



INFORMATION AND MONTHLY UPDATES

Scalloway Health Centre

July 2024



Just a
friendly
reminder...

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

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

Visit:

www.nhsshotland.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.healthyshotland.com





We are changing the way we ask you to submit your home blood pressure readings.

Connect Me is a FREE service via mobile app and website, text message or automated phone call. Your health professional will discuss the most suitable option with you when you are enrolled.

The system will automatically contact you at agreed intervals to remind you to submit readings.

How does it work?

Your health professional will discuss which communication option is most suitable for you. There may be a choice of mobile app or emails linking to the web page, text messages or an automated telephone call. You will be set up to use your preferred option or communication method. All texts to and from 'Inhealthcare' are free to you. Text messages will come from the free short code, 85025.

You may receive a text warning that you will be charged at premium rates. Some mobile network providers send this generic message when any short code is used, however you will not be charged for using the 85025 free short code.

Registering to use Connect Me Services

supplied by Inhealthcare

These services are supplied to you via the Inhealthcare system. Your health professional will explain how the system works and discuss the potential benefits to you. We will only register you, with your agreement.

Any information collected about you will be held securely in line with current Data Protection Regulations.

For the app/website version of the service you will then receive an email inviting you to register within Inhealthcare.

Please bear in mind Inhealthcare is a computer system and not a person. It is programmed to send and accept specific information, so do not send in anything other than what is expected. This will be explained by your health professional.

If you decide you do not want to register you should ignore the email but please let your health professional know that you have changed your mind.

KNOWING YOUR BODY COULD SAVE YOUR LIFE

Whatever your age or gender, it's really important to get to know what's normal for your body. Symptoms of breast cancer may include:



LOOK

changes in skin texture
e.g. puckering/dimpling



FEEL

lumps and thickening



LOOK

nipple discharge



LOOK

nipple inversion and
changes in direction



LOOK

swelling in your armpit
or around collar bone



FEEL

constant, unusual pain in
your breast or armpit



LOOK

a sudden change in size
or shape



LOOK

a rash or crusting of the
nipple or surrounding area



Visit the Self
Checkout for tools to
help you check. Talk
to your doctor if you
have concerns.



This information was last revised in June 2023. It will be reviewed in April 2024.
CoppaFeel! is a registered charity in England and Wales (1132366) and Scotland
(SC045970) VAT number (388465343).

Text **EARLY** to **82228**
for our **free** monthly text
reminder service.

*Standard network rates apply for
the first text. Everything after is free.



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 24th July - No visiting groups at the moment but please feel free to pop in along for a chat or browse the leaflets we hold

Wednesday 31st July - No visiting groups at the moment but please feel free to pop in along for a chat or browse the leaflets we hold

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 (June 2023)

Unfortunately during the month of March there was **11** GP appointments, **5** nurse appointments and **14** healthcare support worker (HCSW) appointments that were unattended.

This equates to 2.75 hours of GP time, 1.25 hours of nurse time and 3.5 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.