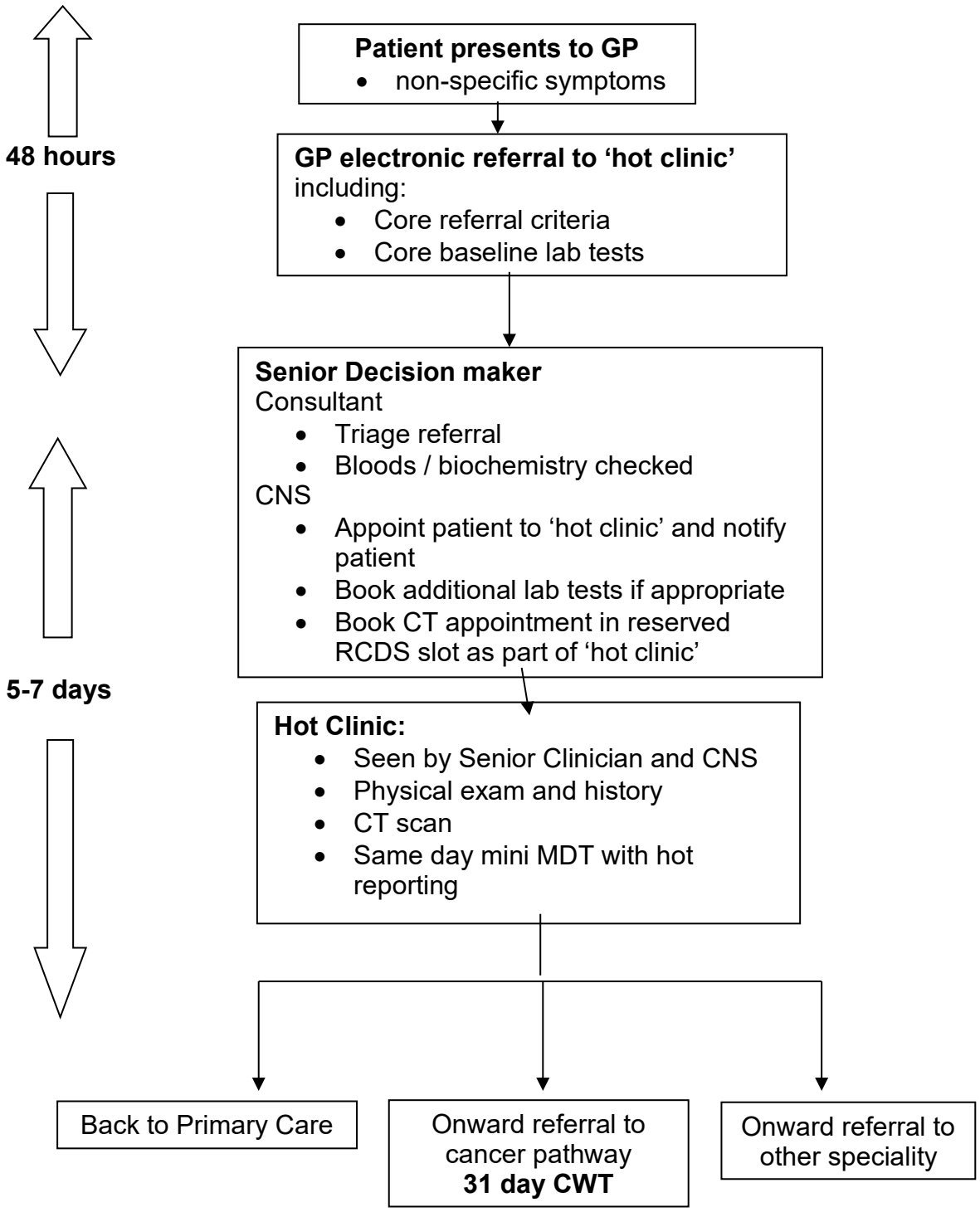NHS Dumfries & Galloway's timed RCDS pathway