

Welcome to Our Summer Newsletter

We hope all our patients are enjoying the summer months and making the most of the warmer weather. In this edition, you'll find important information about upcoming changes to our online prescription service, the new Walk-In Clinic in Hawick, tick bite awareness, and advice for students heading off to University.

Important Changes to Patient Access

Many of our patients currently use Patient Access to order repeat prescriptions online. As part of our planned computer system changes in October 2026, the Patient Access service will be changing.

To ensure a smooth transition to the new system, it is very important that we have your current mobile phone number and email address recorded correctly on our system.

What you Need to Do

We have been contacting patients who currently use patient access to confirm their contact details.

If you have not been contacted, please call the practice on 01835863361 our team will check and update your contact information if required.

What Happens in October?

If we have the correct contact details recorded when the new system goes live:

- You will receive a text message containing a registration link.
- The link will guide you through the process of registering for the new patient app/service.

Why is This Important?

If your contact details are incorrect, you will lose access to Patient Access when the change takes place in October. You will then need to register from scratch for the new system, which may delay your ability to access online services

Please help us make this transition as smooth as possible by ensuring your contact information is up-to-date.



New Walk-In Clinic for Jedburgh Medical Practice Patients

We are pleased to advise patients that from Tuesday 7th July, patients registered with Jedburgh Medical Practice will have access to a new walk-in clinic based in Hawick.

Opening Hours Tuesday-Friday 12pm-8pm, no appointment is required.

The Walk-In Clinic Can Help With:

- New pain or fever
- New sore throat, ear infections or chest infections
- New skin conditions or rashes
- New stomach or bowel problems
- New muscle, joint or back pain
- New headaches or dizziness
- New changes in health
- Flare-ups of existing conditions

The Walk-In Clinic should NOT be used for:

- Medical emergencies—call 999
- Injuries such as sprains, suspected broken bones, wounds—Contact NHS 111
- Routine care or reviews of long term conditions
- Repeat prescriptions or medication reviews
- Sick notes
- Blood tests
- Routine or non-urgent treatments
- Routine sexual health checks
- Dental problems
- Eye problems

It is also not suitable for pregnant women or children under 2 years of age.



Students Going to University

Congratulations to all students preparing to start university or college this Autumn.

One of the most important things you can do when moving away from home is register with a GP Practice near your university.

Why Register Near Your University?

Registering early means you can access Healthcare quickly if you become unwell and avoid delays when seeking medical support.

A local GP can assist with:

- Physical conditions
- Mental health support
- Prescriptions
- Ongoing medical conditions
- Vaccinations and routine healthcare

Before You Leave Home

Please remember to:

- Ensure your vaccinations are up to date
- Arrange enough medication for the start of term
- Register with a GP Practice near your university as soon as you arrive
- Learn how to access NHS services in your new area

Don't wait until you are unwell to register

From All of Us At Jedburgh Medical Practice

We wish all our patients a safe, healthy and enjoyable summer.



Tick Bites

The Scottish Borders offers many wonderful opportunities to enjoy the outdoors during the summer months. However, tick bites are more common at this time of year.

Protect Yourself Against Tick Bites

When spending time outdoors:

- Wear long sleeves and long trousers
- Use insect repellent
- Stay on recognised paths wherever possible
- Check yourself, children and pets for ticks after outdoor activities.

If You Find a Tick

- Remove it as soon as possible using fine tipped tweezers or a tick removal tool
- Pull upwards steadily without twisting
- Clean the area after removal

Seek Medical Advice If:

- You develop a circular or expanding rash
- You experience flu-like symptoms after a tick bite
- You have concerns about a tick bite or incomplete removal

Early recognition and treatment of Lyme Disease is important.



[photo caption]

