

# Skerryvore Practice Newsletter

June 2016

[www.skerryvorepractice.co.uk](http://www.skerryvorepractice.co.uk)

Issue 34



## Fond Farewell...

We would like to say a very fond farewell to Dr Iain Craighead who has been a GP at Skerryvore Practice for over 8 years. Iain has been a huge asset to the Practice over the years and will be sorely missed by us all. We wish him all the best with his move south.

**All the best Iain!**

## Welcome...



We would like to say a warm welcome to **Dr Richard Brunt**. Richard, who has been working as the GP on Rousay will join the Practice mid June.



We would also like to say welcome back to **Dr Liz Johnston**. Liz will be back working in the Practice from August onwards.



**Dr Alasdair MacGregor** who you may remember from a couple of years ago, is coming back in August to work as a Locum with the Practice for a few months.



We would like to welcome **Paula Kemp** who has joined Skerryvore as a Medical Secretary.



And finally, welcome to **Molly Harris** who has also joined the Practice as a Medical Secretary.

## Congratulations!



We are delighted to announce that **Deborah Stove** has been promoted to Senior Administrator. Deborah has worked in the Practice for over 25 years and has a wealth of knowledge.

She will now oversee our administration systems. We look forward to supporting her in this new role.

## Public Holidays

The Practice will be closed on the following dates:

*Monday 11 July 2016*

*Monday 15 August 2016*

*Monday 26 September 2016*

*Monday 26 December 2016*

*Tuesday 27 December 2016*

*Monday 2 January 2017*

*Tuesday 3 January 2017*

We will also be closed for training from 1pm on these dates:

*Wednesday 7 September 2016*

*Wednesday 12 October 2016*

*Wednesday 16 November 2016*

*Wednesday 8 February 2017*

*Wednesday 8 March 2017*

NHS24 will cover the Practice during these closures.

## Health Centre Changes

You may be aware that the Chiropractic Department has moved into the Balfour Hospital.

We have therefore relocated some of our Consulting Rooms to that end of the building - you will find Dr Ingrid Norquay, our Nurses and Health Care Assistant down there now!

**New Baby!** We would like to say big congratulations to **Dr Mhari Linklater** who gave birth to a baby girl earlier this month. Both mum and baby are doing well and we look forward to her return next year.



## Arranging Travel to Scottish Mainland Hospital Appointments

If you have an upcoming appointment at a Scottish mainland hospital, you should contact the Travel Admin department on 888045 or go to the Reception Desk at Garden House as soon as possible after receiving your appointment and they will make your travel arrangements.

If you feel you require an escort for travel, you should tell the Travel Admin Department who will liaise with the Doctors at the Practice to decide if this is appropriate.



## PLANNING A HOLIDAY?

If you think that you need vaccinations for travel you will need to complete a form which you can pick up from the Practice or download from our website –

[www.skerryvorepractice.co.uk](http://www.skerryvorepractice.co.uk), click 'Clinics & Services' and then 'Travel Vaccinations'.

Our nurses will check your records and consult the national database for the most recent advice. The Nurse will then contact you and arrange an appointment for any vaccinations that you may require.

**Please arrange your travel vaccines at least six weeks prior to your holiday.**

**Please be aware that some vaccines are only available on a private prescription; this will involve a fee payable to your pharmacist.**

### Useful Phone Numbers

|                     |        |
|---------------------|--------|
| Skerryvore Practice | 888240 |
| Community Nurses    | 888191 |
| Chiropody           | 888136 |
| NHS24               | 111    |
| Balfour Hospital    | 888000 |
| Emergency Dental    | 888280 |

facebook

Did you know Skerryvore Practice has a Facebook page?

### Body Facts:

## Your Bladder



The bladder is a round, bag-like organ that stores urine. It is located in the pelvic area, just below the kidneys and right behind the pelvic bone.

The bladder is typically the size of a large grapefruit. It can stretch much larger when needed and shrinks back when it is empty.

The average bladder holds between 300ml and 600ml of urine, that is similar to a can of fizzy drink or half a pint of milk.

### What does my bladder do?

The bladder is connected to the kidneys by two long tubes called ureters. When urine is produced by the kidneys, it travels down the ureters to the bladder where it is stored.

### How can I look after my bladder?

There are a number of things you can do to try and maintain a healthy bladder including: keeping a healthy fluid intake, avoiding constipation by following a healthy diet and doing pelvic floor exercises.

### Text Message Appointment Reminders

Skerryvore Practice has a text messaging service to remind our patients about their upcoming appointments.

If you would like the Practice to contact you in this way please ask at the front desk for a consent form.

*The information in this leaflet is in no way intended to replace the professional medical care, advice, diagnosis or treatment by a doctor. If you notice medical symptoms or feel ill you should consult your doctor.*