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*Consultations by Appointment Only*

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## **Update from Cove Bay & Kincorth Medical Centres – March 2021**

### **Covid -19 Injections for Unpaid Carers**

From 15<sup>th</sup> March 2021, you are eligible to self register for vaccination at this stage if all of the following apply:

- you are aged 16 to 64 years old
- you provide face-to-face care and support to one or more family members, friends or neighbours
- the care you provide is not part of a contract or voluntary work
- if caring for someone under 18, they are affected by a disability, frailty, physical or mental ill-health, developmental condition or substance misuse
- you have not already received your first coronavirus vaccination

To self register go to <https://nhsinform.scot/carersregister> or if unable to go online call the Helpline on 0800 030 8013

You will be asked for some personal details such as name, address and date of birth. You will also be asked for your contact preferences.

### **Does your GP Practice have your correct address?**

Did you know that the Covid Vaccination Team take their information from the GP data systems? Therefore invitations will be sent to the address that is on your GP records. If you have moved and not informed your GP Practice this risks your invitation going astray. Please update your address at your GP Practice if this applies to you. Should this necessitate a change of GP Practice, if you have moved into Cove from another area, then Cove and Kincorth Medical Practice welcome new registrations. These can be made on-line from our practice website (preferred at present) or by collecting forms from the reception desk

### **Organ Donation**

Organ Donation – there is a change in the law as of Friday 26<sup>th</sup> March 2021. The law on organ donation in Scotland has changed, with the country moving to an 'opt-out' system. Put simply, all those aged 16 and over will now be considered willing to donate their organs, unless they have explicitly opted out of donation. Fewer than 1% of us will die in circumstances where we could donate our organs or tissue, so we are all still encouraged to add our names to the organ donation register and discuss our decision with our family members.