



Craigvinean Surgery, Dunkeld

Drs Hewitt Charles Jack & Evans

Telephone 01350 727 269

June 2025

Prescription Booking

You can now order your prescription in 4 different ways. Please allow 7 days between ordering and collection of your prescription. Davidsons do a text alert service notifying you when your prescription is ready which you can sign up for at the Chemist:

- 1) Online prescription requests through our Website. See web address at foot of newsletter.
- 2) By email through our prescription mailbox: TAY.craigvineanprescriptions@nhs.scot
- 3) By phone: **01350 727269** then select **option 1** to leave your prescription request on our new prescription answering machine.
- 4) You can still request a prescription in person when attending the Surgery. Or leave your request in the black mailbox.

Skin Cancer Prevention

Without being too optimistic we can hopefully say that summer is on it's way. Sunny days are a delight but you also need to protect yourself from the Sun's potentially harmful effects.

Sunburn can be painful. It is also a clear sign that your skin has been damaged by too much ultraviolet (UV) radiation. Over time this damage can build up and lead to skin cancer. It is important to avoid getting burned and to protect your skin when the sun is at its most intense. Spend time in the shade between 11am and 3pm. Wear a T shirt, hat and sunglasses. Wear a hat with a wide brim for the best protection. Wear good quality, wrap around sunglasses. Wraparounds stop the sun from getting in at the sides. Buy these for children too – toy sunglasses can do more harm than good.

Use sunscreen with at least **SPF 15** (the higher the better), with good **UVA protection** (the **more stars the better**). You should put your sunscreen on before you go out in the sun so the cream can be absorbed. Then put on another layer to make sure you haven't missed any bits. Put it on before anything else so it is next to your skin. If needed you should apply moisturiser, insect repellent or make up afterwards. This is particularly important if you are using an **organic (chemical) sunscreen**. For more info visit: www.cancerresearchuk.org

Surgery Closed Wednesday 4th June 2025 from 1pm For NHS Tayside scheduled staff training

For healthcare issues that afternoon phone the Surgery and listen to the message. In emergency call **999**.

CTACs Single Point of Contact

As part of the ongoing changes to how your health-care concerns are managed by the Surgery. CTACs (community treatment and care services) who have been providing phlebotomy, chronic disease management and woundcare at the Surgery since 2020 are expanding their operational scope. They now have a dedicated call handling team who will be available to make patients appointments. Until now all appointments were booked by the Surgery staff on additional software we had to run on our systems. Going forward when you receive your Chronic Disease review recall correspondence from us it will include the number to contact CTACs on so you can make your review appointment at your convenience. Similarly if you see a GP and they feel you require blood tests they will give you the number to contact and arrange your appointment. The same will apply to woundcare. The main benefit to patients from this change is the freedom to have your appointment whenever and wherever you want. CTACs hold clinics across Perth & Kinross and anyone can be booked in for an appointment at these sites eg If you work in Perth it might be easier for you to arrange an appointment in Perth rather than having to take time off work to be seen in Dunkeld. Rest assured though the clinics that have been running in Dunkeld will keep going and the CTACs call-handlers will prioritise booking patients at their local CTACs clinic unless you request a slot elsewhere. The surgery will still be able to access the appointment system that CTACs will be using. So can assist if you have any problems queries and in some instances it may be easier if we directly book you in.

All these small changes are part of the Scottish governments care navigation plan to free up GPs and Practice Nurses to manage the more complex care problems that our aging population presents.



www.craigvineansurgery.scot.nhs.uk

Visit our website and sign up to receive this newsletter by email each month. You can also sign up for our online prescription ordering service via the link on the Website Homepage.