

Yell Health Centre Newsletter

(Autumn\Winter 2017)



If you are travelling overseas please make sure you have all the necessary immunisations in good time. Please check "fit for travel" link on our website to see what you might need. 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 us through our website at www.yellhealthcentre.co.uk

Hellos and Goodbyes



Chrissie Thomason is retiring from cleaning the Nurse's House in Fetlar. She has cleaned the clinic twice a week for over 30 years. We wish her all the

best for her retirement.

We have a new nurse, Marra McInnes, starting work at the beginning of December. She will work 2 days in Yell with the rest of her week working in Unst.

Anne Ribet is retiring from her post within NHS Shetland but, you will still see her because, she is going to help cover reception whilst regular staff are on holiday or in event of sickness.

GP on-call outside surgery opening times

We are changing back to the doctor answering your call after closing time.



If you need a doctor whilst the surgery is closed and your problem cannot wait until the surgery opens, phone 01957 702127 to find out which doctor is on call and where they can be contacted.

The mobile number and landline will both be available. Have pen and paper ready to take down numbers.

Please only call if you have a genuine need.

NHS 24 will still be available for a few months until the new system is known to all patients.

If you need medical advice whilst the surgery is closed you can still phone 111.

Reporting to Reception

Can you please remember to report to reception when you arrive?

Reception staff record your arrival on the computer system so the doctor knows you are waiting. Our doctors **rely** on this system so if you are not marked in as arrived they will **not** come looking for you. It is imperative, therefore, that you **CHECK IN WITH RECEPTION STAFF ON YOUR ARRIVAL**, otherwise you may well end up sitting for a long while and miss your appointment.

Please go up to the window and tell receptionist your name. Although you might think we have seen you, we do not always and new staff may not recognise you.



Energy Advice Service

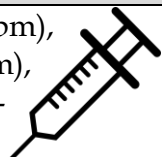


Are you having problems with high energy costs or do you have energy debts? Is poor housing causing health problems? Are you confused about who to ask for help?

Citizens Advice Service may be able to help. You can phone 01595 694696 or visit their drop-in clinic at the health centre on 7th November and 5th December between 10am and 1pm. There are also leaflets at the health centre with information of drop-in clinic times in Lerwick. Just ask at reception for one.

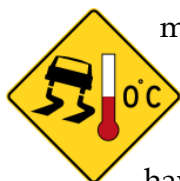
Flu Clinics and Times

Mid Yell on 26th October (2-4pm),
Burravoe 1st November (2-4pm),
Cullivoe 3rd November (10am -
12 noon) and Mid Yell 14th
November (2-4pm). You do not need an
appointment, just turn up if you are entitled.



Driving in Winter Weather

With winter fast approaching it is time to make preparations. You should check your tyres are legal, your windscreen washers are topped up with anti-freeze, have a scraper, warm clothing and plenty of fuel in your car. Please drive carefully as the road conditions dictate and remember that stopping distances will be longer on icy or snowy roads.



Yell Health Support Group Hamper

The Support Group will be holding their usual Christmas hamper. Tickets will be on sale at all the flu clinics and then in local shops or at the health centre. The raffle will be drawn on Friday 8th December.

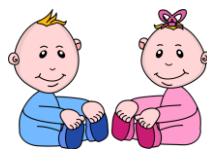


Christmas and New Year Closures

The health centre will be shut from 1pm on Saturday 23rd December until 08:30am on Wednesday 27th. Normal hours resume for 27th, 28th, 29th and 30th. We will be shut from 1pm on 30th until 08:30am on 3rd Jan 2018.



Congratulations!



Congratulations to Karen and Rodney on the birth of their son Jayden and to Kelly and Alan on the birth of their daughter Elsie.