under the weather, symptom checkers or the NHS 24 online app may be able to provide the advice you need quickly. They offer quick information on various symptoms, provide advice on what to do next and give details of nearby health and care services.
- 2) **Get Vaccinated**—if you are eligible for flu/covid vaccinations you will be contacted directly, please remember your GP surgery is unable to book or rearrange these for you. All queries must be directed to the vaccination hub on 01896809250.
- 3) **Check your prescribed medicines**—check in advance that you have enough of your prescribed medicine to last throughout the Christmas and New Year Holidays. You should submit your prescription requests at least a week before Christmas. This will give your GP Practice and Pharmacy enough time to process your request.
- 4) **Check you have the correct medical supplies at home** make sure you have some over-the-counter remedies for common illnesses at home. Some examples are paracetamol and ibuprofen; antihistamines; anti-diarrhoeals; indigestion remedies; mild laxatives; first aid kit; medicines specifically for children and a thermometer to check for fevers.

During the Winter Months it is important That as well as looking after ourselves we also support others if you have vulnerable neighbours or relatives, or know someone who may need extra support, check in with them to make sure they are feeling well; are warm enough at home and have enough food and medicines if they're unable to go out in bad weather. Further advice is available from your local council or age Scotland.

Stay Warm and Safe this Winter

Plans for the New Year

Sadly our Mental Health Nurse Kirsty left the Practice on the 23rd December, Kirsty has been a great asset to Jedburgh Medical Practice and will be missed by her colleagues and patients.

Going forward any patients with mental health concerns will be given an appointment with one of our ANPs or GPs. However, if you have an urgent mental health need, there's support available to get you the right care in the right place.

If you're already getting mental health support for a service, then if possible please continue to use this service to get the support you need.

If you require support and your GP practice or other mental health support is closed and you can't wait for them to reopen, then you can phone NHS 24 on 111 and choose the mental health option. You will then be connected with the NHS24 mental health hub who will help get you the right care in the right place, this could include helping you access other resources or directing you to self-care options, or referring you to A&E or 999 if needed.

Please note you won't be charged for phoning 111 and it won't appear on your bill!



NHS Pharmacy First Scotland

NHS Pharmacy First is a NHS Service provided by your local community pharmacy. This service will help people access the right care in the right place, without having to go to their GP Practice or local A&E for non-urgent treatment.

Everyone who is registered with a GP Practice in Scotland, or who lives in Scotland, is encouraged to use their local pharmacy when they have a minor illness or common condition.

Your local pharmacist or a trained member of the pharmacy team will give you advice and provide medicine if needed. They may refer you to another healthcare professional if they feel your condition needs further investigation or more specialized care. Pharmacists and their teams are experts in medicines and can help with minor health concerns. A pharmacist, or member of their team can give you advice and treatment (if you need it) for various minor illnesses and common clinical conditions including:

- Acne
- Allergies
- Athletes foot
- Backache
- Blocked or runny nose
- Cold sores
- Constipation
- Cough
- Cystitis(in women)
- Diarrhoea
- Earache
- Eczema
- Headache

- Headline
- Haemorrhoids
- Impetigo
- Indigestion
- Mouth ulcers
- Pain inc period pain
- Shingles
- Sore throat
- Thrush
- UTI

If a pharmacist, or a member of their team, think it is better for you to see your GP or another healthcare professional, they may refer you directly, in this instance they will give you a form detailing who they recommend you see and in what timeframe, they will then instruct you to bring this form to Jedburgh Medical Practice for a relevant appointment to be made.

Surgery Opening Times

Monday-Thursday 830-6

Friday 830-530

Our GP Team

GP Partner Dr Siobhan Macintyre

Mon, Tues, Wed

GP Partner Dr Scott Ferguson

Mon, Tues, Thurs, Fri

GP Partner Dr Tommy Galliano

Mon, Wed, every 2nd Thurs, Fri

GP Locum Dr Jane Savoury

Thursday