

New GP Joining Practice

We are delighted to announce that we have Dr Helen Treliving joining our team as a Salaried GP from June 2025 who will be working a Wednesday, every 2nd Thursday and a Friday. Dr Treliving has worked in GP Surgeries across the Scottish Borders for a number of years and I'm sure all our patients will join us in welcoming her to the team at Jedburgh.

With the addition of Dr Treliving from June we will have the following cover from GPS:

Dr Siobhan Macintyre - Monday, Tuesday, Wednesday

Dr Scott Ferguson – Monday, Tuesday, Thursday, Friday

Dr Tommy Galliano – Monday, Wednesday, every 2nd Thursday, Friday

Dr Helen Treliving - Wednesday, every 2nd Thursday, Friday

In addition to our team of GP's we also have 2 Advanced Nurse Practitioners and 1 Trainee Advanced Nurse Practitioner who have on the day face to face appointments available and cover the following days:-

Emma Brown - Monday, Tuesday, Wednesday, Thursday

Rory Macpherson— Monday, Tuesday, Wednesday, Thursday, Friday

Lynne Finlayson— Monday, Tuesday, Thursday, Friday

This gives us a total of 552 appointments each week, consisting of 325 GP appointments and 227 ANP appointments.

Minor Injuries

With more people being outdoors over the Summer Period there is often an increase in minor injuries whether this be a cut, a minor burn, a sprain or strain or a broken or fractured a bone. If you do experience any of these then you need to call NHS24 on 111 who will then give you an appointment time to attend the minor injuries at the Borders General Hospital.

The 2018 General Medical Services Contract began a process of reform that saw a number of services previously provided by GP Practices being moved to the responsibility of the NHS Boards, consequently Jedburgh Medical Practice no longer has the facilities to attend to minor injuries, therefore if you call or come to reception with a minor injury you will be asked to call 111 for the Minor Injuries Unit.

Hayfever

Hayfever Is a common ailment caused by an allergy to pollen, common symptoms include sneezing, runny nose, itchy or watery eye and a cough. There's currently no cure for hay fever but most people can relieve symptoms with treatment, and many hayfever remedies are available over-the-counter, therefore you are advised to speak to your local pharmacist in the first instance. However, speak to your GP Practice if your hayfever symptoms get worse or do not improve after taking over the counter medications. You can prevent hay fever symptoms by wearing wraparound sunglasses, taking a shower and changing your clothes after being outdoors, applying a small amount of Vaseline to the nostrils to trap pollen, keeping doors and windows shut as much as possible and wiping surfaces in your house regularly with a damp cloth.



BH Dates

Jedburgh Medical Practice will be closed on these dates.

Monday 5th May 2025

Friday 11th July 2025 Festival Friday

Monday 14th July 2025

Monday 13th October 2025

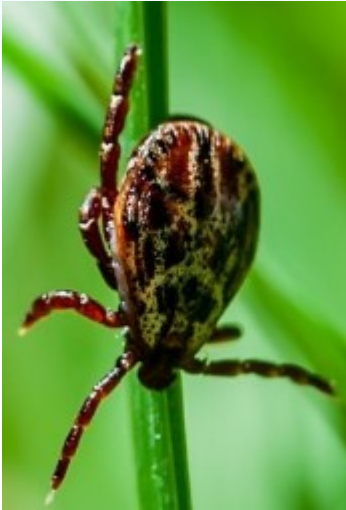
Thursday 24th December 2025

Friday 25th December 2025



Tick Bites

Ticks are small, spider-like creatures who normally appear between March and October and they feed on the blood of birds and mammals, including humans. They vary in size and are usually between 1mm to 1cm long and have either 6 or 8 legs. Ticks are usually found in woodland, grassy areas, gardens and parks, they don't fly or jump but climb on to animals or humans as they brush past. You can prevent tick bites by :-



[photo caption]

- Keeping to footpaths and avoiding long grass when out walking
- Wearing appropriate clothing
- Use insect repellent on exposed skin
- Check your skin for ticks
- Make sure ticks are not brought home on your clothes
- Check your pets do not bring ticks into your home in their fur

Tick bites aren't usually painful but may cause a red lump to develop where you were bitten, in some cases tick bites may cause:

- Swelling
- Itchiness
- Blistering
- Bruising

You can find advice on how to manage a tick bite on <https://www.nhsinform.scot/illnesses-and-conditions/injuries/skin-injuries/tick-bites/>

How to Remove Ticks

If you've been bitten by a tick, it will attach to your skin. You should try to remove it as soon as possible. You should use a tick removal device or fine-toothed tweezers to gently grip the tick as close to the skin as possible, pull steadily away from the skin without crushing the tick, wash your skin with water and soap afterwards and apply an antiseptic cream to the skin around the bite. Many pharmacies and outdoor stores sell tick removal devices. These are useful if you often spend time in areas where there are ticks. If the tick's mouthparts break off in the skin and cannot be removed, this may cause irritation. But, they should fall out naturally in time. If you are unable to remove a tick yourself you will need to visit a minor injury unit to get this removed, contact 111 to arrange a same day appointment.

Once you've removed a tick, monitor the area where you were bitten. You do not need to speak to your GP if you've been bitten and have no symptoms.

Speak to your GP Practice if you've been in an area where you could have been bitten by a tick and you have a pink or red rash, a temperature of 38 degrees Celsius or above, you have other flu-like symptoms or swollen lymph nodes.

