

# YELL HEALTH CENTRE SUMMER NEWSLETTER



Perhaps this should be called the July Newsletter as summer still appears to be eluding us! Our main news is the change to our website, which we hope you will have a look at and give some feedback. The website has the same address - [www.yellhealthcentre.co.uk](http://www.yellhealthcentre.co.uk) but has new features and is more interactive we believe. We have outlined some of the changes below.

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 : - [shet-hb.yellhealthcentre@nhs.net](mailto:shet-hb.yellhealthcentre@nhs.net)

## **The New Website**

As mentioned, the website address is unchanged, but we have updated the site completely and it has a whole new look and additional features. Some of the photos used came with the website; we hope to personalise it over time. If you have any photos, of anything relating to Yell or Fetlar, (not just medically related), then we would be delighted to try to incorporate them into the website. We would like to thank Nanning van Mulken for his help researching this site.

## **General Information**

The home page of the website has many links. On the left is most of the basic information regarding the staff, opening hours, etc. On the right there are many more links to a whole range of new and, we hope, useful information.

If you have any suggestions for other useful links, just let us know.

## **Repeat Prescriptions**

On the right hand side of the home page, there is a link saying "Prescriptions". Clicking on this takes you to a page with information on requesting prescriptions, and a link to a new on-line repeat prescription ordering form. We think this will be a great help to a number of you. You will need to register your e-mail address. You need to fill in details of your prescriptions the first time you order them, but after that, it will simply be a matter of clicking on the correct boxes and sending it to us. Please be careful using this if medication is changed in any way, ie strengths. So, no more having to remember to phone the next day when the surgery is open, no more waiting for the phone to be answered or paying for that phone call! We also get a written record of your order, so reducing the risk of misunderstandings. You will no longer get an e-mail confirming that we have printed your prescription. You will need to log back into the repeat prescriptions section of the website and there will be a green dot if the request has been processed.

### **Travelling overseas this summer?**

Many of you may be travelling overseas this summer (to escape the blazing heat of Shetland!). Our new website has a direct link to an excellent website - [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk)

This should give you all of the information you need about what vaccinations you may need when visiting a particular country. On this link, there is a travel questionnaire. It is not essential that you fill this in before seeing Hilary, but it does ask some useful questions and it will help Hilary give you the most appropriate advice.



Please remember that sometimes we have to order vaccines in, and that you may need more than one vaccine several weeks apart, so please contact Hilary at least 6 weeks before you intend departing.

### **Local and National Helplines**

On the right is a link to national and local groups, and other important and useful information. Clicking on the "All Services available in Shetland" link takes you to the Shetland Signposting Booklet, with everything in one place.

### **Newsletters and Support Group**

All our old newsletters and minutes from the Yell Health Support group are posted on the website, and they are all just a couple of clicks away. If you are interested in joining the support group, please contact any of the members, or Patricia at the surgery. We would love to see new members join.

### **Tourist Information**

We have included links to tourist information sites on Yell and Fetlar, and links to the schools. There is also a separate link to the SIC Ferries timetable - now isn't that useful!

### **Dental Link**

A link takes you to the NHS Shetland dental services website. Information regarding the services available locally and throughout Shetland is there, and how to contact a dentist out of hours.

We are delighted to welcome back Tammie Fraser following her maternity leave. There is also a new locum dentist, Nick Cole, who will be in Yell on Tuesday, Thursday and Friday. For full details, please visit the website link!

### **Health Advice**

Sometimes it can be very bewildering the array of websites available when you "Google" a particular topic. The links provided here are to reputable sites that give good, sensible advice on a huge range of topics. Have a look through and tell us what you think. If there is a particularly good (or bad) link then let us know.

### **Congratulations**

Congratulations to Claire and Alex on the birth of their son, Callum; to Vicky and Leslie on the birth of their daughter, Imogen; and to Ingrid and Campbell on the birth of their daughter, Heidi.



### **Welcome**

Welcome to Rachel Muir, Community Nurse, who will start at the end of August. Also, Bryony Hansen who will be our cleaner from the start of August. Our thanks go to Angela Domigan who has been our cleaner for the last year.