

Yell Health Centre Newsletter (March 2007)

Welcome to the latest of the Yell Health Centre's newsletters. The Yell Health Support Group has been quite active recently, and we have news of a couple of projects that have received support from them. 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 or by e-mail at: - surgery@yell.shetland.scot.nhs.uk. or use the link on our new web site www.yellhealthcentre.co.uk

Yell Fit Club

Our health visitor, Clare Stiles, will be starting a Yell Fit Club this spring or summer which will be free to anyone who wants to join. It is aimed at people who are wanting to get fit, and perhaps lose a bit of weight, but who need a bit of encouragement and guidance to start exercising gently. We



hope to meet weekly for a course of six weeks, during which time we will give you some advice around developing a healthy lifestyle and introduce you to a few different forms of exercise, mostly within the Yell Leisure Centre. If you are interested, please come along to our pre-course meeting on March 22nd at 7pm at Yell Health Centre for a chat about your expectations and/ or a mini health check. If you can't join the pre-course meeting, please contact Clare on 702233. Remember, this course is absolutely free thanks to the generosity of the Health Centre Support Group so come along and join in.

Yell Health Support Group

Members of the group are:- Johnina and Victor Jamieson, Dan Thompson, Annette and



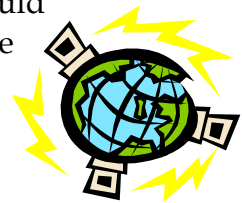
Angus Jamieson, Winnie and Charlie Tulloch, Robert Jamieson, Rae Thompson, Julia Smith, Alexis Goodlad, Patricia Odie, Rosie Briscoe and Mark Aquilina.

An AGM is being held on 22nd March at 8:00pm in the Health Centre and everybody is welcome to attend.

New Web Site

www.yellhealthcentre.co.uk

Another project that has been supported by the Yell Health Support Group is our new web site. With a lot of people now having access to the Internet, we thought that it was time that we set up a web site. At the present time it is fairly basic, with information regarding opening times, staff employed, Yell Health Support Group (plus minutes), a map, our charter etc. We have a few other ideas as to what we think might be of interest and helpful to folk, but what we would really like is some feedback from you, telling us what you would like to see on our web site.



Please have a look and then perhaps e-mail us (using the link!) telling us what you think and how we can develop it. The address is www.yellhealthcentre.co.uk

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Use of E-Mails

Following on from our recent patient satisfaction survey, one suggestion made was that we could use e-mails more. We agree that this could be a useful addition to the way we communicate with you, and vice-versa. We would like to hear from you about how you think we could use e-mails more. Could we send this newsletter out electronically instead of printing it to those with computers who want it? How about reminders for blood pressure or asthma reviews? Please let us know what you think, so that we can develop this in an appropriate way.

Toxoplasmosis and Lambing

Toxoplasmosis can cause severe damage to an unborn child if a woman catches it for the first time when pregnant. It can be caught by accidentally swallowing the organism *Toxoplasma gondii* when handling a lambing ewe, the afterbirth or newly born lamb. It is also possible to catch it from contaminated hair or clothes of another person involved in lambing. Infection can also enter the body by cuts on chapped hands.



During pregnancy, sensible hygiene can help to reduce the risk of toxoplasmosis & the following measures should be taken during pregnancy:

- Do not handle lambing ewes.
- Do not bring lambs into the house.
- Ensure partners attending lambing ewes observe full hygiene procedures.
- Shower, bath or wash thoroughly, including hair after handling a lambing ewe.
- Scrub hands & keep fingernails short and clean.
- Launder clothes separately. Pregnant women should not handle dirty overalls

worn during lambing.

-If it is not possible to clean up thoroughly during the night, then separate bedrooms are advised.

For more information on toxoplasmosis there is a leaflet available at the surgery. Tommy's The Baby Charity have a help line on Toxoplasmosis, 0870 777 3060, open 9-5 Monday to Friday.

Travelling overseas this summer?

If you or anyone in your family is going abroad this summer, please make sure that you are up to date with any immunisations you require. Hilary will be happy to give advice on all aspects of travel health, including what immunisations may be needed. We recommend that you discuss things at least 6 weeks before you intend to travel, to allow time to arrange for immunisations to be ordered and administered.

If you are going anywhere exotic, there is a very informative book in the practice library called "The Rough Guide to Travel Health".

No Smoking Day, March 14th

Have you been thinking about giving up smoking, but need a little help? Hilary is here to provide support, including the use of Nicotine replacement therapy. Go on, you know it makes sense!



Dental Staff

By the time this newsletter reaches you, there will be a new permanent dentist. Her name is Fiona Marriott, and she will be working 3 days a week in Yell. We don't have details of her hours or days yet, but we will publish them on the web site as soon as we know!

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