

### **Main Surgery**

Cove Bay Health Centre  
Earn's Heugh Road  
Cove Bay, Aberdeen  
AB12 3FL  
Tel: 0845 337 1170  
Fax: 01224 846857

Dr D Fowler, Dr A D Jamieson  
Dr A J Henderson  
Dr L J MacKenzie Dr R Taylor  
Dr S Whiteside Dr S Govindarajan  
Dr A Macfarlane & Dr C Mitchell  
*Consultations by Appointment Only*

### **Branch Surgery**

Kincorth Medical Centre  
Kincorth Clinic  
Provost Watt Drive,  
Kincorth, Aberdeen.  
AB12 5NA  
Tel: 0845 337 1170  
Fax: 01224 899182

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## **Cove Bay Medical Centre**

### **Healthy Helpings Programme**

This programme is a free 8 week course which offers a fun, interactive and informative way of finding out about healthy eating and a healthy lifestyle, and the best ways to put it into practice. The programme is suitable for adults over the age of 18 who want to lose weight. There are sessions being held at the Cove Practice on Thursday 24th November and run for 4 consecutive weeks until 15th December and then for another 4 consecutive weeks from Thursday, 5th January until 26th January 2012. For more information please contact Healthy Helpings directly on 556664 or see any Healthpoint (Aberdeen Indoor Market or ARI concourse).

### **Festive Opening Times at the Practice**

*The Christmas and New Year period is once again just around the corner. We will be closed from 6.00pm on Friday 23rd December and reopen again at 8.00am on Wednesday 28th December and closed again from 6.00pm on the 30th December and reopen at 8.00am on Wednesday 4th January 2012.*

*Please try to ensure that all requests for repeat prescriptions and review appointments are made outwith this potentially busy time.*

### **Seasonal Flu Injections**

If you think you are eligible but have not had your seasonal flu injection yet, please contact the Practice to arrange an appointment at your earliest convenience.

### **Pharmacy Collections**

Although we are not required to do so, as a benefit to our patients, we take part in some pharmacy collections whereby we record in your records that your prescriptions are to be collected by a specified pharmacy. If you have chosen a pharmacy collection service, this will mean that **ALL** prescriptions that we process for you will automatically be forwarded onto the pharmacy.

This means that if you speak to one of our Duty Doctors and they issue you with a prescription this too will automatically go to your chosen pharmacy unless you advise the Doctor otherwise.