

# INFORMATION AND MONTHLY UPDATES



Scalloway Health Centre

June 2023



*We want to wish our former colleague, Carina Humphray, a massive thank you for all her service over the years with us at the Scalloway Health Centre. Carina has been a big part of the team for 15 years, in these many years she was part of the dispensary team, a healthcare support worker and trainee nurse as well as being part of the move from the previous health centre to the new one which we are now based at.*

*We wish her a very well done for completing her Adult Nursing Honours Degree and all the very best for her new position with Macmillan, we know she will be amazing and we will miss her!*



## Cervical Screening Awareness week 19th - 24th June

**One in four don't attend their cervical screening test**

If you have a cervix and you're between the ages of 25 and 64, you should be offered a cervical smear test at your local GP practice every five years.

If you have not been contacted and are due to have one, please give us a call to arrange this.

For more information regarding the cervical smear test appointment, head to the NHS inform website.



**Cervical screening can stop cancer before it starts**



## No Show Appointments at the Health Centre (May 2023)

Unfortunately during the month of May there were 10 GP appointments, six Nurse appointments, 16 Healthcare support worker (HCSW) appointments and seven physio/ANP/pharmacy appointments that were unattended.

The equates to 2.5 hours of GP time, three hours of Nurse time, four hours of HCSW time and 3.5 hours of Physio/ANP/pharmacist time.

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

## HAY FEVER



Hay fever season is upon us with one in five people experiencing it at some point in their lives.

Hay fever can be controlled with over-the-counter medicine from your local pharmacy, but contact a GP if

- Your symptoms are getting worse
- Your symptoms do not improve after taking medicines from the pharmacy
- You're experiencing persistent complications of hay fever, such as worsening asthma or repeated episodes of sinusitis.

## Spring Covid Booster Vaccination

The 2023 spring Covid booster vaccination is being offered to anyone in care homes; people aged 75 and over (by 30th June 2023) and people who have weakened immune systems.

People identified as having a weakened immune system can attend appointments for their booster vaccination from Monday 24th April. Most people in this group will have received, or will shortly receive, a letter inviting them to make an appointment. Some people will have also received a telephone call.

If you have not received a call/letter and think that you should have, please let us know by calling 01595 743319 or emailing [shet.vaccination-team@nhs.scot](mailto:shet.vaccination-team@nhs.scot)



## Pride - June 2023

June is the month chosen to celebrate Pride as it was the month of the Stonewall 1969 riots, the protests that changed LGBTQ+ rights for people across the world.

We want to break down these barriers and promote an NHS Scotland that is inclusive to all. LGBTQ+ and minority ethnic people still face challenges in relation to accessing healthcare and negative attitude towards them. There is no place for discrimination in NHS Scotland.



# Carers Week 5th - 11th June

This year, the theme for Carers Week is 'recognising and supporting carers in the community'.

There are 6.5 million people in the UK who are carers. They are looking after a family member or friend who had a disability, mental or physical illness or who needs extra help as they grow older.

Shetland Carers is a project supported by Voluntary Action Shetland and can be contacted for a variety of things from information and advice, help with emergency planning, providing lifting and handling training for carers and advice on grants/breaks available.

During Carers Week, Shetland Carers are hosting a range of events for all carers to attend.

Please visit : [www.shetlandcarers.org](http://www.shetlandcarers.org)

The "Living Well" hub in Scalloway is another support group which would be beneficial to carers - see information below.

*Don't ever feel like you're alone in this, there is help available - just talk to us.*

## Are you caring for someone?

Shetland Carers want to support you to manage your caring role and have a life alongside caring. We provide information and advice, signposting to other organisations, support groups, help with Emergency Planning and short breaks.



## Carers Week Events



### Throughout Carers Week - 5th June - 11th June 2023

'A Moment for Me' competition - send in a photo to be entered

into our draw to win a dining voucher for Brudolff Hotels!

'Cuppa and Cake' available FREE for carers and a companion at Fjara café, from Tuesday 6th - Sunday 11th June

**Tuesday 6th June 2023, 10.30am - 11.30am**

Rebel Fitness taster session at Gilbertson Park Games Hall

**Wednesday 7th June 2023, 2.00pm**

Guided Meditation session to reduce stress, with Diane Taylor

**Thursday 8th June 2023, 11.30am - 12.30pm**

Himalayan Sound Therapy session at Staneyhill Hall, with Anjani Devi from Holistic Yoga Shetland

**Friday 9th June 2023, 2.00pm - 4.00pm**

Pottery painting session at Aa Fired Up

[www.shetlandcarers.org](http://www.shetlandcarers.org)

Tel: 01595 743980



We're supporting Carers Week!



Carers Week

5-11 June 2023

## The "Living Well" Hub

The Living Well Hub is about building on local initiatives, combining what is already working, making connections within and across the health, community and social care, joining up good practice and strengthening common sense, empowerment and trust.

It 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



The Living Well Hub is open at the Scalloway Youth and Community Centre on Wednesdays between 9am - 2pm

Please visit the [www.shetland.gov.uk/health-wellbeing/living-well-hub](http://www.shetland.gov.uk/health-wellbeing/living-well-hub) for more information



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.**

### **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, Ashleigh Barclay and Vicky Schofield are our regular ANPs that are available within the practice.



**SCOTTISH GOVERNMENT GUIDANCE ON  
EXTENDED USE OF FACE MASK AND FACE  
COVERINGS IN HOSPITAL, PRIMARY CARE AND  
THE WIDER COMMUNITY HEALTHCARE WILL BE  
WITHDRAWN ON 16 MAY 2023.**



**MASKS WILL NO LONGER BE REQUIRED TO BE  
WORN ROUTINELY BY STAFF, PATIENTS OR  
VISITORS.**

## **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***