



Due to the changing situation with the coronavirus pandemic and the potential impact this may have on our community, Stratherrick Community Council, working alongside Boleskine Community Care and the Stratherrick & Foyers Community Trust have produced this guidance.

The Foyers Medical Practice has today issued this guidance:-

*Foyers Medical Centre would like to inform patients of some measures taken during the current Coronavirus situation.*

**Appointments:**

*During the ongoing outbreak The Medical Centre is trying to reduce the footfall of patients coming into the building. We are not taking any "routine" bookings at present. We are aiming to handle as many issues over the phone as possible but there will be those we have to ask to attend the surgery. We would like to remind those who already have appointments booked to ensure they do not attend the practice until the doctor has spoken to them over the phone **on the day of appointment.***

**Prescriptions:**

*Anyone who would normally order prescriptions by handing in at the desk there is a box in the front porch to drop off your request. If you are self-isolating and you normally hand in your request and have no access to the internet then the practice will accept phone requests as a temporary measure.*

**28 Day Prescribing:**

*We have been receiving an extremely large volume of requests and while we do understand people are worried unfortunately we are still only able to issue 28 day prescriptions at present. Until we have received notification from the board of executives this will not change as we have been told to avoid "Stockpiling." Please only order what you need and do not order early as these requests will be rejected.*

**Self-Isolation:**

*You will all be aware and listening to the government advice that is forever changing during this unpredictable time. Our advice would be to do whatever you can to minimise the risk of contracting or passing on the virus. We would advise to discuss any work related concerns with your employers and take whatever advice they give to you. Unfortunately the GP cannot issue a Medical Certificate because you are at risk.*

If you have symptoms of coronavirus (a high temperature or a new, continuous cough) or live with someone who has the symptoms **DO NOT VISIT YOUR GP, PHARMACY or HOSPITAL**. You should stay at home for 7 days from the day the symptoms started. If you or anyone in your household has symptoms that haven't improved after 7 days, phone your GP (01456 486224) or NHS 24 (111).

Recognising the nature of our community as semi-rural and quite dispersed, there may be situations in the coming weeks/months whether through self-isolation or illness, people may need help – for example with shopping or collecting prescriptions. Of course, as a close community we already have established family, neighbourly and friendship links to call upon for this support. If however you find that you are in desperate need for help, please contact one of the following numbers and one of the community volunteers will be in touch. These numbers may or may not be manned therefore if you get the answer machine, leave a message and someone will get back to you.

The numbers are:-

| Telephone Number | Who you are calling         | Opening Hours, if applicable                                      |
|------------------|-----------------------------|---|
| 01456 486233     | Foyers Stores & Post Office | Stores: M-Sat 9-5:30<br>Sunday: 10-130<br>Post Office: M-F 9-4:30 |
| 01456 486247     | Boleskine Community Care    | Answering machine   |
| 01456 486333     | Loch Ness Shores            | 8am-8pm from 01/04  |
| 01456 486226     | The Whitebridge Hotel       |   |
| 07944 228830     | Transport Scheme            | M-F 10-3; Sat 10-2  |

Jan and Simon Hargreaves at the Foyers Stores and Post Office are co-ordinating the activities of the volunteers therefore anyone willing and able to volunteer to assist in the community, please complete the attached form and drop it into the box located in Foyers Stores for this purpose. If you would rather email then please contact [gillian-dir@sfctrust.org.uk](mailto:gillian-dir@sfctrust.org.uk) who will forward your details to Jan and Simon.

Remember that there are lots of services available to you from the Post Office – in addition to all the mailing services; you can top up your electricity meter cards, cash cheques, deposit money into your bank account, withdraw cash and pay your bills. In addition Jan and Simon can arrange for food collection and/or delivery and will arrange for an account to be opened in your name should this be required. This means that there will be no expectation of volunteers taking money from you for your shopping.

We might be facing some challenging times for a while, please look out for each other and ask for help if you need it.

Paula Page, Chair, Stratherrick Community Council  
 Kit Cameron, Chair, Boleskine Community Care  
 Margaret Cormack, Chair, Stratherrick & Foyers Community Trust

