

*We are open for business although it's not business as usual.*

*Due to the current situation with the Coronavirus Pandemic we are continuing to make changes to the way we practice and operate in order to keep our patients, staff and visitors safe and reduce the likelihood of spreading Covid-19. Many of these changes are to reduce the amount of footfall into the practice and we ask for your cooperation and patience in helping to implement these changes that are occurring on a daily and sometimes hourly basis. Below are some of the changes that are now in place in the healthcare centre.*

** Please avoid coming into the surgery if at all possible.**

Repeat prescriptions can be requested by phoning the prescription line number on 01561 376426 rather than dropping off your repeat slip at the surgery. Hearing aid batteries, sample bottles etc are still available and can be collected from the table between the two front doors. Samples can also be dropped here and we also have the outside post box. If in doubt please phone the surgery and we can pre-arrange collection of anything you require or email documentation to you.



**In one door and out the other**



If you have to come to the surgery to see a nurse or doctor you may be asked to leave the building via a different door. This is to reduce the number of people passing back through the waiting area where other people may be sitting. You may also be asked to wait outside if you arrive at the surgery early, if there are already people sitting in the waiting area.

**If you need to see or speak to a GP or nurse**

urgently or routinely please call the surgery to arrange a call back from one of our clinical team. We are offering telephone consultations and near me consults (video calls) in the first instance but if you need to be physically examined by a GP this can be arranged.

**PLEASE WEAR A  
FACE MASK OR  
COVERING WHEN  
ENTERING THE  
BUILDING**

**Reviews and annual health checks**

All non urgent reviews and annual health checks have been deferred until further notice. If you are due for a blood test, regular injections, cervical smear, contraceptive injection etc please contact the surgery and we will advise alternative arrangements.

**PHYSIOTHERAPY**

If you have a joint, bone or muscle problem you may be given a telephone appointment with our First Contact Physiotherapists based at the medical centre. They will assess the problem, offer advice/intervention and arrange onward referrals/follow up if needed.

**CONTACT NUMBERS AND WEBSITES**

Medical Practice 0345 3373356

Prescription Line 01561 376426

Michies Chemist 01561 377417

**NHS 24 111 service – urgent advice out of hours and advice about coronavirus**

[www.laurencekirkhealthcarecentre.co.uk](http://www.laurencekirkhealthcarecentre.co.uk)

[www.nhsinform.scot](http://www.nhsinform.scot)

[www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

**Pillar Kincardine Mental Health Telephone Helpline – 01569 767 222; they offer emotional support, signposting and practical advice (0900-1600 Mon-Fri)**

**National Domestic Abuse Helpline – 0808 200 247**

## STAFF COMINGS AND GOINGS

There have been a number of staff changes recently which started as far back as September 2019 and saw Fiona Jamieson join the practice as Practice Manager. Many of you will have seen Nicola Wylie at our front reception desk who became part of the admin team in December 2019. We also have two new doctors, Dr Lindsey Clark who has been working with us since the beginning of March and Dr Thomas Philip who joined the practice at the start of June. Alyson Murphy has also joined us as an Advanced Nurse Practitioner.

### HAPPY RETIREMENT DR MULCAHY

Sadly for us and our patient's Dr Pat Mulcahy retired at the end of May. We managed to keep a hold of him for an extra couple of months due to the current situation with Covid-19 but I'm sure everyone joins us now in wishing Pat all the best in his retirement. Here's to many enjoyable bike rides and good rounds of golf.

We also said goodbye to Dr Ferdous Wahid in March who has gone on to pastures new. We wish him well for the future.

Our website [www.laurencekirkhealthcarecentre.co.uk](http://www.laurencekirkhealthcarecentre.co.uk) has useful information about our practice as well as advice about Covid-19 and links to our registration forms and Near Me (video) consultations.

*If there is anything you would like to see in future newsletters please call the surgery on 0345 3373356 and let us know.*

*Watch this space for our Facebook page coming soon.*

***Thank you for your understanding and cooperation during these challenging times. Stay safe.***

### Farewell - Dr Pat Mulcahy

**"All great things must come to an end.**

**And so on May 31, 2020, after a quarter of a century, I officially retire from my partnership post of Laurencekirk Medical Group.**

**I have loved every minute of it!**

**I feel proud of the splendid team we have built up over the years, delivering high quality Primary Care to the people of the Howe.**

**I feel privileged to have been allowed into your lives.**

**To share the joys of welcoming new life into the world, and the peace that comes with saying a dignified goodbye when the time comes. And to all that 'stuff in between' that we have tackled together. When life throws you a curve ball and you need help- what a joy it has been for me to feel that I could be of assistance at these times.**

**In the consultation my aim was to treat patients like they were friends or family, to feel listened to, supported and reassured that someone was on their side. And if they left, feeling a little better, that was a success. Sharing a laugh along the way was a bonus!**

**I will miss it all of course.**

**The relationships built up over so many years, the sense of purpose, the stories, the humour, and the teamwork.**

**It is these memories that will nourish me over this next phase of life, whatever that may bring.**

**I'll not be going far- for this is my home.**

**You may see me about on the bike or walking the dog.**

**Do say "Hi" and, once permitted again, the odd hug would be welcome!**

**I feel honoured to be a part of this community  
From the bottom of my heart - Thank you all.**

**Au revoir"  
Pat**