



Taking care of ourselves

NHS
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NHS
inform

If you're feeling anxious, stressed, or low, or having problems sleeping or dealing with grief – find out how you can improve your mental wellbeing by hearing what others have found helpful.

www.nhsinform.scot/mind-to-mind

Stress is the feeling of being under too much mental or emotional pressure.

Symptoms can include:

Sleeping problems

Sweating

Loss of appetite

Difficulty concentrating

Lose your temper easily



Travel Vaccinations



For people registered with a GP in Shetland requiring vaccines for travel, firstly, contact the Travel Health Service team via email - shet.travelclinic@nhs.scot (preferred option) or via telephone - 01595 743319.

From this point, individuals will be required to complete a pre-travel questionnaire as part of their assessment. Please note, the team is unable to complete assessments without clear details of expected travel routes/destinations and dates of travel.

If possible, please make contact as soon as possible, as the team will aim to complete assessments within six to eight weeks prior to travel, with vaccination shortly afterwards.

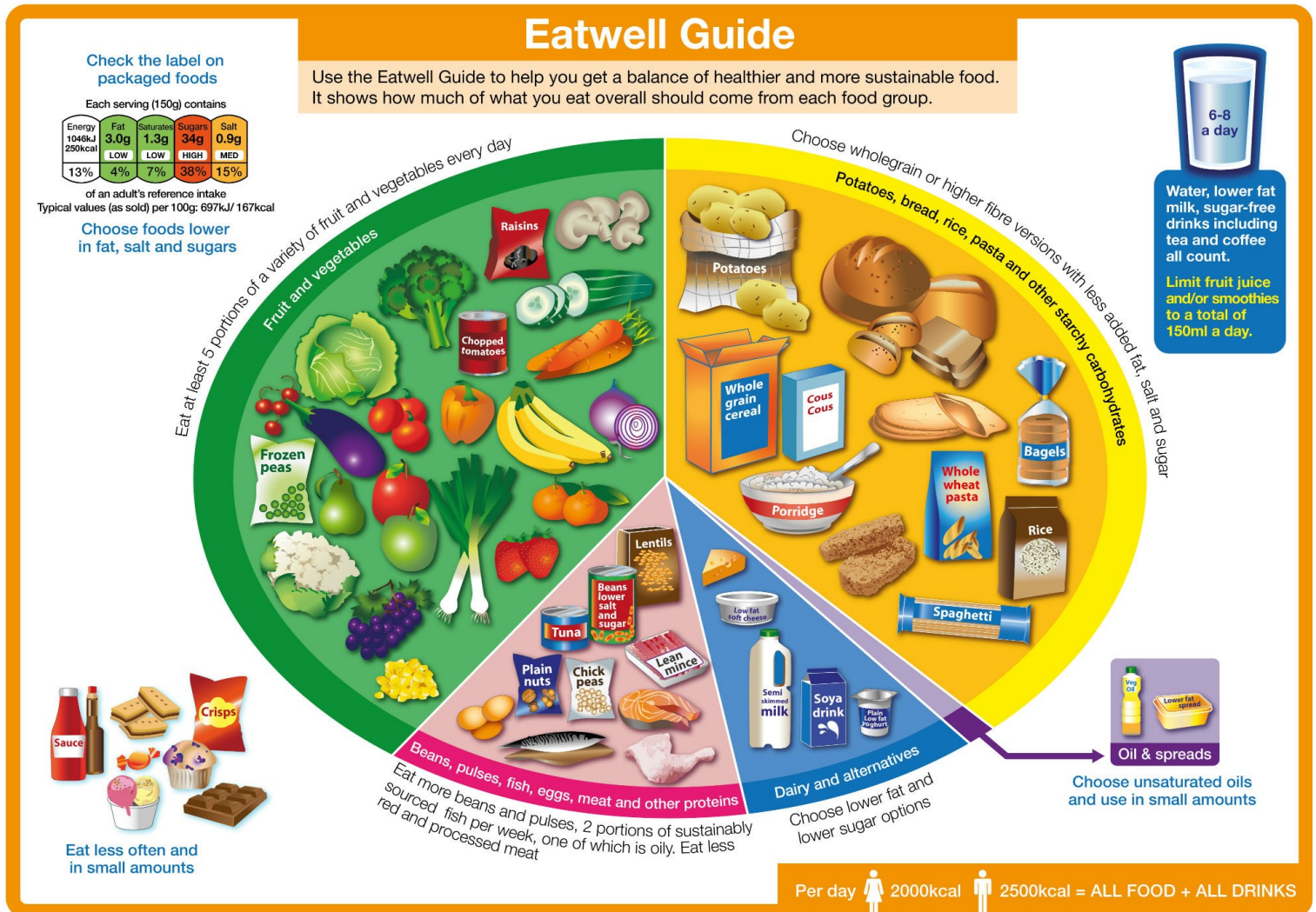
Appointments for vaccination with NHS-funded vaccines (including diphtheria, tetanus, polio, cholera, typhoid and hepatitis A, and any other vaccines recommended as part of the UK programme), will be arranged at the assessment appointment.

However, at the current time, anyone requiring those travel vaccines that can only be obtained and paid for privately will need to make their own arrangements to get the vaccines, which may include having to go to a clinic on the mainland. NHS Shetland is actively pursuing a number of options for people to be able to access private vaccines locally, within current national policy and funding constraints.

Our practice nurse, Vaila, at the Scalloway Health Centre is currently a member of the travel clinic team who could be handling your travel vaccine requests.

How to eat well to help prevent falls

Eating healthily is important for your overall health and wellbeing, but it can also help to prevent falls. Eating regular, nutritious meals and drinking plenty of non-alcoholic fluids can help to avoid problems that can contribute to a fall, including light-headedness, dehydration, tiredness and depression



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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What can you do?

- * Eat a varied and balanced diet
- * Eat regularly, and don't skip meals
- * Keep hydrated by drinking water and other soft drinks regularly
- * Keep to the recommended safe levels for drinking alcohol.



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 Legion, Wednesdays 9am - 1pm

Please note change in location due to ongoing construction works at the youth centre

Wednesday 3rd April - 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 10th April - Joel from SIC housing will be along between 10am and 12 noon. Housing officers can speak with you about a range of housing related questions.

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.

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 Andrea Gardiner,

Dr Margaret Reeves,

Dr Heather Jamieson

Dr Judith Gilmore

No show appointments at the health centre (March 2023)

Unfortunately during the month of March there was **six** GP appointments, **11** nurse appointments and **13** healthcare support worker (HCSW) appointments that were unattended.

This equates to 2.5 hours of GP time, 5.5 hours of nurse time and 3.15 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.