

# Yell Health Centre Newsletter

## (November 2007)



Welcome to this latest newsletter. The “flu” immunisation season is with us again, and we have some more details on this and the other immunisation we offer, the pneumococcus vaccine. As some of you will be aware, our website is up and running which gives practice information, news, web links and more. It can be found at [www.yellhealthcentre.co.uk](http://www.yellhealthcentre.co.uk). The website is funded by the Yell Health Support Group. There is a section on the group in this newsletter, and we would like to encourage anyone to get involved and have a say. 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? Alternatively we do have an e-mail, address: [surgery@yell.shetland.scot.nhs.uk](mailto:surgery@yell.shetland.scot.nhs.uk)

### Yell Health Support Group

The Yell Health Support Group is a registered charity that was originally set up to fund raise, and to oversee the use of funds to provide medical and nursing equipment to Yell residents. It now also acts as a “patient participation group”, where any ideas or concerns regarding any aspect of health care in Yell can be raised.

The group has had an active year, and has purchased several items of medical equipment for patient use. For example, a spirometer, oxygen saturation monitor (adult and paediatric) for use in emergencies, a new warfarin monitoring machine, and books for the patient library. The planters outside the surgery were also provided by the group, as were the trees at the front of the building. A “Fit Club”, organised by Clare Stiles (district nurse/health visitor) was sponsored by the group.

Next year, amongst other things, we would like to purchase an “ambulatory blood pressure machine” to loan to patients. The group has also been active, along with the community council, in trying to highlight what



we see as inadequacies in ambulance provision to the outer isles. Annette Jamieson met up with Nicola Sturgeon, Cabinet Secretary for Health and Well Being, in August at a meeting in Lerwick. Mark Aquilina also spoke to Tavish Scott in October. We are concerned that there is only one paramedic ambulance for the whole of Shetland and on several occasions it has not been available to meet the Yell ambulance at Toft resulting in the GP having to travel to Lerwick. This can mean that there is no doctor on Yell for several hours. There have also been training issues for the local volunteer ambulance drivers.

If you want to know more about the group, or are interested in joining, please speak to one of the group, or e-mail us via our website [www.yellhealthcentre.co.uk](http://www.yellhealthcentre.co.uk) Minutes of the meetings are available on the practice website.

The following are members of the group:- Mark Aquilina, Rosie Briscoe, Patricia Odie, Charlie and Winnie Tulloch, Johnina and Victor Jamieson, Dan Thompson, Robert Jamieson, Angus and Annette Jamieson, Rae Thompson, Julia Smith and Alexis Goodlad. We would be delighted to welcome anyone who is interested in joining the group.

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### Christmas Hamper to be Won!

To increase awareness of the Yell Heath Support Group, and to raise money, we are raffling a luxury Christmas Hamper. Tickets will be available at the Health Centre, with a suggested donation of £1.00 per strip. Please ensure you write your name and telephone number clearly on the back of the strip. We will draw the ticket on 21<sup>st</sup> December, so the lucky winner can over indulge at Christmas!

And in the New Year, we hope to arrange a sponsored "Slimathon", so the winner of the hamper may well be the first to put their name down! More details will be given in the New Year, on the website and at the surgery.

### "Flu" and Pneumovac jags

Flu and Pneumococcus immunisations will be offered as usual to all those aged 65 and over, and those with certain medical conditions such as diabetes, heart disease, kidney disease and chest problems. Pneumococcus is a bacterium which can cause various infections; the most important of which is a type of pneumonia. Unlike the "flu" jag, this immunisation is given once only (with a few special exceptions). Some of you with particular medical conditions may already have received this immunisation in the past. If so, you will not need to have it again. The injection can be given at the same time as the "flu" jag (in the opposite arm). There will be leaflets available in the surgery. If you have any queries, please feel free to speak to the doctors or nursing staff.



Appointments for these immunisations can be made as usual by contacting us on 702127.

### 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.

### Reception Arrangements

To help us to run as smoothly as possible and avoid 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.**

### Congratulations

Congratulations to Louise and Steven on the birth of Dean; Jill and Colin on the birth of Lori-Ann; Frances and George on the birth of Neil; Lynne and Darren on the birth of Harrison; Karolina and Lvkasz and the birth of Sonia; Debbie and Philip on the birth of Emma Jayne; Susan and John on the birth of Katy; Mandy and Trevor on the birth of Abbie and to Claire and Mark on the birth of Ruby.

