

Branch Surgery
Kincorth Medical Centre
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Tel: 0345 337 1170

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

Consultations by Appointment Only

Update from Cove Bay & Kincorth Medical Centres – September 2023

Staff Update

The practice would like to congratulate Dr Brodie Macphail and her husband on the safe arrival of their daughter Rosie, who was born on 31st July 2023 – both are doing well.

We are delighted that Dr Angela Onukwu who finished her GP training with us has now joined our GP practice team.

Change to Practice Telephone Lines

From Friday 25th August 2023 we changed the way our telephone lines operated. Between 12.30pm and 1.30pm and 5pm and 6pm daily, we will be operating for emergencies only. **Please note that outwith these times our telephone lines will operate as normal.** We have made this change to ensure our staff have some time to catch up with their workload which has become excessive recently due to unprecedented demand and crisis in GP staff recruitment and long term sickness absence. The practice will continue to try and recruit replacement staff and would like to thank you for your understanding and patience at this time. Please remember that eConsult is available 24 hours a day from 8am on Monday morning right through until 2pm on a Friday afternoon.

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.

Festive Opening Times at the Practice

The Christmas and New Year period is once again getting closer. The practice will close at 6pm on Friday 22nd December and reopen at 8am on Wednesday 27th December 2023. We will then close again at 6pm on Friday 29th December and reopen at 8am on Wednesday 3rd January 2024.

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