

SPRING 2025 NEWSLETTER

Welcome to the First Edition of the Newfield Medical Group Newsletter!

We are delighted to introduce the very first edition of our **Newfield Medical Group Newsletter!** This newsletter is designed to keep you informed about important updates, health advice, and the services we provide to support your medical care and well-being.

At Newfield Medical Group, our ethos is **“where patients come first”** and we are committed to delivering the highest standard of care to our patients in Dundee. Through this newsletter, we aim to share useful health tips, highlight key practice updates, and keep you connected with what’s happening in our community.

In this edition, you’ll find:

- Updates on our services and any changes at the practice
- Seasonal health advice to help you stay well
- Information on how Newfield Medical Group works.
- Answers to common patient queries

Our newsletters will be published on a quarterly basis and you can sign up to receive a copy directly into your email inbox by emailing **tay.newfield@nhs.scot**. Simply add the word “Newsletter” to the subject box and send your email through to us. There is no need to add any other information to the email.

We hope you find this newsletter helpful and informative. If you have any suggestions for future topics, we’d love to hear from you!

Thank you for being part of the Newfield Medical Group community.

Best wishes,
David Ramsay - Business Manager



Come Join us on **Facebook** and keep up-to-date with the latest practice information. You’ll find our page by searching for Newfield Medical Group. We look forward to welcoming you to the group.



You can visit our practice website for the latest information at:
www.newfieldmedical.co.uk

NEWFIELD MEDICAL GROUP - A BIT ABOUT US



NEWFIELD MEDICAL
GROUP LTD.
EST. 2022

Newfield Medical Group is a GP practice located in Dundee, Scotland, committed to providing high-quality healthcare services to the local community. Situated at The Crescent, 71 Lothian Crescent, Dundee, DD4 0HU, the practice operates Monday to Friday from 8:00 AM to 6:00 PM.

In January 2022, the practice transitioned to a co-operative model having previously been directly managed by NHS Tayside, becoming Newfield Medical Group Limited. Our co-operative structure allows for a more inclusive approach to healthcare delivery, with our Directors including GPs and the practice manager. The co-operative ethos emphasises valuing every team member's contribution in order to foster a collaborative environment.

The practice offers a comprehensive range of services, including routine and urgent appointments, telephone consultations, and home visits for patients unable to attend the surgery. Appointments can be scheduled by calling 01382 432030 during operating hours. For medical assistance outside these hours, patients are advised to contact NHS 24 by dialing 111.

Newfield Medical Group is the only GP practice in the whole of the UK that follows a co-operative model. As an active member of Co-operatives UK, Newfield Medical Group exemplifies a commitment to co-operative principles in healthcare, aiming to distribute profits back into the business or community projects.

Newfield Medical Group is dedicated to enhancing community health and well-being. In alignment with this mission, the practice collaborates closely with the **Newfield Community Group**, a Scottish Charitable Incorporated Organisation (SCIO) established in 2023 by the practice.



The Newfield Community Group focuses on advancing health and alleviating hardship within the local population, particularly in Dundee's most deprived areas. Working in association with Newfield Medical Group, the charity has established a community café at The Crescent that serves as a hub for various third-sector agencies. These agencies provide support in areas such as mental health, welfare, maternal and infant care, and social inclusion.

The group's objectives include:

- **Advancement of Health:** Promoting health initiatives and supporting services that improve community well-being.
- **Relief of Those in Need:** Assisting individuals facing challenges due to age, ill health, disability, financial hardship, or other disadvantages.

By fostering a collaborative environment, the Newfield Community Group ensures that support is accessible not only to patients of Newfield Medical Group but to the broader community as well. This integrated approach exemplifies a commitment to holistic healthcare, addressing both medical needs and social determinants of health.

Through this partnership, Newfield Medical Group and the Newfield Community Group strive to create a healthier, more supportive environment for all residents of Dundee.

The **Newfield Community Group Community Café** is a welcoming space located in The Crescent and is dedicated to fostering community engagement and support. Operating Monday to Friday from 9:00 AM to 5:00 PM, the café offers free hot drinks and food with donations appreciated although not compulsory.

The café welcomes volunteers to assist with daily operations, including welcoming guests, serving beverages, basic cooking, and maintaining cleanliness. Prior experience in a café setting and REHIS training are desirable but not mandatory.

