

Yell Health Centre Newsletter

New Year 2008



Welcome to the first newsletter of 2008. We hope that you all had a lovely Christmas, and that you didn't overindulge too much. If any of you have made any health related "New Years Resolutions", we are here to help. Hilary is available to help those of you wishing to give up smoking or to lose weight. If you are thinking of losing weight and would like to raise money for the local Yell Health Support Group at the same time, why not consider joining our **Sponsored Slimathon!** Details are given below.

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 Alternatively we do have an e-mail, address: surgery@yell.shetland.scot.nhs.uk

Sponsored Slimathon

Many of you may have made a New Year's Resolution (or 2), and losing weight may be one of them. If so, we have a bright idea that may help you, and raise money for the local charity "Yell Health Support Group". We are holding a sponsored **Slimathon**. You will be invited to come along to get weighed and measured, and then you decide how much weight you wish to lose. You will be given dietary advice, support and encouragement, and you will be seen and weighed on a regular basis. You could get friends, neighbours etc to sponsor you to encourage you in your efforts. All the money raised will go to the Support Group. The first meeting for those wishing to join a "mass weigh-in" (no pun intended), will take place at the Health Centre on 31st January from 1:30 to 3:00pm.



It would be helpful to let us know if you are coming by ringing the Health Centre before 12 noon that day. If you cannot come at that time, if you prefer to do things more privately, if you want advice on weight without being sponsored or if you would like more

information, please feel free to speak to Hilary at the surgery. Good luck everyone.

Christmas Hamper Won!

Congratulations to Alana Nicholson for winning the hamper. Commenting on her win, Alana said "Really, I never win anything!" A huge thank you to all who bought raffle tickets and to all who donated items to the hamper; we raised a massive £471. Many thanks also to Barbara Manson for drawing the winning ticket out of the hat.

New Podiatrist

We would like to welcome Steve Barrett who started as Yell's new Podiatrist at the end of last year. We hope that he enjoys his stay in Shetland.

Congratulations

Congratulations to Sarah and Leslie on the birth of Earl, and to Jem and David on the birth of Lee, on Christmas day!



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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.

A Word from the Dental Team

There have been one or two different faces on reception and in the clinic over recent weeks. The Mid Yell Clinic is part of the Brae Dental Team and whenever a member of staff is off sick, cover is provided from Brae. There have also been different dentists on different days: Dr Fiona Marriott and Dr Tim Knowles work in both Brae and Yell. More new faces will be appearing over the coming months with the arrival of Dr David Fyffe and Dr Pippa Abron. The clinical will still be open Monday to Friday with appointments running from 09:15 to 16:15 and reception open 08:45 to 17:15. The reason



for the clinic hours differing slightly to that of reception, is to allow the nurses time in the morning to set up and in the evening to thoroughly clean the surgery in preparation for the next day.

Infection control is a huge issue in dental practice and all staff are strictly adhering to the guidelines.

One note of disappointment, however, is the fact that patients are still failing to attend their appointments without giving notice. It is very discouraging for staff to hear in the national media about lack of appointments and also to hear more localised complaints. A total of 6 hours has been lost, in early January, from "fail to attend". This is equivalent of 12 full appointments. Staff at Mid Yell are doing all they can to provide continued care and have a waiting list that they are working through, so where possible patients are encouraged to give at least 24 hours notice if they cannot keep an appointment. The team at Mid Yell wish to take this opportunity to wish all their patients are healthy and prosperous new year and look forward to seeing as many of you as they can!

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 if you collect your drugs and 48 hours if you wish our drugs to be posted.



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.**

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