

Yell Health Centre Newsletter

(Summer 2009)



Well it appears summer may have started. If you are travelling overseas this summer, please make sure you have all the necessary immunisations in good time. We have some information on "Swine Flu" as well. 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.

Practice Staff Changes

Many of you will be aware that Cass Slater is working with us now as a relief receptionist. Cass will cover holidays and any sickness absences.

It is with great sadness that we will be saying goodbye to Dr Ian Buchan at the end of July. He has decided to hang up his stethoscope and retire. Ian has been with us for 5 years and has been a real asset to the practice. I'm sure you will all want to wish him all the best for the future.



The good news is that we will be joined by Dr Naomi Reifenberg in August! Naomi used to work in Unst and has been doing locums for the last 6 months. We hope Naomi lasts as long as Ian!!!!

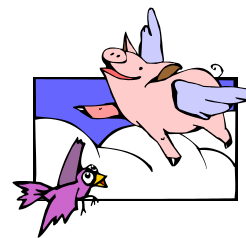
New Ambulance

The Scottish Ambulance Service has agreed to introduce a second ambulance, probably based in Brae from August 2009. To begin with it will be manned by folk with "First Person On the Scene" training, but will, by August 2010 be manned by "Retained Technicians". This should

provide long needed extra ambulance cover not only for the mainland, but also will reduce the number of times the Yell ambulance will have to travel all the way to Lerwick. This is excellent news for the whole of Shetland.

"Swine Flu"

All of you will be aware of the current concerns over a new kind of flu known as "Swine Flu". It is a new strain and so people will not have any natural immunity to it. The flu jags people had at the end of last year and this year MAY have some cross reactivity, meaning there may be some partial immunity to the new strain.



At present the illness seems to be quite mild and all the folk in England and Scotland who have got it have been only mildly unwell and have all recovered fully. Everyone should have received a leaflet through the post about Swine Flu. It is a very good, informative leaflet and we would urge you to read it.

There have been no new cases in Scotland recently and none at all in Shetland or Orkney. The practice has a contingency

plan should a large outbreak occur, and we would ask for your patience and cooperation if the worst happens. We will keep you as fully informed as we can.

For more information you can look on line; www.hps.scot.nhs.uk or www.nhs24.com

Collection of Medicines

Could we please ask that if you wish to collect medicines on a Saturday that you ring to order them **by 1.00 pm on Thursday**. This is because 2 members of staff have to check the prescriptions before they are handed out and only 1 member of staff is working on a Saturday. Thank you for your cooperation.



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Counterweight

Wednesday 27th May will be the first meeting of the next group for Counterweight. This is a programme run by the surgery to help people lose weight, or maintain the weight they may have lost. It will consist of fortnightly sessions for 3 months, and you will be asked to make a commitment to this. If you are interested, please attend the surgery on Wednesday 27th May at 18.30. If you can not attend but are still interested, then please contact the surgery.

Smoking Cessation

We would like to encourage anyone who is smoking to think about giving up. Hilary runs Smoking Cessation appointments and is happy to see anyone who is thinking of giving up. We can help you in many ways, so if you are wanting to try to give up, please ring the surgery to make an appointment.



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School Leaving Boosters

We would like to remind parents of children aged 15-16, (those who have just finished in S4), that they are due school leaving booster immunisations. Letters are being sent out as well to remind you. The school holidays are an ideal time to get this done, before students disappear off to the Anderson, apprenticeships or jobs etc.

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**", or you could log onto www.fitfortravel.scot.nhs.uk

Mushy Peas (Mitchell Odie)

There were once two peas in a pod,
That got splattered all over the road.
They said they were not fussy,
But it's good that we're mushy,
And we're good to eat with fried cod.

Congratulations

Congratulations to Kim Edwards on the birth of her daughter, Faith; to Michelle and Robbie on the birth of their son, Hunter; to Louise and Steven on the birth of their daughter, Honey and to Jill and Colin on the birth of their daughter, Lisa.

