

Davidsons Mains Medical Centre

NEWSLETTER



Welcome to the Davidson's Mains Medical Centre Newsletter. This newsletter will be produced regularly with information about the practice, who we are and how best to access our services. We hope you find this useful – every issue will also be on our website and our Facebook page.

Online Prescription Ordering

We now have a new online ordering service available, and we will be contacting patients over the coming weeks/months to get you signed up. You will receive a text followed by an email with instruction of how to create your own username and password. Your account will show you all your repeat medication, if your request has been processed and when you last received it too. In the meantime if you wish to sign-up please complete the form on our website.



www.ithriveedinburgh.org.uk

Edinburgh's new Thrive Welcome Team can support you to access the right support for your mental health. Each Thrive Welcome Team has friendly, skilled, and experienced mental health practitioners. The team members work closely together, in a collaborative and supportive way to think about ways in which they can help and support you. The teams can see people aged 18 to 64 years, and the service is open to people registered with a North West GP.

No appointment needed – Talk about your mental health and how this is affecting your life – Learn what support is available and how to access it. For up-to-date locations and times please check the website.

Northwest Thrive Welcome Team Drop ins

When: Every Monday 1.30pm – 3.30pm

Where: Life Care Centre, 2 Cheyne Street, Edinburgh EH4 1JB

When:

Every second Tuesday 9am – 11am

Where: South Queensferry Medical Practice, Community Wing, 41 The Loan South Queensferry EH30 9HA

When:

Every Wednesday 1pm – 3pm

Where: The Rannoch Centre, 6 Rannoch Terrace, Edinburgh, EH4 7ES

When:

Every Thursday 9.30am – 11.30am

Where: Craigroyston Health Clinic, 1b Pennywell Road, Edinburgh, EH4 4PH



CTAC - Community Treatment and Care Service: 0300 790 6296

Community Treatment and Care Services (CTACS) provide services previously delivered by GP practices. These may include wound care and dressings, suture removal, ear wax management, phlebotomy and other services too.

CTACs also house the Vaccine team who deliver the vaccination programme for those eligible for routine vaccinations such as Flu, COVID, Shingles and Pneumococcal.

Appointments

If you require an emergency appointment for the morning, we accept calls from 8am. If you require an afternoon emergency appointment, please phone after 10:30. We will do everything we can to help, please be kind and patient with our staff.



Contraception

Nexplanon: Did you know that you can have your implant removed and reinserted at our surgery? Please speak with the GP before booking.

COILs: although we don't insert in Practice we do offer appointments with our nurse for removals. For COIL insertions contact Chalmers



Update Contact Details

Would you like to be reminded of any upcoming appointments you might have? Check with reception that you have given your consent and ensure we have up to date contact details for you.

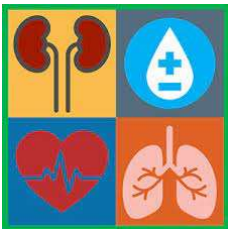
No longer have a landline? Let us remove that from your file.

Do we have a next of kin on file for you? Please speak with reception if you would like to confirm these details.



Long Term Conditions

If you suffer from a long term health conditions you will be invited annually to attend the surgery for a review. This annual review normally coincides with your Birthday Month. Speak to a member of reception if you think you are due a check-up. Long Term Health Review – CHD, CKD, Hypertension, Asthma, COPD, Diabetes.



Bowel Screening

Bowel screening is offered everyone aged 50 to 74. The screening test should be repeated every 2 years. The test can be done at home. The [Scottish Bowel Screening Centre](#) will send you a free test kit every two years. If you're 75 or over, you can still take a bowel screening test every 2 years. However, you'll need to request a new test kit each time.

Speak to your GP if you experience:

These are usually caused by something other than cancer but it's important to have them checked.

- bleeding from your bottom
- blood in your poo
- a persistent and unexplained change in bowel habits
- unexplained weight loss
- extreme tiredness for no obvious reason
- a pain or lump in your abdomen (tummy)



@DavidsonsMainsMedical

Practice Closures

Friday 18 April 2025
Monday 21 April 2025
Monday 5 May 2025



www.NHSinform.scot