

Aberlour Medical Practice Newsletter Autumn 2025



ABERLOUR MEDICAL PRACTICE

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It has been some time since the last newsletter was published by the Health & Social Care Moray (HSCM) in November of 2024 with the last practice communication being published back in March 2025 detailing the hand over of the practice to Speyside Medical Group on Tuesday, 1 April 2025.

As we are now fast approaching the 6 month mark of Speyside taking up the management and operation of Aberlour Medical Practice we wish to thank all our patients for their understanding during this transition and we thought that it was time for a patient newsletter giving you some of the key updates for the practice and community.

Our practice team

GPs

- *Dr Fiachra McCaffrey*
 - *Dr Julie McIlwaine*
 - *Dr Alan Miles*
 - *Dr Ami Munro*
 - *Dr Paula Starritt*
 - *Dr Douglas Winch*
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Nurses

- *Claire Webster, Practice Nurse*
 - *Wendy Thomson, CTAC Nurse*
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Administrative Staff

- *Sarah Gray, Practice Manager*
 - *Robyn, Natalie and Hayley, Practice Administration*
 - *Nikki, Physician Administrator – Nikki is currently assigned to Aberlour for both clinical and administrative duties*
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Practice Attached Staff

We continue to be supported by

- *Andrea Robinson, Physio on a Thursday afternoon.*
 - *Dr Graham Jones, Psychiatry on a Wednesday morning*
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In addition to our Community Nursing team, Midwives, Health Visitors and School Nurse. We have also welcomed Podiatry back into the practice as they have now moved out of the Fleming Hospital.

Updates for the Practice

Long Acting Reversible Contraception (LARC) @ Aberlour

If you are looking for more information or on a waiting list with sexual health, Aberlour Medical Practice can now offer this service. If you want to know more about Implants, Coils or contraception injections please contact the practice for an appointment



Self **Check-In**

As you may be aware we now have a self check-in screen, this has been installed to help both patients and staff, especially during busy periods.

The screen is located on the wall on the left hand side as you enter the reception.

If you are coming for an appointment all you need to do is:


 *Touch the screen*

 *Enter your month of birth (e.g. September)*

 *Enter your date of birth (e.g. 12)*

 *Enter the first initial of your surname (e.g. A)*

The screen will then show your appointment details along with the name of the clinician you are seeing and ask you to confirm. Once confirmed please take a seat in the waiting area.

 *Alternatively you can use your smartphone to scan the QR code, sit down in the waiting room and complete the check-in process from your phone.*

Reception **Desk Staffing**

While we are all quite excited to have this new bit of technology, it cannot do everything our admin team can do. If you need to book an appointment, ask about a prescription or you have a general enquiry we will be available to help you.

*Our reception desk is usually manned from **8am to 11.30am and 2pm to 4.30pm** Monday to Friday. If the desk is not manned and you need to speak to someone please ring the bell and someone will come to assist you.*

*To give staff time to have their lunch we have taken the decision to close the front reception between **1pm and 2pm** daily. We ask that you try to avoid coming into the practice for general enquiries during this time. If you are coming for an appointment please use the self check-in.*

Collecting **Prescriptions**

If you have 'Collect from Desk' as your preference or if you have a telephone consultation with a GP and you need to collect a prescription from the practice, we ask that:

- *For morning consultations please do not come to collect until **after 2pm***
 - *For afternoon consultations please do not come to collect until **after 5pm***
 - *Repeat prescription requests please do not come to collect until **after 2pm***
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If you do not have a preferred pharmacy noted your prescriptions will automatically be sent to Aberlour Pharmacy.

Podiatry



As mentioned, podiatry are now using a room within the practice. These appointments are not directly run by the practice but please let reception know when you arrive. You can then take a seat in the waiting area.

*If you want to see a podiatrist you can self-refer, information is on our website, under **Useful Information and Links** then under **Self Referrals/Information**.*

Alternatively you can click on [Podiatry Self Referral Form](#) or go to the web link below or use the QR code.

https://www.nhsgrampian.org/globalassets/foidocument/foi-public-documents1—all-documents/podiatry_self-referral_form.pdf

Winter Vaccination Programme



The way vaccinations are delivered changed and GPs no longer deliver any vaccinations (both children and adults), the responsibility for this has transferred to health boards.

You and your family will now receive your vaccinations at a vaccination centre. This includes winter vaccinations and travel vaccinations.

Please note that the National Vaccination Helpline ☎ 0800 030 8013 only provides support to the flu and COVID-19 vaccination programmes.

For assistance with other vaccination programmes, the NHS Grampian Immunisation Team can be contacted on ☎ 01224 555333

Monday to Friday 08:30 – 16:40

For more information you can visit:

<https://www.grampianvax.com/>

<https://www.grampianvax.com/winter-vaccinations/>

Practice Communication

We have been working hard to share information on Facebook and adding relevant information to our TV Screen within the waiting area of the practice, we hope you find this useful.

If you wish to follow our FaceBook page you can use the QR code below or just search for Aberlour Medical Practice

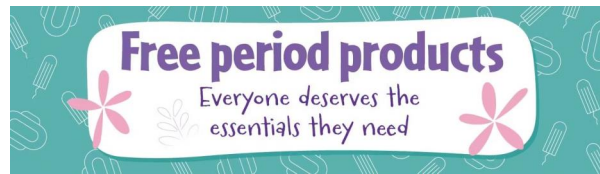


We also aim to have a regular quarterly newsletter which we will add to FaceBook, the practice website and have some hard copies available to take away.

Contacting the practice

*If you need to contact the practice please do so by phoning **01340 871 210**, we ask that unless otherwise agreed you do not send emails to the practice. We have set times through the day to check the email accounts and if urgent or in relation to an appointment or medical issue there is a chance this may not be seen in time.*

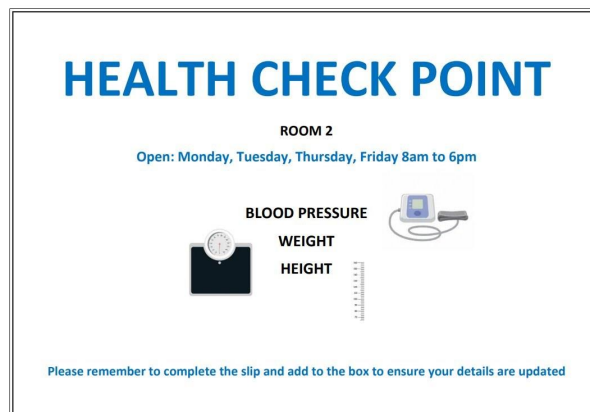
Products in Practice



This includes tampons, pads and period pants. These are available from reception as well as in the toilets.

Health Check Point Room

We know that coming to a set appointment time is not always the easiest thing to juggle so we have set up one of the rooms to let you come in to do some of the basic health checks.



Appointment Times

A gentle reminder that if you have a face to face appointment please try to come on time. We understand that there are occasions that you may run late and if this happens please call the practice to let us know. Where possible we will try to see you but we may have to reschedule your appointment.

If you are no longer able to attend an appointment please let us know as soon as possible.

Thank you to Aberlour Rainbows and 1st Aberlour Beavers and Cubs

Some of you may notice a bit of a change in our car park, we have been lucky enough to have had some help to clean and tidy the flower beds and we now have some colourful flowers brightening up the flower beds. All of us at the practice and the Fleming Hospital are very grateful for their hard work.

