

Dear Patient

Welcome to our September newsletter, what a busy time it has been!

We completed our 1st and 2nd dose Covid-19 vaccination programme on 6th September. Between January and September we hosted 62 clinics and administered almost 11,000 vaccinations!

Please remember that the practice is open and our clinicians are seeing patients face-to-face (F2F) where clinically necessary.

Along with our phone and 'Near Me' (video call) appointments, from the end of October we will have some F2F appointments available for booking. F2F appointments are to be used for medical concerns that cannot be dealt with over the phone or video call and our receptionist team is on hand to guide you. Remember, where you have a phone or video call appointment the clinician you speak to will decide whether you need to come into the Practice for a F2F appointment. This is to keep everyone safe by limiting footfall through the Practice and stopping the spread of Covid-19.

When you do call or pop in to make an appointment our reception team will do their best to direct you to the right person and place for your care. We understand that you may feel reluctant to share your personal care concerns with someone other than a clinician, but please answer the questions put to you by our receptionists so that they can direct you to the most appropriate service.

And also please remember that it is ok to ask your clinician questions because we want you to understand what's going on with your health so that you can make better decisions around your care and treatment.

As Autumn calls we have commenced our seasonal flu vaccination programme. If you are eligible we will be in touch in the coming days and weeks to invite you to make an appointment to attend one of our clinics.

Team Cairn

Staff Update We are pleased to share that Dr Alan Cuthbert has joined the Cairn team and will be with us for the next 12 months. We have also been very fortunate to have Dr Rachel Keltie and Dr Stuart Connelly supporting us over the period to end December 2021 whilst Drs Rod and Lorna Sampson remain on family leave. Please be assured that every member of our team is committed to our patients and their health needs and we are working as hard as we can to provide the best service possible in difficult times.

Rising Star!

Our very own Joanne Igoli, now a 4th year ScotGEM University of Dundee student, who was with us for her 3rd year placement to June 2021, was recently awarded not 1, but 2 'Winner' certificates at the University's recent annual awards ceremony.

1. Winner: Agent of Change Individual Award – awarded to the student whose individual work conveys the most insightful learning experience.
2. Winner: Top OSCE Performance – Objective Structured Clinical Examination (OSCEs) is a form of performance-based testing used to measure candidates' clinical competence.

Dr Andrew Dallas is Jo's tutor and had this to say: "What an achievement Jo. You've made us all so very proud. As one of the students in the first ever intake of Scotland's first graduate entry degree you have, despite the strains of Covid-19, demonstrated how successful this model is for training our doctors of the future."



Vaccinations Update

Covid-19

Our 1st and 2nd dose in Practice Covid-19 vaccination programme is now closed. Patients requiring a 1st or booster dose of the Covid-19 vaccine should check online for detail of local drop-in clinics organised through NHS Highland

<https://www.nhshighland.scot.nhs.uk/COVID19/Pages/Vaccination.aspx> or call 0808 196 8565.

We will co-administer the **booster** Covid-19 vaccine with the flu vaccine to our [eligible](#) patients. Co-administration clinics will start in October where patients aged 75+ will be the first to be invited.

Flu clinics

We started our flu vaccination clinics in September. These are likely to run to December 2021. This year the practice will vaccinate preschoolers, clinically extremely vulnerable and at risk patients, patients aged 50+ and patients who are carers.

Bookings

If you are registered to receive SMS from the Practice you will receive a text invitation to book your appointment through our dedicated vaccine appointment booking line. Patient's not registered for our SMS service should keep an eye on our social media pages including our [website](#) www.cairnmedical.co.uk and our [FaceBook](#) page for updates. Patients without access to social media will receive an invite in the post.

If you wish register to receive SMS updates from the practice please email your full name, DOB, home address and mobile telephone number to nhsh.gp56006-reception@nhs.scot.

GOLD for Green Impact!

Last year, we signed up to the [Green Impact for Health](#) scheme, run by the Royal College of General Practitioners, to help us improve our sustainability and reduce our environmental impact. Under the stewardship of Dr Katie Walter we are delighted to share that in August we received our 'GOLD' award. We are so very proud to have been awarded gold in our first attempt and to also be one of the first Scottish Practices to achieve gold. There is no stopping us now as we continue to work hard at reducing our impact on the planet and advocate for others to do the same.

Practice Closure Days

The Practice will be closed **15 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.**

Park Run is Back... and Even Better Than Before!



After a 16 month break due to Covid-19 restrictions it feels like it was worth the wait because we are now enjoying our brand new 'Torvean park' site. Situated beside the new canal bridge on the west side of Inverness, it is slightly hillier than our previous route but the path is perfect for exercising and there is plenty of room for everyone.

The first week back saw 360 people gather for the 5k. And such a range of athletes too – some very fast runners, some joggers, some pram pushers, some dog runners, some toddler encouragers, some walkers, some first timers, some veterans and everything in between. So come along and give it a go!

The volunteers are the true Parkrun heroes. Each week, volunteers set up the course, marshal and record times for the runners. At each corner of the 5k route there is a volunteer encouraging you to keep going.

Whatever your ability or whatever your motivation our very own Dr Anne Rennie says: "It is the best way to start a Saturday, honestly! My husband and I have missed it a lot and are delighted to be able to be active again and see so many people making an effort to look after their health – music to my ears!"

If you'd like to get involved but aren't sure how, please speak to anyone in the Cairn team.