

INFORMATION AND MONTHLY UPDATES

Scalloway Health Centre

October 2023



Flu and booster vaccinations to protect people and the NHS this winter



Don't let your protection fade

Find out which vaccines you're eligible for this winter



The national autumn/winter vaccination programme for flu and COVID-19 is now underway in Shetland.

Those eligible for flu and/or Covid vaccinations will be contacted by letter or via telephone or potentially, text or email if they have opted in for this service.

If you have not heard from us and are expecting to get the vaccines, please contact the vaccination team on 01595 743319

You can also visit:

www.nhsshotland.scot/public-health/vaccinations

For more information and eligibility.

STAYWELL THISWINTER

NHS

Diarrhoea and vomiting?

There's no specific cure for stomach bugs such as norovirus
Visit nhs.uk/norovirus for advice on treating symptoms at home



stay hydrated



take paracetamol



prevent spread



stay at home for two days after symptoms clear



SEXUAL HEALTH
ADVICE

IMPLANTS AND COIL
APPOINTMENTS

CONTRACEPTION
AND EMERGENCY
CONTRACEPTION

PREGNANCY
TESTING AND FAMILY
PLANNING

STI TESTING

SEXUAL HEALTH CLINIC

TERMINATION
REFERRALS

YOUNG PERSONS CLINIC
WALK INS
(UNDER 18S)
MONDAYS 4-5.30PM

HIV PREVENTION
MEDICATION

PRE-CONTRACEPTION
ADVICE

GILBERT BAIN HOSPITAL
OUTPATIENTS DEPARTMENT
CLINIC TIMES: MONDAYS 5.45-7.45PM

IMMUNISATION FOR
AT RISK GROUP

Confidential, non-judgemental services for people of all genders, orientations and ages.

FREE condom requests by walk ins or by post.

To book an appointment or request free condoms please email:
shet.sexualhealth@nhs.scot

SCAS Variety Concert

Raising funds for Shetland Care Attendant Scheme

Saturday 18th November 2023
Tingwall Public Hall

Doors open 6:30pm (7pm start)

Featuring:

- Gary & Lewie Peterson
- Thing 1 & Thing 2
- Stefanie Pottinger & Jem Napier
- Alex Couper
- Bryan Gear & friends
- Alan Nicolson & friends
- Papa Stour Sword Dance

Teas provided at interval
Raffle prize draw takes place on the night

See our Facebook page for raffle prize list
@ Shetland Care Attendant Scheme

Raffle tickets available to buy from Market House, Lerwick
and selected local shops - look out for the poster.
or email SCAS@shetland.org.uk for bank transfer details.

Entry
Adult: £10
Child: £5

Raffle tickets
£1 each

Shetland Care Attendant Scheme (SCAS) is an independent charitable organisation who provide trained Care Attendants to give carers a break in their own homes.



Shetland Care Attendant Scheme

This enables the carer to have some quality time to call their own as they wish, with the knowledge that their loved one is happy and being kept safe.

This enables the carer to continue in their caring role knowing they are going to have regular breaks, and thus enables them to keep their loved one staying at home. Overnight support is also provided to give carers a full night's uninterrupted sleep.

Carers who may be absent or living away from the person in need of care are also offered a service to ease their concern or anxiety because they live elsewhere.

Tel: 01595 743931 Email: scas@shetland.org

Quit smoking this **Stoptober**

When you stop smoking, good things start to happen — you can begin to see almost immediate improvements to your health.

So this October, join the thousands of smokers committing to quitting. Stop smoking for 28 days and you're five times more likely to give up for good.



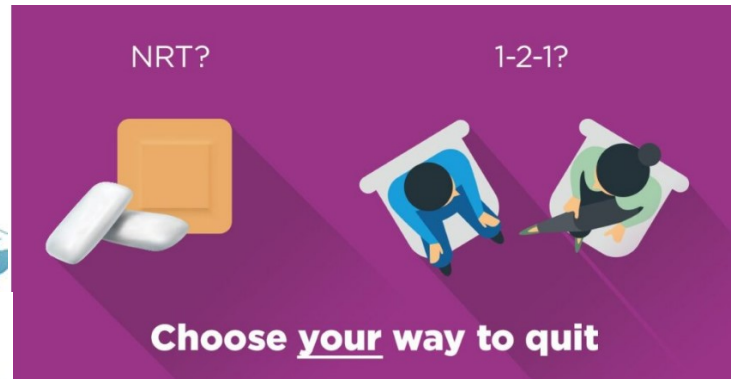
Download the free NHS Quit Smoking app this Stoptober

Visit: www.nhs.uk/better-health/quit-smoking for free tools, tips and support to help you stay on track.



Healthy Shetland

Improving Population Health and Wellbeing



Quitting smoking is hard, but we are here to help you find your way.

With Healthy Shetland, they can offer you tailored support with trained advisors, who are specialists in smoking behaviour change.

They can also provide you with nicotine replacement therapy (NRT), free of charge, which gives you a safe, clean way to manage cravings.

Research tells us you are four times more likely to quit with specialist support plus medication than you would be going it alone.

You can contact them on 01595 807494 or fill out a self-referral form on www.healthyshetland.com/smoking



**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.**

The “Living Well” Hub is open at the Scalloway Youth and Community Centre on Wednesdays between 9am - 1pm.

October 2023 - Visiting groups

Wednesday 4th - No visiting group (on as normal)

**Wednesday 11th - Social Security Scotland
Joel Wishart from Housing 10-12noon
Kathryn Lomax from Relationship Scotland**

Wednesday 18th - No visiting group (on as normal)

Wednesday 25th - Joel Wishart from Housing 10-12noon

**They meet every week, so if you have time please
pop along. You can pick up some leaflets regarding
support in your area and have a cuppa and a chat.**

No Show Appointments at the Health Centre (September 2023)

Unfortunately during the month of September there were four GP appointments, nine nurse appointments, 13 healthcare support worker (HCSW) appointments and one ANP/pharmacy appointments that were unattended.

The equates to one hour of GP time, 2.25 hours of nurse time, 3.25 hours 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.

Clinical time is valuable.

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 Heather Jamieson

Dr Judith Gilmore