

Yell Health Centre Newsletter

February 2009



Welcome to the first newsletter of 2009. As a lot of you will know, Hilary is off sick at the present time and may be off for a while yet. We have been asking some of the community nursing staff to help us out whilst Hilary is away, but there are no replacement practice nurses in Shetland. We would therefore ask for your patience if you are waiting for a review by Hilary, as we are trying to keep up to date with the most outstanding reviews and urgent problems. We wish Hilary a speedy recovery. 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

New GP Registrar

From the beginning of February, we will have Dr Kerry Taylor working with us for 6 months. She is a fully qualified doctor, who is undergoing specialist training in General Practice. We would like to welcome her to Yell, and we hope she enjoys her time here.



Hospital Referrals

In an attempt to reduce waiting times for out patient appointments, the Health Board have put into place some new rules. If you miss your appointment with one of the Gilbert Bain consultants, even if you phone to say you cannot attend (you are on holiday, away on business for example), then you will be offered only **one more appointment**. If you are unable to attend that one or miss it, then your referral will be cancelled and you will have to come back to a GP to be re-referred. Obviously, you will then have to start waiting all over again.



For visiting consultants from Aberdeen, (i.e. those who visit less than every four

weeks), **only ONE appointment will be offered**. If you cannot keep this appointment, **no more appointments** will be sent to you so you will need to revisit your GP and start again!

If you cannot make the appointment because the ferries are not running, then your appointment should be rescheduled as long as you let the hospital know. This seems to be the only exception.

If you do run into problems with this new arrangement, then please let us know, but we would also suggest that you write to the hospital expressing your concerns. These changes have been recommended at national level. We feel they discriminate against island communities with difficult transport links, and folk working for periods away-for instance at the fishing, or offshore.

Pharmacy qualification

Congratulations to Patricia for completing an approved programme in pharmacy services. She has been studying towards this NVQ level 2 for the last two years.



A Word from the Dental Team

We are delighted to welcome locum dentist Jill Stevenson who will be working between the Yell and Brae dental clinics until the end of March. Jill has a clinic in Yell every Tuesday, Wednesday and Friday. Appointments run from 09:15 until 16:30 with a break for lunch between 13:00 and 14:00. Reception hours are 08:45 until 13:00 and 14:00 until 17:15 Monday to Friday.

Pippa Arbon is Lead Clinician for the North Isles and at the moment is acting Lead Clinician for Brae. She is also involved with Oral Surgery.



We expect locum dentist Ian Hamilton from New Zealand back to work in the Yell clinic at the end of April for about two months. He worked here from the end of August 08 until mid December 08 and during that time we managed to clear all our waiting lists.

This means that we are now in a position to introduce a recall system and at the moment are prioritising patients who have not been seen for some time. It will take time to implement our recall system, so please be patient, but feel free to contact us if you have any queries.

Congratulations

Congratulations to Sandra and Neil on the birth of Carrie, to Heather and Andrew on the birth of Aaron, to Claire and Alex on the birth of Kaylan, and to Rebecca and Craig on the birth of Monica.



New Book for the Waiting Room

The middle primary class at Mid Yell recently presented us with a bound and illustrated book of poems they have written about fruit and vegetables. They are hoping to help us all to choose healthy food options. The poems are wonderful,

and we'd like to thank them for all their hard work. The book will be kept in the waiting room so everyone has a chance to look at it. We're going to add one or 2 of the poems to each of our newsletters as space allows.

Carrots and Turnips (Megan Nisbet)

I like crunchy carrots
I like carrots in stew
I like carrots raw do you
like them too?

I like turnips cooked
I like turnips brand new
I like turnips just come
Out of the garden

Do you like them too?
I hope you do.

Make Sure You Can Be Seen!



It is really good to see so many folk, both young and old, out walking when the weather allows. We would just like to remind everyone to wear something bright and reflective to make sure they can be seen clearly by traffic.

Christmas Hamper Won!

Congratulations to Brian Brand from Lerwick for winning the non-food hamper. A huge thank you to all who bought raffle tickets and to all who donated items to the hamper; we raised a massive £313. Also thanks to Marlene Williamson for drawing the winning ticket.

Keeping Childbirth Normal and Dynamic

This new national guideline has been introduced. Any woman who is pregnant (or thinks she may be!) can choose to be seen by a GP or a midwife for a first appointment/advice. Midwife Linda Strachan can be contacted on 702233