

Yell Health Centre Newsletter

(Summer 2016)



Summer has started early this year, we hope it will continue until September! If you are travelling overseas this summer, please make sure you have all the necessary immunisations in good time. There is more information on this below. As always, we would welcome any feedback regarding these newsletters, or if you have any suggestions, please feel free to contact us either by telephone, by e-mail at : - shet-hb.yellhealthcentre@nhs.net or via our website:- www.yellhealthcentre.co.uk

New Doctor

We are pleased to welcome Yell's new GP Dr Gurbachan Singh. Dr Singh started working in Yell on 31st May. He will be working for 3 to 4 weeks at a time then having 10 days off. Dr David Gardner, associate GP, will cover Dr Singh's time off.



Holiday Vaccination



If you are travelling to foreign lands this summer, or throughout the year, please make sure you are up to date with your vaccinations. Check on our website www.yellhealthcentre.co.uk under travel information where you will find a link to Fit for Travel website. This should give you all the information you need on which vaccines are required for the country that you are travelling to. Once you decide which vaccines you want, complete the questionnaire and submit it to us. If you do not have access to a computer, please contact reception for a travel questionnaire form. Once completed please make an appointment with Rosemary to discuss your requirements.

Dentist



We have no dentist in Yell at all at the present time, but if you have a dental problem please ring the clinic in Yell on 01957 702031. They will do their best to arrange for you to be seen in Brae or Montfield.

Things to remember over the summer

Please remember:- to wear goggles and appropriate footwear whilst using your strimmer and lawnmower; to wear lifejackets when off in boats and to wear appropriate clothing and take care whilst using power tools.



School Leaving Boosters

We would like to remind parents of children aged 14 and over that they are due teenage booster immunisations. The school holidays are an ideal time to get this done. Rosemary will be delighted to see them!



Slip, Slap, Slop!

Summer may be here now (hopefully), and although we don't tend to realise it, the sun in Shetland can be very fierce, especially when there is a cooling breeze. Sunburn is not only acutely painful but it can also increase your risk of getting skin cancer in the future. It is easy to protect yourself though. When you or your children are going to be exposed to the sun **SLIP** on a shirt, **SLAP** on a hat and **SLOP** on sun cream (the highest factor you can get!).



Congratulations

Congratulations to Sarah and Kevin on the birth of their son Ollie; to Charlotte on the birth of her daughter Eilidh-Louise; to Alison and Rognvald on the birth of their son Jaden; to Inga and Mark on the birth of their son Connor; to Julie and Dougie on the birth of their son Jamie; to Indre and John on the birth of their daughter Elizabeth and to Amy and Darren on the birth of their daughter Emalee.



Yell Health Support Group

This group now have a new secretary, Catherine Gibb. Dan Thompson and Angus Jamieson have left the group. The group now consists of:- Julia Smith (chair), Annette Jamieson (secretary), Catherine Gibb (treasurer), Cass Slater, Jill Thomson, Doreen Strachan, Alexis Goodlad, Linda Strachan, Rae Thompson, Patricia Odie and Robert Jamieson.

Yell schools ran a competition, as part of "Young Philanthropists", to create a logo and this was won by Caitlin Willis.



They also have a Facebook page if you want to contact them in that way.

Keeping in contact

Please keep us informed of any change of name, address or telephone number. We would also appreciate mobile numbers and e-mail addresses if you have them.



Staff Training



Just a reminder that we are closed for staff training every Wednesday afternoon from 2pm. A message informing you of how to contact a GP will be on the answer machine. You will not be able to collect medication during this time.

Comments/Complaints

If you have a comment or complaint about any of our services, please let us know. We cannot fix it if we don't know about it. Please contact Debbie on 01957 702127 if there is anything you wish to discuss.

