

Yell Health Centre Newsletter

(Autumn 2011)



Welcome to the Autumn Newsletter. We would like to take this opportunity to welcome Dr Alison Chandler to our practice. Some of you will have already met her, as she started work with us in June, replacing Naomi Reifenberg as our associate. We hope she enjoys working in Yell.

Also, we would like to wish Hilary a speedy recovery from her recent operation.

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

Dispensary Arrangements



May we please remind folk that if they are seen at the hospital and are given a prescription there, could they 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 any 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. 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.

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 at that time.

"Flu" Pneumovac 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.

Mid Yell - Wednesday 26th October 2-4

Cullivoe - Thursday 27th October 10-12

Burravoe - Wednesday 2nd November 10-12

Mid Yell - Friday 4th November 10-12



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, carers and those with certain medical conditions (of all ages) such as diabetes, heart, kidney and liver disease and chest problems.

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

Students

Over the next year, we will continue to have medical students with us from time to time. They will be here for a couple of weeks at a time, sitting in with the doctors, practice nurse, district nurses and reception staff.

We will also be having a few senior pupils from Orkney gaining work experience in our practice. These pupils are all trying to enter medical school and have been recommended by their schools. Likewise, some Orkney GP surgeries will be taking Shetland pupils with similar ambitions. Without this work experience, the Isles pupils are at a real disadvantage when applying to medical school. Hopefully, this shared arrangement will be beneficial to both communities and avoid any confidentiality issues.

You will be informed if there are either medical students or senior pupils in the surgery and if you would prefer not to have them sit in, please let reception staff know when you arrive.



Disabled Parking Space.

Parking space close to the surgery is at a premium, and we have only 2 disabled parking spaces. Please be considerate and only use these spaces if you really need to.

Physiotherapy

As you will be aware, we have not had a visiting physiotherapy service for about 8 months now. There are no plans to reinstate one in the foreseeable future either. If you feel that Yell needs a visiting physiotherapy service on a regular, weekly basis, why not write to Shetland Health Board and make your views known. The Yell Health Support group and the Community Council have written, but without any success yet. The more people that let the Health Board know what they feel about this, the more chance there is of getting a regular physiotherapy service back to Yell.

Are You a Carer?

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. If you are a carer, you are entitled to advice, information, support and often financial benefits and breaks from caring, and these resources are available within Shetland. Please let us know if you are a carer. We have more information available for you than space allows here. It is also on our website under "Information for Carers".

YHSG Christmas Raffle

The Yell Health Support Group is holding another Christmas Raffle this year. Tickets will be on sale in the surgery and in local shops at £1 a strip. 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 surgery will be open as usual up to and including Saturday 24th. The health centre will be closed on Sunday 25th, Monday 26th, Tuesday 27th and open again, as per normal, on the Wednesday 28th. We are closed again on Sunday 1st, Monday 2nd, Tuesday 3rd, and reopen on Wednesday 4th. 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.

Congratulations!

Congratulations to Ann-Marie and John Smith on the birth of their daughter Lily; to Emily and Kevin Tulloch on the birth of their son Hansen; to Lesley Robertson and Wayne Strachan on the birth of their son Riley and to Louise and Leslie Tulloch on the birth of their daughter Evie.