Further information regarding services and support provided within the café by Newfield Community Group can be found by visiting our practice website at www.newfieldmedical.co.uk or searching for the group on Facebook.

Do I need an appointment?

Appointments can be arranged by contacting the practice on 01382 432030. In order to assist patients with accessing our services, patients are welcome to contact the practice at **any time** between the hours of 08:00 – 18:00 where you will most likely speak to a GP directly. You have the right to express a preference for the doctor of your choice and every effort will be made to offer you an appointment with your preferred doctor as soon as possible.

If you are unable to keep your appointment, please telephone the practice to cancel your appointment in order that the appointment can be offered to another patient.

The practice also provides a range of specialised services which patients can make an appointment for by phoning the surgery to discuss with a GP further. Those services include cervical smears, new baby checks, Coil / Implant services, Joint injections and minor surgery.

Right Care, Right Place



NHS inform

- Check your symptoms
- Find local services and opening times
- Health advice to help you stay well



Pharmacist

- Coughs, colds, and sore throats
- Aches, pains and UTIs
- Diarrhoea or constipation
- Help if you run out of your repeat prescription



Optometrist

- Red and/or sticky eye
- Blurred or reduced vision
- Flashes and floaters



GP Practice

A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues



NHS 24

When your GP and pharmacy are closed, and you are too ill to wait call NHS 24 on 111



NHS 24 Online App

A handy app to help you check your symptoms and find your nearest service



Mental Wellbeing

- Help for mental wellbeing: nhsinform.scot/mind-to-mind
- Breathing Space: 0800 83 85 87
- For urgent mental healthcare call NHS 24 on 111



Dentist

- Injury to mouth or teeth
- Swelling in mouth
- Toothache and general dental advice



Minor Injuries Unit

- Cuts and minor burns
- Sprains and strains
- Suspected broken bones and fractures



999 or A&E

- For emergencies including:
- Suspected heart attack or stroke
 - Severe breathing difficulties
 - Severe bleeding

If you think you need to attend A&E, but it is not life or limb threatening call NHS 24 on 111

To check your symptoms visit: nhsinform.scot



Spring is a beautiful season but for many it also brings sneezing, itchy eyes, and other allergy symptoms. We have provided some useful information below regarding common Spring allergies:

Helpful Advice for Managing Allergies

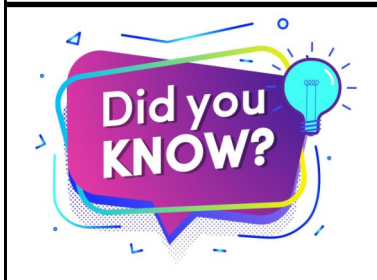
Common spring allergies include hay fever, tree and grass pollen, mould spores and dust mites.

Preventative Measures

- **Check pollen forecasts** – Limit outdoor activities when pollen counts are high.
- **Keep windows closed** – Especially early mornings and evenings when pollen levels peak.
- **Shower and change clothes** – After being outdoors to remove pollen from skin and clothing.
- **Use an air purifier** – Helps reduce allergens inside your home.
- **Wear sunglasses** – Protects eyes from pollen exposure.
- **Avoid drying clothes outside** – Pollen can stick to fabrics.

Treatment Options

- **Antihistamines** – Available over-the-counter to relieve symptoms.
- **Eye drops & nasal sprays** – Reduce inflammation and irritation.
- **Prescription medications** – If symptoms are severe, consult your GP for stronger treatments.



Did you know that since Newfield Medical group transferred over from a GP practice which was directly managed by NHS Tayside in 2022, our practice list size has increased from approximately 1800 patients to nearly 7000 patients.

We are the only GP practice in the whole of the UK to have developed a dedicated training centre for medical students which is located on the ground floor next to Boots Pharmacy. We are committed to training doctors of the future and are proud of our achievements regarding both undergraduate and postgraduate training.

From January 2024 to December 2024 (inclusive) we provided a total of 34160 appointments. Of those appointments, 5391 were provided by our nursing team with 28769 GP consultations being provided. Sadly, for the whole year, we had 667 patients fail to attend their appointment with our nursing team and 1000 patients fail to attend their GP appointment. Furthermore, from 1st January 2025 to 3rd March 2025, we have provided 5863 GP appointments with our nursing team providing a further 887 appointments.

For the full year of 2024, the practice provided 50032 prescriptions to patients for acute and repeat medication.

