

INFORMATION AND MONTHLY UPDATES



Scalloway Health Centre

July 2023

THANK YOU TO OUR AMAZING HEALTH AND CARE STAFF

NHS 75
SCOTLAND YEARS

#NHSScot75

2023 marks the 75th Anniversary of the NHS which was founded on 5th July, 1948. This year also marks the 75th year of social care services.

We know that our NHS and social care services are still under pressure and remain extremely busy, the 75th Anniversary, coming as it does in the midst of these challenges, provides a further opportunity for people to thank staff, ensure that staff across health and social care feel valued, and to drive some of the very positive stories of staff commitment.

NHS Scotland and Parkrun UK have teamed up to celebrate the 75th Anniversary of the NHS in July.

Please come along to the Bressay parkrun on Saturday 8th July and help us celebrate 75 years of the NHS.

For more information visit www.parkrun.org.uk, or visit the [Bressay parkrun](#) facebook page.



MARKING 75 YEARS OF THE NHS

Dates ▶

Saturday 8 July



Walk, Jog, Run, or Volunteer **#NHSScot75**



TALL SHIPS LERWICK 26-29 JULY 2023

We are proud to welcome back the fleet of Tall Ships back to Lerwick at the end of July, where thousands will join in with four days of celebrations, sharing cultures and international friendships.

Lerwick has previously hosted the Tall Ships Races in 1999 and 2011.

There is plenty of events on for all to attend - please visit the www.tallshipslerwick.com website for more information and details.



SCALLOWAY FIRE FESTIVAL PRESENTS

Scalloway Viking Procession

TUESDAY 25TH JULY
19:30 LIGHT UP

SHETLAND'S 2023 JARL SQUADS COME TOGETHER CARRYING FLAMING TORCHES THROUGH THE VILLAGE, TO SEND THE BURNING GALLEY TO VALHALLA.

ROUTE: LOVERS LOAN, NEW ROAD, MAIN STREET
BURNING: PORT ARTHUR
CAR PARKING: SCHOOL CAR PARK
COACH PARKING: BLACKSNESS PIER
POST BURNING ENTERTAINMENT: "PLONKYS" IN THE SCALLOWAY BOATING CLUB.
DISCO IN SCALLOWAY HALL FOR JUNIORS.

ROUTE CLOSES TO TRAFFIC AT 19:15
• NO PARKING ON ROUTE •

Prior to the events of Tall Ships, the Scalloway Fire Festival are hosting a Viking Procession.

This is where the jarl squads of 2023 will come together, carrying flaming torches throughout Scalloway to send the burning galley to Valhalla.

There will be entertainment in the Scalloway Boating Club afterwards as well as a disco in the Scalloway Hall for juniors.

Please see the poster for more details or visit the Scalloway Fire Festival Facebook page.

No Show Appointments at the Health Centre (June 2023)

Unfortunately during the month of June there were 11 GP appointments, eight nurse appointments, four healthcare support worker (HCSW) appointments and one physio/ANP/pharmacy appointment that were un-attended.

The equates to 2.75 hours of GP time, two hours of nurse time, one hour of HCSW time and 30 minutes of physio/ANP/pharmacist time.

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

First Contact Physiotherapist

First contact physiotherapists (FCP) have experience in the assessment and management of adults with musculoskeletal conditions– such as neck, back and joint pain – and see these patients without the need for a GP appointment. So your first contact will be with the physiotherapist instead of the traditional model where you are seen by the GP then referred for a physiotherapy appointment which may take over six weeks. This provides faster access to MSK care and longer more in-depth appointments.

FCP's will assess and diagnose your problem. Give expert advice on how best to manage your condition and refer you on to specialist services if necessary. You simply just have to contact reception and request an appointment to see the FCP. The reception team will check that you're suitable and book an appointment for you.

By making it easier for patients to access physiotherapy, patients have quicker access to diagnosis and treatment, helping them to manage their conditions more effectively and recover faster, so they can get back to normal life quickly.

These roles are different to self-referral to physiotherapy. The FCP will give you early advice on how to manage your recent musculoskeletal problem. They will ensure that you are referred for physiotherapy treatment at the Gilbert Bain Hospital if this is required. FCP is not a course of physiotherapy. The FCP can also refer you to see a GP in the practice or other secondary care specialists if needed. In most cases people may just need one appointment.

Anne Williamson is the FCP based at Scalloway Health Centre

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

**Choosing Wisely
UK**

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

1. What are the **Benefits?**
2. What are the **Risks?**
3. What are the **Alternatives?**
4. What if I do **Nothing ?**



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.**

*Do you suffer from a
phobia? Such as flying
on a plane?*



Did you know that you're not alone - it is estimated that one in six people have a fear of flying.

There are many different treatments and therapies that can help you ease this fear, such as cognitive behavioural therapy (CBT) and counselling.

Medication is not recommended for treating phobias because talking therapies are usually effective and don't have any side effects. However, medication may sometimes be prescribed to treat the effects of phobias, such as anxiety.

For more information please look on the NHS website, there is a section on phobias which you may find helpful.

If you would like to talk to your GP please get in touch either through the askmyGP service, telephone or a face to face appointment.

Polite Notice from the Health Centre

If you are attending an appointment please only discuss queries in regards to yourself. Due to confidentiality reasons and time constraints we are unable to discuss other patients.

Please be aware that if you are waiting for a telephone appointment, GPs may run behind, emergencies happen and the time allocated is an estimate.

Apologies for any inconvenience this may cause.

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 Andrew Findlay