

The Strathmore Surgery Summer 2025 Newsletter

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 wound care at Blairgowrie Cottage Hospital since 2020 are expanding their operational scope. They now have a dedicated call handling team who will be available to make patient's 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 wound care.

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 e.g. 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 at Blairgowrie Cottage Hospital. Rest assured though, the clinics that have been running at Blairgowrie Cottage Hospital 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 or 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.

**The number to call is
01738 413099**

CARE NAVIGATION

In response to a national shortage of GP's and the backlog caused by the COVID crisis, the Scottish Government has announced significant changes to the way medical practices must work.

From now on, GP's are no longer to be the first point of contact for many health issues. Please see over the page for a full list of services available to patients out with the GP Practice.

SURGERY NEWS

We are very pleased to welcome Corrie to our reception team.

If you are looking for a good book to read please come and have a look at our charity bookstand in the reception area. We would be happy to receive any unwanted books in good condition that you have.

Books cost 50p each with all proceeds going to the Scotland's Charity Air Ambulance.

TRAVEL VACCINATIONS

If you are going on holiday and require travel vaccinations please contact:

NHS Tayside Vaccinations Service on
01382 423 108

Or email tay.travelvaccines@nhs.scot

Please make sure you call the vaccination service in plenty of time and at least 8 weeks before you travel.

Remember to order your medication in plenty of time and if you need it a bit earlier than usual and let us know it is because you are going on holiday.

TEXT MESSAGING

If you would like us to send you appointment reminders and invitations to your screening appointments please sign up for our text messaging service. Just inform a member of the reception team or email us on

tay.strathmoreprescriptions@nhs.scot

PUBLIC HOLIDAY CLOSURE

The surgery will be shut on Monday 28th July 2025

Please remember to order your medication in plenty of time. Your local pharmacy can provide an emergency supply of your repeat medications if you do run out. Please call NHS 24 on 111 if you need medical advice on this day.

Referrals for an X-Ray

We are finding that many people do not attend their x-ray appointments which results in referrals being cancelled and your GP having to complete another referral if still needed.

Please note that you must attend one of the hospitals below within 30 days of referral or your referral will be cancelled.

Perth Royal Infirmary – Open access is only for chest x-rays and possible fractures.

Opening times: Monday – Saturday 8.30am – 12 noon and 2-4pm

Kings Cross Hospital – Open access for everything
Opening times: Monday – Friday 9am – 4pm

Ninewells Hospital - Open access for everything
Opening times: Monday – Friday 8.30am – 4pm

GET THE RIGHT CARE IN THE RIGHT PLACE



NHS inform includes self-help guides for a range of common conditions: [NHSinform.scot/self-help-guides](https://www.nhs.uk/infomanagement/self-help-guides).

NHS 24

If you think you need assistance, but it's not life threatening, call NHS 24 on 111.



- Colds
- Skin conditions
- Urine infections
- Diarrhoea or constipation
- Indigestion
- Aches and pains
- Help if you run out of your repeat prescription

Pharmacy



Call NHS 24 on 111, 24/7, 365 days a year
Breathing Space: 0800 83 85 87
Weekdays: Monday - Thursday 6pm to 2am
Weekend: Friday 6pm - Monday 6am

Mental Health and Wellbeing



- Tooth pain
- Swelling to your mouth
- Injury to your mouth
- Painful or bleeding gums
- Advice on oral hygiene

Dentist



- Red or sticky eye
- Pain in or around your eye
- Blurred or reduced vision
- Flashes and floaters

Optometrist



Your local GP can provide urgent care during operating hours. This is the best place to contact if you have an illness that won't go away, or are worried about your health. If your GP surgery is closed, please contact NHS 24 on 111.

GP



Perth and Kinross have Care and Treatment Services in locations throughout the region and can treat a range of issues such as cuts, minor burns, sprains and strains. They are open 8.30am - 4.30pm, Monday to Friday. This service is appointment only and can be booked by calling 111.

Care and Treatment Services



- Suspected heart attack or stroke
- Breathing difficulties
- Severe bleeding

A&E or 999