



## INFORMATION AND MONTHLY UPDATES

Scalloway Health Centre

August 2024



**MUSCULAR  
DYSTROPHY  
UK** OUR MUSCLES  
MATTER



Vanessa, one of our healthcare assistants here at the Scalloway Health Centre, along with her family and friends held a fundraiser Sunday tea event to raise money for the charity Muscular Dystrophy in aid of her daughter Phoebe who has been diagnosed with a form of muscular dystrophy.

The money will help fund research and support others in Scotland with muscular dystrophy.

They have raised a phenomenal total so far of...

**£12,800**



Just a  
friendly  
reminder...

If dropping off samples to the health centre - please hand them in before 12 noon if possible.

This will ensure that we have time to process them before the samples are picked up to be taken to the lab. Any brought in after this time will not be dealt with until the next day and risk being spoiled if left overnight.



**NHS Shetland Physiotherapy is open again for self-referral to the service.**

Visit:

[www.nhssheland.scot/services/physiotherapy](http://www.nhssheland.scot/services/physiotherapy)

for information on how to self refer and other resources.

The NHS Health Improvement Team run a fantastic site - Healthy Shetland.

They strive to ensure that everyone living and working in Shetland have access to the knowledge and opportunities needed to allow individuals and communities to take more control to improve their health and wellbeing.

[www.healthysheland.com](http://www.healthysheland.com)



Their Facebook page "Healthy Shetland" is updated with posts containing up-to-date information, local groups/workshops and any other relevant information from external services.

## Advanced Nurse Practitioner (ANP)

ANPs primarily see new on the day presentations at the surgery, but often take on more as that. They are able to start investigations into conditions and refer to specialities if required. There is no age limit on who they will see.

The role of a GP is now becoming that of a specialist in general practice and doctors who manage patients with complex care needs in the community/their own homes.

Stacey Sandison and Stephanie Moar are our regular ANPs that are available within the practice.

In Scotland we work under the Realistic Medicine agenda, part of which is encouraging patients to take as much of a part in their health consultations and decisions as they wish and are able.

We want to promote the use by patients/people of the BRAN (Benefits, Risks, Alternatives, Nothing) questions.

For more information please visit:

[Www.choosingwisely.co.uk](http://www.choosingwisely.co.uk)

# Choosing Wisely UK

FOUR QUESTIONS TO ASK MY CLINICIAN  
OR NURSE TO MAKE BETTER DECISIONS  
TOGETHER

1. What are the **B**enefits?
2. What are the **R**isks?
3. What are the **A**lternatives?

Please visit the NHS inform website for loads of advice and tips on how to self manage your medical conditions and common illnesses.

It is worth looking at before contacting your local pharmacy or GP practice.







**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 7th August - no visiting groups but feel free to pop along

Wednesday 14th August - Joel from SIC housing will be along the hub available to chat about a whole range of housing related questions.

Social Security Scotland will also be at the hub to talk about benefits which may be available to you.

The Living Well Hub is a place to have a face-to-face chat and find out about

- Living independently
  - Local groups and activities
  - Support for unpaid carers
  - Services who could help you and your family
  - Being healthy
- And much more...



## 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 emergency.*

Regular doctors for this month:

*Dr Chloe Evans,*

*Dr Margaret Reeves,*

*Dr Heather Jamieson*

*Dr Judith Gilmore*

## No show appointments at the health centre (July 2024)

Unfortunately during the month of July there was **nine** GP appointments, **five** nurse appointments and **18** healthcare support worker (HCSW) appointments that were unattended.

**This equates to 2.25 hours of GP time, 1.25 hours of nurse time and 3.45 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.