



**CHRISTMAS & NEW YEAR
OPENING HOURS**

The surgery will be open on

**Monday 23 December 2019
Tuesday 24 December 2019
Friday 27 December 2019**

**Monday 30 December 2019
Tuesday 31 December 2019
Friday 3 January 2020**

When the surgery is closed
**emergency advice and
assessment is available from
NHS 24:**

**Dial 111
www.nhs24.com**

**In a life threatening
emergency dial 999**

Repeat Prescriptions

Please remember to order your repeat prescriptions in plenty of time before the festive closure. Please allow two full working days for prescriptions to be processed and remember to take weekends and public holidays into account.

Prescriptions can be ordered by completing and dropping off a form at reception or online via the Leith Mount Surgery website

www.leithmountsurgery.co.uk

We do not accept telephone requests for prescriptions except for requests from housebound patients.

CONGRATULATIONS

Congratulations to Dr Sonia Nemaikallu, Registrar in General Practice who has passed her final exams and will become a qualified GP in mid February.

Congratulations also to Dr Anna Mattinson who passed her recent exams and will shortly be entering her final year of GP training.

**HOLLIE RUDDICK
Community Link Worker**

I'm the new Community Link Worker at Leith Mount – in the surgery on Tuesdays and Thursdays. I am referred patients by GPs and other members of practice staff, and meet with them to talk about

anything which is affecting their wellbeing. Some examples might be ongoing mental or physical health issues, benefits or financial problems, carer issues, family issues, loneliness, employment or volunteering. In follow-up meetings I try to link people with services, community groups and information which could be helpful for them. If you're interested in meeting with me, please let any member of staff know.

**FIONA RENNIE
Practice Pharmacist**

I am the Leith Mount Practice Pharmacist. I work alongside our practice Pharmacy Technician Laura McLean, and our recent addition, pre-registration Pharmacy Technician Emma Brinklow.

I grew up in Aberdeen and have lived in Edinburgh for 15 years now.

I previously worked in hospitals, both in Edinburgh and in Fife. In my new role in GP practice I am working with the GPs to make sure that the prescriptions you receive are

safe and effective. I am interested in the management of patients with chronic pain.

For more information about shingles, the vaccination and eligibility visit

FLU VACCINATIONS

We encourage all patients over 65 years to attend for flu vaccination.

Patients of any age with a chronic health condition also benefit from vaccination to reduce risk of flu infection. This includes patients with heart disease, diabetes, asthma, COPD, chronic renal disease and immunodeficiency illnesses. Please make an appointment with the practice nurse for flu vaccine in these cases or discuss with your doctor.

This year children between the ages of 2 – 5 years are able to have the flu vaccination. If your child has not attended one of our clinics but you would like them to have the vaccination, please make an appointment with the Practice Nurse or a GP.

SHINGLES VACCINATION

Shingles is an infection of a nerve and the skin around it. It is caused by the same virus as chickenpox and causes painful blisters on the skin.

In Scotland around 7000 people aged 70 years and over get shingles every year. There is a vaccine that can reduce your risk of getting shingles (also known as herpes zoster), or, if you do get shingles, it can reduce how serious the symptoms will be.

<https://www.nhsinform.scot/healthy-living/immunisation/vaccines/shingles-vaccine>

If you wish to have the Shingles Vaccination, please telephone the surgery on 0131 561 1900 to make an appointment with the Practice Nurse.

(The FLU vaccination can be given at the same time as the shingles vaccination)

Shingles Vaccination Eligibility:
People between the ages of 70 and 79 on 1 September 2019 are eligible for the free shingles vaccine.

People aged 80 and over won't get the shingles vaccine because it's less effective as people get older.

THANK You

The GPs and staff would like to wish everyone a Happy Christmas and New Year and thank patients for the lovely gifts and cards that are handed into the practice over the festive period.