

Yell Health Centre Newsletter

(Christmas 2013)



We welcome Dr Catherine Campos Rio, who started as the permanent GP on 31 October. We wish her well in her post. Catherine is happy to see all patients at the surgery and can also be consulted for contraceptive implants and coil changes.

We also can announce that we have an associate GP who will be starting soon. This is Dr Alistair Convery, whom some of you will already know as he was a locum here.

Hilary will still be seeing those people with long term conditions, travel consultations and other necessary appointments.

There is a suggestion box in the waiting room or you could write to us. Don't forget that you can also contact us via our web site: www.yellhealthcentre.co.uk

Closure over festive period



The surgery will be closed from December 24 at 5pm until 27 December at 8:30am and again from December 31 at 5pm until 8:30am on Friday 3 January. The usual rules apply for calling the GP out of hours.

Festive season

With the holidays upon us, we all need to be aware of the amount of alcohol we are drinking, and ensure that we are not driving over the limit. Please be aware of your limits and driving.



Change of surgery times

Both Burravoe and Cullivoe clinics have later start times. Collection of medication is at 1:50pm and the first appointment is at 2pm. Saturday mornings will now start at 10am

Ordering Repeat Prescriptions

Please ensure that you order your medicines in plenty of time. Please make sure that you have enough to last over the festive period. Repeat prescriptions **CANNOT** be dispensed on the same day that they are ordered.

From February/March 2014 all **repeat** prescriptions will be done through the Brae pharmacy. You must **order at least 14 days in advance** of needing your prescription. The doctor **MUST** sign every prescription before it goes to Brae. The new system should not make any difference to the ordering or collecting of your medicines.



Wasted appointments

If you cannot keep your GP or nurse appointments, for whatever reason, please would you ring the surgery to cancel. This will mean that we can offer the appointment to others.



How to treat 'flu'

Isolated cases of flu along with other viruses are bound to occur. Here is some general advice on how to treat these viruses yourself.



Flu usually gives you a high fever, a shivery feeling, headache, aching and no energy. These symptoms often start suddenly and are more severe than the common cold. It can make you feel very ill for up to a week or so. If you think you have a flu-like illness, stay at home, keep warm and rest, drink plenty of non-alcoholic liquids, eat what you can, take Paracetamol or Aspirin to ease your pain and reduce your temperature.

You should contact the surgery for advice if you get chest pains, breathlessness or your symptoms are not improving in a week. People with diabetes, existing heart or chest conditions should speak to us sooner if they are worried.

YHSG Christmas Raffle

The Yell Health Support Group held another Christmas raffle this year. We raised a staggering £579.30 and the prize was won by Helen Priest. All money raised goes to the Yell Health Support Group.



Patient Travel

With all the cost cutting, Patient travel have put in place Red Cross transport from the Toft side of the ferry. This can be arranged through them (07880 750445 - leave message).

Please give as much notice as possible. If you are unable to get to the ferry in Ulsta, please can you call Yvonne Graham at the hospital (01595 743000) before you travel for permission to use a taxi.



Congratulations!

Congratulations to Louise and Leslie Tulloch on the birth of their daughter Cassie; Lita Thomason and Neil Williamson on the birth of their daughter Macy; to Vicky and Leslie Johnson on the birth of their son Leon; to Lynsay and James Cunningham on the birth of their son Alexander; to Kirsty Williamson and Stuart Bruce on the birth of their daughter Leah; to Lesley Robertson and Wayne Strachan on the birth of their daughter Keila; to Karen Anderson and Rodney McKinnon on the birth of their daughter Kaitlin; to Claire Ferguson and Alex Brown on the birth of their son Connor; and to Freda Williamson and Jamie-Lee Carr on the birth of their daughter Marianne.

