**![C:\Users\pelles\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\X5S8FWJO\istockphoto_8468582-spring-flower-garden-with-insects[1].jpg]()**

**SPRING 2017**

Keith Health Centre

Tel: 0345 337 9944 /Fax: 01542 881002

Vision Online Services

**Do you know your surgery is online?** [**www.myvisiononline.co.uk**](http://www.myvisiononline.co.uk)**You can have better access to your surgery at anytime of the day, wherever you are. Ask at reception for a registration form as this needs to be completed before you can use this service. You can book routine GP appointments and cancel your appointments and order your prescriptions online.**

 Minor Illness Appointments with Pharmacist

Do you have athlete’s foot, skin complaints/rashes, conjunctivitis, chesty cough, cystitis, earache, insect bite, mouth ulcers, thrush, sinusitis, sore throat?

Have you been to your Community Pharmacy? They can help you with a wide range of over the counter medication and appropriate advice to help your symptoms, and should be your first point of contact if you have any of the above conditions.

If over the counter medications have failed to control your symptoms, our suitably trained staff can assess your condition and prescribe appropriately in one of our Minor Illness Clinics. Appointments are available morning and afternoon daily.

New Contraception Website

NHS Grampian have launched a new interactive website

[www.theinsandouts.co.uk](http://www.theinsandouts.co.uk) which offers advice on contraception and sexual health matters.

Bairds New Opening Hours

With effect from 27 February 2017 the opening hours at Bairds Pharmacy Keith 144-146 Mid Street Keith (4010) will change to: Monday to Friday 9am to 5.30pm, Saturday 9am to 1pm.

Sunday Closed

Easter Art Competition

We are looking for some lovely colourful pictures to brighten up our waiting room! Any child under 16 is welcome to submit a picture, representing an Easter theme. Please hand in to the Health Centre by Friday 17th March 2017. The competition winner will be informed the following week. Remember to put your name and a contact number on your picture. The prize is a Easter Egg.

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 HEALTH CENTRE CLOSURE DATES

22ND March 2017 – Closed from 1.30pm onwards. Practice learning time.

17th April 2017 – Closed all day - Public Holiday

1st May 2017 – Closed all day – May Day Holiday