

Yell Health Centre Newsletter

(Autumn 2012)



Welcome to the Autumn Newsletter. With what little summer we had disappearing fast, it's time to think about "Flu vaccines" again.

We would welcome any feedback regarding this newsletter or any aspects of the health care we provide to you. There is a suggestion box in the waiting room or you could write to us. Don't forget that you can contact us via our web site: www.yellhealthcentre.co.uk Please have a good look around the website. There is a lot of information on it and any suggestions for improvement would be appreciated.

Dispensary Arrangements



May we please remind folk that if you are seen at the hospital and are given a prescription there, could you please go to the pharmacy at the hospital, or any pharmacy in Lerwick, to get the medicine. Quite often the hospital doctors will be prescribing new medicines for you and we will not always have it in stock. By getting your prescription in Lerwick, you will be assured of being able to start any medicines without delay. If you are prescribed new repeat medication, please inform us in plenty of time so that we can ensure we have it in stock.

Ordering Repeat Prescriptions

Quite a few of you are already ordering your repeat medications via our website. If you have not done so already, why not have a look at how this can be done. A simple registration form needs to be completed and after that ordering your repeat medicines is quick and simple. You only have to add the medications once and thereafter it is a simple tick box to order, although you will need to update any changes to your medication. Confidentiality is assured. No need to spend money or time on a phone call, or trying to pronounce some of those rather tongue twisting names!! We check

the orders via the website every day, but you still need to allow 24 hours for the prescriptions to be made up. If ordering for collection at the Old Haa or Cullivoe Hall please order no later than Friday and for Fetlar no later than the Tuesday previous to the GP coming in to the island.

Saturday mornings can be quite busy for the only member of office staff on duty, so can we ask that you avoid phoning for repeat prescriptions on that day.

"Flu" jags

The "flu" jags are going to be with us very soon and we are going to be holding "flu clinics" in the Mid Yell, Burravoe and Cullivoe halls on the following days and times, as we did last year.

Burravoe - Tuesday 23rd October 10-12

Mid Yell - Wednesday 24th October 2-4

Mid Yell - Wednesday 31st October 2-4

Cullivoe - Thursday 1st November 2-4

Just turn up to your preferred hall and you will get your flu jag.



Flu jags are being offered, as usual, to all those aged 65 and over, pregnant ladies, non-paid carers and those with certain medical conditions (of all ages)

such as diabetes, heart, kidney and liver disease and chest problems.

For those of you who are not eligible, if you wish to have a flu vaccine, please contact the surgery to organise a private vaccination. This will cost in the region of £10.00

Teas, coffees and biscuits may be on sale in order to raise money for different local groups.

Childhood Immunisations

I am sure you will have read in the paper about the fact that whooping cough has been detected in Shetland. It is advisable to complete your children's vaccination schedule, and help to prevent the spread of any of the diseases that they cover. If you are unsure about what vaccinations your child has had, or needs, please ring the surgery.

Travel Vaccinations

For those of you going away on holiday, please check to see if you need any travel vaccinations. Hilary, the practice nurse, can give all vaccinations except the Yellow Fever, which can be done at the Hillswick Health Centre.

Patient Travel

The Health Board seem to be much stricter in their travel reimbursements. We have no influence over whether travel expenses are paid or not, so please check with Patient Travel before your appointment so that you are sure your travel costs will be reimbursed. Patient Travel's number is 01595-743305.

Please Close the Gate

The gate on the footpath keeps those pesky sheep out. They otherwise hide in the doorways depositing unwelcome gifts! Please remember to close the gate to keep them out.



Hearing Aid Batteries

We now have a supply of hearing aid batteries so if you require new ones, please contact reception staff who will be able to distribute them. You will have to bring in your Yellow book to be signed, so please don't forget.

YHSG Christmas Raffle

The Yell Health Support Group is holding another Christmas Raffle this year. Tickets will be on sale at flu clinics, in the surgery and in local shops at £1 a ticket. The prize this year will be a mixed hamper of all sorts of goodies. All money raised will go to the Yell Health Support Group

Christmas Closure

The health centre will be open for half a day on Monday 24th, but there will be no Burravoe clinic. We will be closed on Tuesday 25th & Wednesday 26th, and open again, as per normal, from Thursday 27th. On Monday 31st, we will be open for a half day but, again, there will be no Burravoe clinic. The health centre will be closed on Tuesday 1st & Wednesday 2nd, and reopen on Thursday 3rd. If you require a doctor urgently between these times phone the health centre as usual, on 01957 702127, where a recorded message will inform you where the doctor can be contacted.



Please make sure that you have enough medication to see you through the festive season.

Hello and Goodbye

As you probably already know Sharon the district nurse on Fetlar is leaving, and by the time you read this she will have gone! We would like to thank her for all her hard work and wish her all the best for the future in Hereford.

Many of you will have already met or spoken to Jolanda, our new receptionist. We would like to welcome her to the health centre.