



Craigvinean Surgery, Dunkeld

Drs Hewitt Charles Jack & Evans

Telephone 01350 727 269

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New website

The surgery's new website is now live.

The address remains the same www.craigvineansurgery.scot.nhs.uk but it has been upgraded and improved. Particularly with a view to it being easier to navigate on Smart phones.

You can still order your Prescriptions online if you are registered to use it. The portal for that tool remains the same for users. Just click on the 'Online Prescription ordering portal' headline on the main page and you will be taken to the usual login page that you are used to. You can also find the link inside the page opened by the prescriptions tab in the Website header banner.

You can find a wealth information through the Health Information tab. There is also two new links on our home page that take you to NHS Informs Symptoms guide site and an A-Z of illnesses site. There doesn't appear to be anything listed for X though! The sickline request page also has it's own tab at the top of the main page.

At the foot of the home page you can also find links to some of the important Surgery policies.

We hope you enjoy the new look website and most importantly find it easier to use and navigate.

Maintaining the website content is the task of our complaints and feedback officer. If you think of any ideas or content additions to improve the website please use the feedback form found through the 'About the surgery' tab at the top of the homepage.

Skin Cancer Prevention

Without being too optimistic we can hopefully say that summer is on it's way. Sunny days are a delight but you also need to protect yourself from the Sun's potentially harmful effects.

Sunburn can be painful. It is also a clear sign that your skin has been damaged by too much ultraviolet (UV) radiation. Over time this damage can build up and lead to skin cancer. It is important to avoid getting burned and to protect your skin when the sun is at its most intense. Spend time in the shade between 11am and 3pm. Wear a T shirt, hat and sunglasses. Wear a hat with a wide brim for the best protection. Wear good quality, wrap around sunglasses. Wraparounds stop the sun from getting in at the sides. Buy these for children too – toy sunglasses can do more harm than good.

Use sunscreen with at least **SPF 15** (the higher the better), with good **UVA protection** (the **more stars the better**). You should put your sunscreen on before you go out in the sun so the cream can be absorbed. Then put on another layer to make sure you haven't missed any bits. Put it on before anything else so it is next to your skin. If needed you should apply moisturiser, insect repellent or make up afterwards. This is particularly important if you are using an **organic (chemical) sunscreen**.

For more info visit: www.cancerresearchuk.org

Surgery Closed Wednesday 3rd June 2026 from 1pm
For NHS Tayside scheduled staff training

For healthcare issues that afternoon phone the Surgery and listen to the message. In emergency call **999**.

