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Dear Patient

March 17th marked 1 year since Cairn had to close its doors to patients because of the COVID-19 global pandemic.

The National Day of Reflection was observed on 23rd March, the anniversary of our first COVID-19 lockdown, with a minute's silence to remember the thousands that have died of Coronavirus.

As we mark 1 year of living and working through the pandemic we would like to thank you for your patience and support whilst sweeping changes have been made to the way in which we operate our practice in our attempts to respond to the crisis appropriately.

The COVID-19 impact on us as individuals has varied widely and sometimes in unexpected ways. As such we very much appreciate the goodwill that many of you have directed to us during this time of great uncertainty.

We have managed to administer more than 4,000 1st doses of the Covid-19 vaccine since our first Covid-19 vaccination clinic on 16 January 2021. Our ability to vaccinate our patients in line with NHS Highland targets continues to be guided by the regularity of vaccine supply.

Vaccine safety

Following safety reports about the AstraZeneca vaccine, all reviews showed that there is no evidence of increased risk of blood clots among people already vaccinated.

There is encouraging evidence that the vaccine works and our own doctors have also looked at the data and are keen to encourage all our patients to please take the vaccine when it is offered. It is our only route back to some normality.

Thank you for your ongoing support and understanding.

IncrEdible Edible

The Practice is delighted to share that we have collaborated with "IncrEdible Inverness".

They are one of many "Incredible Edible" groups around the UK. They are a group of volunteers that aim to plant up unused areas of our communities with food and plants for pollinators. Their goals are:

- to put wasted space to use;
- to educate and inspire folk to grow their own;
- to improve our towns and cities as habitat for pollinators;
- to create a community help-yourself feel.

In the fullness of time, we hope to have an attractive and productive space both at the front grass and at the back of the practice.

It is our hope that in the future our patients can spend time in our garden, reconnecting with nature or "growing their own" both as a useful skill and for therapeutic benefit.

Active Health

What will your #parkrunresolution be?

As we welcomed in the New Year, our practice team made our own #parkrunresolution over an eight week period: just to get going! 2020 had been an incredibly challenging year and we recognised the need for opportunities to nurture ourselves and the community around us.



We each committed to do "something," no matter how big or small e.g. walking that little bit more, going for a light jog, or a cycle.

The team responded brilliantly, and activities included open water swimming, building strength on a turbo trainer, extra dog walking, jogging, and yoga. One of the reception team logged 17k running back and forward manning the car park at a Covid-19 clinic!

Whether you want to take your first steps to a more active future, commit to supporting friends or family members to move that little bit more, or improve your own 5k time, why not make 2021 your own year of #parkrunresolution?

Our very own Active Health team, Lisa & Jodi, can help you to be more active. They work with a wide range of our patients, many of whom are managing long term conditions like diabetes, fibromyalgia, anxiety and asthma. Contact them on 07514 786218 or by email activehealth@velocitylove.co.uk

Covid-19 Vaccine

When you're eligible, we'll invite you to roll up your sleeve. Our team will phone you to book your appointment.

Unpaid carers are to self-identify/ register on-line via <https://www.nhsinform.scot/carersregister> or by calling the national Covid-19 contact centre: 0800 030 8013.

Please make every effort to attend your Covid vaccine appointment when invited. If you cannot make your appointment it is important that you call the practice to cancel to avoid vaccine waste.

Where possible please do not drive to your vaccine appointment, this is to avoid congestion in our car park. If you are able please walk, use public transport or arrange a lift.

After you get the vaccine you will still need to follow the latest government advice on physical distancing. For more information please visit <https://www.nhsinform.scot/covid-19-vaccine>

SMS Service

Are you registered?

The practice has realised the value of the ability to communicate quickly and effectively with our patients by SMS.

Using SMS for those that are able does free up time for our staff members to be more available to those patients that are not able to engage with technology in this way.

Patients register their mobile phone number with the practice to receive appointment reminders and important healthcare updates. Please ensure we have your correct mobile number on record by emailing it to us at nhsh.gp56006-reception@nhs.scot or phoning us on 01463 712233. Please remember to include your full name and date of birth in your email.

This is a one-way service; please do not reply to the SMS unless prompted, as we will not receive your reply. It is also an opt-out service. This is because Cairn Medical Practice does not use patient SMS communication for any commercial or private gain but rather for individual healthcare benefits.

Practice Closure Days

The Practice will be closed on the following dates:

2nd & 5th April
3rd May
2nd July
2nd August
15th October
27th & 28th December

If you have a medical concern when the practice is closed please contact NHS 24 on 111. **In a medical emergency please call 999.**