

# Yell Health Centre Newsletter

## February 2010

Welcome to the first newsletter of 2010. There are a few changes taking place in the organisation of the health centre, so please read this newsletter as they may affect you. The changes are not major, but we want to make sure everyone is aware of them. 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](http://www.yellhealthcentre.co.uk)

Alternatively we do have an e-mail, address: [shet-hb.yellhealthcentre@nhs.net](mailto:shet-hb.yellhealthcentre@nhs.net)

### Half Day Closing

Currently, the Yell Health Centre is closed for staff training on a Thursday afternoon from 2.00pm. All the other practices in Shetland close on a Wednesday afternoon, and therefore we felt that it would be appropriate to rearrange our half a day to fit in with the rest of the Shetland practices. Many educational activities and meetings take place on Wednesday afternoon, and we would be better placed to take advantage of these activities.



Currently, we hold an antenatal clinic on a Wednesday afternoon, and it is our intention to change this to a Thursday afternoon.

Dr. Briscoe will now work on a Thursday, and Dr. Aquilina on a Wednesday.

Please be assured that these alterations will not in any way affect the number of patient appointments that the Yell Health Centre offers. The morning surgeries on a Wednesday and a Thursday will continue unaltered. We have discussed these changes with the Health Board and Community Council, and they are fully supportive of our proposed changes. These changes will take place from the week beginning the 15<sup>th</sup> March.

### Routine Reviews

We are changing the way we organise routine reviews. From 1<sup>st</sup> February, we will be seeing people with conditions such as hypertension, heart disease, asthma and COPD annually during their birthday month. Hopefully this will be easier for folk to remember! For couples, we will compromise and choose one month for both, unless of course you want to come separately. You don't need to do anything now; we will discuss things at your next review.

It will be up to you to make that appointment during the month that your birthday is in. We are of course happy to see you between times, but if your condition is stable and you have no problems, then annual reviews will be fine.

For those with diabetes, an annual review in your birthday month will be done, and also a 6 monthly mini-review in between.

We also aim to start giving out a "care plan" to help you manage your condition. We hope to have these in place before the end of the year.

Please remember to bring a urine sample with you to your reviews, and for asthmatics and folk with lung problems,



please bring your inhalers and peak flow records.

### Counterweight

The counterweight module will start again if there are enough people interested. This is a course run over a year to help those who wish to lose weight, or to keep their weight stable. There are sessions every fortnight for 3 months, then 3 monthly for the rest of the year. Sessions will be held in the evenings. Please contact the surgery if you wish to take up this offer.



### Smoking

Anyone who smokes and wishes to stop can come and see the practice nurse. It does take will power on your part, but we will support you all the way as necessary.

### Flu Jags

The cold weather seems to still be with us and the risk of flu has not gone away just yet. Some of you may be requiring a "Swine Flu Jag" and you will be invited into the Health Centre for one more clinic. We felt that having "Flu Jag Clinics " at the Cullivoe, Burravoe and Mid Yell halls worked very well. We are thinking to hold similar clinics next winter for the ordinary flu jags. We would like to know what you think of this idea, so please let us know.



### Thank You

Naomi would like to thank everyone who filled in questionnaires for her. These formed part of the information she had to provide for her yearly appraisal, that all GPs have to do.

### Congratulations

Congratulations to Colin on the birth of his daughter Hannah; to Tara and Kevin on the birth of their daughter Chloe; to Samantha and Neil on the birth of their son Lee; and to Tammie and Tim on the birth of their son Sam.

### Welcome to Nursing Staff

We have two new members of staff. Lynne Jones is the Health Visitor for the North Isles. She will be in Yell on Friday mornings. If you need to see her please ring the Health Centre to make an appointment.

Sharon Houghton is the Community Nurse for Fetlar. She starts work in mid-March.

We would like to welcome them all and hope they enjoy working here.

### A word from the Dental Team

We are delighted to welcome locum dentist Jill Stevenson back with us again working between Yell and Bixter. Jill has a clinic in Yell every Wednesday, Thursday 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.



We are also pleased to welcome Dot Redshaw to dental reception. She joined the team in October and works part time with Janet.

As always we strive to give the best possible patient care at all times and will be glad to answer any queries you may have.