

# Yell Health Centre Newsletter

## New Year 2013



Welcome to the first newsletter of 2013. We hope you all had a great Christmas and New Year. There are going to be a number of changes in the practice in the coming year that we wanted to let you know about, hence this newsletter. Feedback regarding this newsletter, the website or any aspects of the health care we provide to you, is welcomed. There is a suggestion box in the waiting room, you could write to us, or why not try the "contact us" link on the website, [www.yellhealthcentre.co.uk](http://www.yellhealthcentre.co.uk) Alternatively we do have an e-mail, address: [surgery@yell.shetland.scot.nhs.uk](mailto:surgery@yell.shetland.scot.nhs.uk)

### Farewell to Alison

From the beginning of March, Dr Alison Chandler will be leaving us and taking up a locum post to cover maternity leave in Lerwick. We would like to take this opportunity to thank her for all her hard work and dedication over the last 2 years. She would like to thank all the health centre staff, community staff and patients for the warm welcome she has received while working here. We will try to find a replacement as soon as possible.



Many thanks also to Marion Anderson for drawing the winning ticket out of the hat. The support group would be delighted to hear from anybody interested in joining the group, which serves not just to fund raise for medical equipment for the folk of Yell, but also to act as a forum where folk can feedback any comments to the health centre.

### How to treat "flu"



Isolated cases of flu along with other viruses are bound to occur and the following 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.

### Dental changes

David Gilmore has moved from Yell to work in Brae. Alison Blundell is working here 3 days a week; Mondays, Tuesdays and Fridays. To make an appointment, please ring 01957 702031.



### Christmas hamper won!

Congratulations to Laurence Keith for winning the hamper. A huge thank you to all who bought raffle tickets and to all who donated items to the hamper; we raised a massive £397.00.

### Farewell from Mark and Rosie

Mark and Rosie have decided to move on to pastures new from June this year. We have been here for 15 years and both our children have now left Yell. We feel now is the time both personally and professionally to make a move. We will still be based in Shetland for the time being, but will be doing short term locums in Shetland and throughout Scotland. This will also allow us more flexibility to keep in touch with elderly relatives south. It has been a real pleasure and privilege living and working within the Yell community, and we will miss everyone greatly. Our long term aim will be to work overseas again when the kids are fully independent, but that will be a few years away yet.

The health board is already advertising for a replacement GP, and we will keep you informed.

### Repeat prescriptions

Please note that repeat prescriptions **CANNOT** be dispensed on the same day that they are ordered. This is to comply with the law, since the doctor **MUST** sign every prescription **BEFORE** being dispensed.



Please be aware of when your drugs are running low and order them in plenty of time before you need them. The absolute minimum for a prescription to be dispensed is 24 hours.

### Reception arrangements

To help us to run as smoothly as possible and avoid us inadvertently "overlooking patients", could we **please ask everyone** who has an appointment with the dentist to **report to the Dental Reception** (immediately next to the waiting room), and everyone else to **report to the Medical Reception, as soon as they arrive.**

### Hilary

Hilary will be away for a few weeks from the middle of January, having her knee seen to. Rosemary Johnson and Janet Kelly will be doing some days at the health centre to cover.



### Physiotherapy Self Referral

Anyone over the age of 16 can now refer themselves directly to the physiotherapy department without having to see their GP first. There are forms available from the hospital, library, local health centres and leisure centres or online at [www.shb.scot.nhs.uk](http://www.shb.scot.nhs.uk).



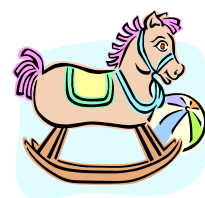
Once you have completed the straightforward form, send it back to the physiotherapy department at the Gilbert Bain Hospital and you will be sent an appointment. Direct referral to the physiotherapy department should save time and has been shown to speed up recovery. Unfortunately, you will still have to travel to Lerwick for the physiotherapy appointment.

### Wasted appointments

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

### Congratulations!

Congratulations to Jem and David on the birth of their son Mark; to Katy and Richard Hay on the birth of their son Thorfinn; to Christine Henderson and Gary Mann on the birth of their daughter Marah; to Claire and



Andrew on the birth of their daughter Darcy; to Michelle and Robbie Coutts on the birth of their son Kristoffer; to Jenna Thomason and Keith Smith on the birth of their son Bobby; to Karolina Matlinska

and Lucas Poniacki on the birth of their son Filip; to Norma and Phil Anderson on the birth of their daughter Willa; to Emily and Kevin Tulloch on the birth of their son Lewis; to Hazel Robertson and Tommy Coutts on the birth of their daughter Rachel and to Tammie and Tim Fraser on the birth of their daughter Izzy.