

JMP

WINTER NEWSLETTER

2026

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.

***Move around: staying active, even indoors, helps to keep you warm**

***Check in on others: Please remember to check on older or vulnerable friends, family and neighbors. A quick phone call or a friendly visit can make a big difference.**

***Prioritize your mental wellbeing: Winter can be a challenging time for many. Keep in touch with friends and family to help you feel connected.**

Plan Ahead

- Be prepared: Before the weather gets very cold, check that you have enough food and any essential medicines.**
- Get vaccinated: If you haven't already, please consider getting your flu and covid 19 vaccinations. There are the best way to protect yourself from serious illness.**

Please note: vaccinations are provided through specific vaccination centers and clinics, not by GP practices. The specific locations depend on the local NHS board.

For more detailed advice on how to stay safe in cold weather, please visit the NHS inform website.

Stay Warm and Safe this Winter.

Bank Holiday Dates for 2026

Jedburgh Medical Practice will be closed on the following dates.,

Monday 6 April 2026

Monday 4 May 2026

Monday 13 July 2026

Monday 12 October 2026

If you require medical attention on these dates please contact 111, or for a medical emergency contact 999.

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
- Haemorroids
- 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

Salaried GP—Dr Helen Treliiving

Wed, every 2nd Thurs, Fri