



DUNBAR MEDICAL CENTRE PATIENT GROUP

NEWSLETTER SPRING 2021

Welcome to the first newsletter of 2021 from your Dunbar Medical Centre PPG

It is hard to believe we are now one year into the Pandemic. It has been a challenging time for many people particularly front-line staff. The Staff at Dunbar Medical Centre have faced a wide range of changing challenges throughout this period. We would like to thank them all for their professionalism, commitment, dedication and for the long hours they worked to ensure that their Patients were given the highest standard of care during this difficult time. The feedback from the vaccination programme in particular has been really excellent. Well done to you all.

A Celebration - Dr Neil Black celebrates 30 Years in Dunbar with a socially distanced celebration in the Medical centre.



We would like to congratulate Dr Neil Black for achieving 30 years of serving the community at Dunbar Medical Practice. Dr Black has commented: "I'm a fortunate man who enjoys his job because of the people I work with both patients, staff & GP colleagues. Lots of changes over the years, mostly for good. Continuity of good care & timely access to IT are the main things that make primary care great. Loose either one & things deteriorate. Hope we can preserve both.

New GP Dr Jacqueline McKinnon

Dr Jacqueline McKinnon, known as Jacks started as a Salaried GP in December 2020 as a replacement for Dr Beverley Mee who took medical retirement from the partnership after many years with Whitesands Medical Practice. Jacks completed a psychology degree before qualifying as Doctor from Glasgow University in 2012. She then trained as a GP in Tranent and Edinburgh and worked at St Triduana's Medical Practice in Edinburgh before coming to Dunbar. She moved to East Lothian with her family three years ago and enjoys getting the kids out walking in the lovely East Lothian countryside and beaches at the weekends.

A warm welcome to Rosie Chisholm who has recently joined Dunbar Medical Centre, Rosie is an Addiction Nurse and is a very much welcomed addition to the team in Dunbar. Rosie will be in the medical centre every Monday and patients can seek a referral to Rosie via their GP.

COVID VACCINATION UPDATE - All of the three medical practices and teams at Dunbar Medical Centre strongly recommend that you get the COVID-19 vaccine as soon as it is offered to you.

If you have any questions about the COVID-19 vaccine, visit nhsinform.scot/covid19vaccine or call 0800 030 8013 (available 8am–8pm, 7 days a week).

COVID-19 vaccine information is available in different languages at nhsinform.scot/covid-19-vaccine/leaflets-other-languages-and-accessible-formats/other-languages.

NHS Scotland 强烈建议您在可获得疫苗接种时立即接种疫苗。

如有任何关于2019 冠状病毒病疫苗的疑问，请访问 nhsinform.scot/covid19vaccine 或者拨打 0800 030 8013（每周 7 天，每天上午 8:00 至晚上。

NHS Scotland zdecydowanie zaleca zaszczepienie się od razu, gdy szczepionka zostanie ci zaproponowana.

Jeżeli masz jakiegokolwiek pytania dotyczące szczepionki przeciwko COVID-19, wejdź na stronę: nhsinform.scot/covid19vaccine lub zadzwoń pod numer: 0800 030 8013 (czynny przez 7 dni w tygodniu w godzinach 8–20).

توصي NHS Scotland بشدة بأن تحصل على اللقاح بمجرد توفيرة لك.

إذا كانت لديك أية أسئلة حول لقاح كوفيد-19، قم بزيارة nhsinform.scot/covid19vaccine أو اتصل بالرقم 0800 030 8013 (متاح من 8 صباحاً إلى 8 مساءً، 7 أيام في الأسبوع).

Who Are the PPG Members:-



John Robertson – Chairman and founder member. Born in Edinburgh, John has lived in Dunbar for 11 years with his wife Lorraine and their 2 Border Collies. John enjoys travelling in his spare time



Caroline Wilson – Secretary and founder member. Born in Edinburgh, Caroline has lived in Dunbar for 17 years with her husband Peter and works in East Lothian but currently working from home due to the Pandemic. Caroline loves travelling and has so missed this over the past year!



Peter Wilson – Founder member. Peter was born in Blackpool then moved to Bramhall, Cheshire before moving to Dunbar 19 yrs. ago and is married to Caroline. Peter is currently working from home like many others and enjoys Gardening in his spare time, Pete is also a founder member of Dunbar in Bloom.



Catherine Dunning - Catherine moved to Dunbar 7 years' ago. Following her retirement, she was approached about joining the PPG at the 2017 flu clinic. Catherine says "I enjoy trying to advance the group and promoting the newsletter to as many people and groups" "please join me in posting the newsletter around the area"



Richard Copland – Richard , his wife and 2 daughters have been patients of Lauderdale Medical Practice for over 30 years. Richard has spent a good deal of his working life in the NHS in Scotland and England. Richard's wife ran the village shop in Cockburnspath for 15 years and loved it!

Community Link Workers – Dunbar Medical Centre are pleased to welcome two Community Link workers, Louisa Richardson and Carol Orr. The main focus of Louisa and Carol's work will focus on weight management, social isolation, unemployment, anxiety and many other topics. We will have an article from Louisa and Carol about their work in the next newsletter... another great addition to the Medical Centre.

Coming Soon.....



We look forward to bringing you in future newsletters short interviews with some of the medical centre staff, not just the Dr's but from the whole team. The interviews will let you get to know them a bit better and see what they enjoy doing when they are not working helping us!

Your Local Chemist



Remember your local chemist offers a fabulous service, you may not need to make an appointment with your GP, pharmacists are able to prescribe a range of medication which in turn frees up GP appointments – a member of the PPG recently used this service and received excellent advice and medication, this has freed up a GP appointment space. Thank you to our great local chemists, they do a fantastic job for us in the community.

Interested in Joining the PPG ?

If you are interested in joining the PPG please do get in touch, you will be made most welcome. We hope in the not-too-distant future to have a recruitment event, although this may be virtually! In the meantime, please contact John Robertson on 07879 604297 if you are interested