

Branch Surgery
Kincorth Medical Centre
Provost Watt Drive
Kincorth, Aberdeen
AB12 5NA
Tel: 0345 337 1170
Fax: 01224 899182

**Dr A.D. Jamieson, Dr A.J. Henderson,
Dr L.J. Mackenzie, Dr C. Mitchell,
Dr S. Kumar, Dr C. Harris,
Dr J. Edwards, Dr B. Macphail
& Dr M. Clark**

Main Surgery
Cove Bay Health Centre
Earns Heugh Road
Cove Bay, Aberdeen
AB12 3FL
Tel: 0345 337 1170
Fax: 01224 846857

Consultations by Appointment Only

Update from Cove Bay & Kincorth Medical Centres – November 2021

Staff Update

The practice would like to congratulate Dr Mary Clark and her husband on the safe arrival of their son, Aherlow, who was born on 28th September 2021 – both are doing well.

Winter Months

As we move into winter, we are anticipating a particularly challenging time in General Practice. We will, as always, do everything we can to manage these needs as best possible. In order to assist, there are a few ways in which you can help us and the rest of the NHS to cope in these unprecedented times. These include using self-help advice and supports. NHS Inform is a good and trusted support in providing such information and help. Using our eConsult platform wherever possible is also helpful - this greatly helps us in prioritising and planning what care is needed.

Preparing for winter's health impact is also very helpful. This includes getting a free flu vaccination for those qualifying. Be careful on icy pavements and roads as this winter is one where Casualty departments will likely be particularly busy. Consider purchasing Vitamin D as this is advised for all of the Scottish population over the winter months - it protects bones and possibly helps our immune systems. Finally, enjoy festive cheer but be sensible with alcohol consumption as winter always sees an increase in health demands across all services from alcohol excess, mental health impact through to its many physical consequences. It is a concern that this could get particularly out of hand this winter.

Football Memories at Balmoral Stadium - home of Cove Rangers Football Club

Football Memories Scotland in partnership with Alzheimer Scotland and the Scottish Football Museum have for over 10 years held football reminiscence sessions in Aberdeen and throughout Scotland. We are pleased to advise that in January 2022, with the generous support of Cove Rangers Football Club, they are to commence sessions at the Balmoral Stadium. Sessions are open to those in Cove and surrounding areas who are affected by dementia, social isolation, loneliness, mental health issues and other conditions. Sessions are free of charge, but voluntary donations to refreshment costs would be appreciated. For more information please contact Charlie Craig, Football Memories/Alz Scot Volunteer Tel 01569 730190 Mob 07894200829 or via email charliec1807@icloud.com

Festive Opening Times at the Practice

The Christmas and New Year period is once again just around the corner. The practice will close at 6pm on Friday 24th December and reopen at 8am on Wednesday 29th December 2021. We will then close again at 6pm on Friday 31st December and reopen at 8am on Wednesday 5th January 2022.

Please try to ensure that all requests for repeat prescriptions are outwith this busy period.

Best wishes for a Merry Christmas from all at Kincorth & Cove Surgery