

**Everyday questions
about your health**

The answer is NHS inform



www.nhsinform.scot

0800 22 44 88



NHS
inform 
Health information you can trust

NHS Inform - Health information that anyone living in or visiting Scotland can trust.

- Check your symptoms
- Find the service you need
- Find out eligibility regarding the spring coronavirus vaccine

Maternal Mental Health Awareness Week

Our wonderful midwife is Hannah Adamson, she runs a clinic on a Tuesday here at the Scalloway Health Centre. To arrange a booking appointment (which will take place at around eight weeks gestation) give us a call on the health centre telephone number and we will schedule you in.

During pregnancy, and up to one year after birth, one in five women will experience mental health issues, ranging from anxiety and depression to more complex illnesses.

For most women, pregnancy and childbirth can be filled with expectation of joy and excitement however some women may feel anxious, overwhelmed or vulnerable.

Seventy percent of women either hide or downplay the severity of their mental health problems. It is important to seek help if you are concerned about your mental health. Maternity is a safe place for you to discuss your worries. Speak to your named midwife or someone you trust if you would like some support.

Mind Your Head run a relaxed wellbeing group for parents of children under 2.5 years. See the post below for more information.

Maternal Mental Health Week
29th April-5th May 2024

Wellbeing 1000 Groups

Our Wellbeing 1000 groups meet each Tuesday at Islesburgh Community Centre. These relaxed drop in groups are led by our practitioners and provide a space for parents to speak about how they are feeling as they adjust to life with their babies and toddlers. These groups are free to attend with no obligations, just turn up, grab a hot drink and spend some time with other families.

10am-12pm: Parents/carers and children under 2.5 years
12.30pm-2pm: Parents/carers and children under 1 years
Parents and children under 1 can attend either drop in session.

Please check our Facebook page for regular group updates

mind your head



The MyMelanoma Research Study

MyMelanoma is a partnership between people who have been affected by melanoma, clinicians and researchers to form **the largest melanoma research study in the world.**

MyMelanoma is designed to answer the most important unanswered questions in melanoma research.

MyMelanoma is open to anyone who has ever been diagnosed with a melanoma of the skin, of the eye (uveal melanoma), of the mucosal surfaces (e.g. nose, genitals) or under the nails.

Will you join us?

To sign up to be part of MyMelanoma or if you have any questions for us, please visit our website:

www.mymelanomastudy.org



Or scan our QR code below.



Study led by:



Research partners:





Faster, easier access
to your GP surgery

Rapid | Personal | Secure

**askmyGP service currently operating
on Thursdays.**

**Open from 7:30am until capacity - no
later than 2:30pm.**

**The days and times are subject to
change due to staffing and demand for
the service.**

What's on at the Living Well Hub in Scalloway?

Scalloway Youth and Community Centre Wednesdays 9am - 1pm

Wednesday 1st May- No visiting groups but the hub will be open, so feel free to pop along and have a browse at leaflets and talk about support available in your area.

Wednesday 8th May - Social Security Scotland will be at the hub to talk about support/benefits you are entitled to. They can ensure you are receiving the right amount of money at the right time.

Wednesday 15th May - Joel from Shetland Islands Council housing will be along between 10am and 12 noon. Housing officers can speak with you about a range of housing related questions. Here you can speak about your current tenancy and explain your rights and responsibilities as tenants. We can also speak with you about applications and provide advice on these.

Contact Us

Telephone: 01595 880219

Email:

shet.scallowayhealthcentre@nhs
.scot

Prescriptions: 01595 880690

Scalloway Health Centre
New Road, Scalloway ZE1 0TN

Our Opening Times:

Monday 8:30 - 17:30

Tuesday 8:30 - 17:30

Wednesday 8:30 - 13:00

Thursday 8:30 - 17:30

Friday 8:30 - 17:30

Our phone line is not available
between 11:00am-11:30am and
16:30pm - 17:30pm.

*If you need to contact a doctor
outside surgery hours (i.e. Mon
- Fri between 17:30pm and
08:30am or at weekends)
please call NHS 24 - 111*

*Call 999 in an emergency.
Chest pain and/or shortness of
breath constitute an emergen-
cy.*

Regular doctors for this month:

Dr Chloe Evans,

Dr Margaret Reeves,

Dr Heather Jamieson

Dr Judith Gilmore

No show appointments at the health centre (April 2023)

Unfortunately during the month of March there was **14** GP appointments, **17** nurse appointments and **10** healthcare support worker (HCSW) appointments that were unattended.

This equates to 3.5 hours of GP time, 8.5 hours of nurse time and 2.5 hours of HCSW time.

We understand that emergencies can occur but please call if you are unable to make your appointment.

Clinical time is valuable.