



Newland news

Staff Announcements



Dr Gentleman has completed his final year of training with us in August and has moved on to another practice. We all wish Dr Gentleman the best of luck in his new practice and in his career!

Dr Zoe Blackburn joined the practice in August as our Foundation doctor. She is with us until December.

Dr Zouina Assassi Joined the practice in August as our Registrar. Dr Assassi will be with us for 1 year.

Our Mental Health Nurse has increased her sessions to 4 sessions. You can make a face to face appointment with June on Monday afternoons and Friday mornings, and a telephone consultation on Wednesday and Thursday mornings

We welcome all of the new starts to our practice team!

Computer Upgrade ***Paused***



In our Summer 2023 newsletter we announced we would be upgrading our computer system in September. Unfortunately, this upgrade has been postponed.

To keep up to date with practice news visit our website

www.newlandmedicalpractice.scot.nhs.uk

You can download practice documents and patient information leaflets from our website.

Mental Health Nurse

The Role of the Practice MH Nurse (PMHN)

The PMHN works closely with the GPs in the practice. They offer 25-minute appointments where they carry out an assessment to identify your needs and get you the most appropriate care to help you recover. The PMHN will see patients who are experiencing issues with mental health, stress, anxiety, depression, low mood, panic attacks or similar.



Are you experiencing any of the following symptoms?

- Little interest or pleasure in doing things?
- Feeling down, depressed, or hopeless?
- Trouble falling or staying asleep, or sleeping too much?
- Feeling tired or having little energy?
- Poor appetite or overeating?
- Feeling bad about yourself—or that you are a failure or have let yourself or your family down?
- Trouble concentrating on things, such as reading the newspaper or watching television?
- Feeling nervous, anxious, or on edge
- Not being able to stop or control worrying
- Worrying too much about different things
- Trouble relaxing or being so restless that it's hard to sit still
- Becoming easily annoyed or irritable
- Afraid that something awful might happen

If you feel you need to speak with the PMHN, please call reception on 01506 655155 to book an appointment. We offer face to face consultations and telephone consultations.

