

INFORMATION AND MONTHLY UPDATES

Scalloway Health Centre

November 2023



There are lots of winter illnesses doing the rounds during the colder months.

By being prepared, most seasonal illnesses can be safely managed at home.

Find out more about coughs, colds and flu and how to help your symptoms at:

www.nhsinform.scot/winter-illness



The winter vomiting bug

If you catch it, stay at home for at least 48 hours after your symptoms stop.

Keep it to yourself.

To find out more about the winter vomiting bug (norovirus), visit nhsinform.scot/norovirus or call 0800 22 44 88 (free).




Stay Well this WINTER

- W**arm: Keep your house warm this winter
- I**mmunisations: Get your flu vaccination
- N**eighbours: Keep an eye on elderly neighbours and relatives
- T**imely: Seek advice from a pharmacist at first sign of illness
- E**nough: Pick up repeat prescriptions so you have enough while pharmacies/surgeries are closed
- R**estock: Make sure you have enough food and medicine in the cupboard

STAY WELL THIS WINTER





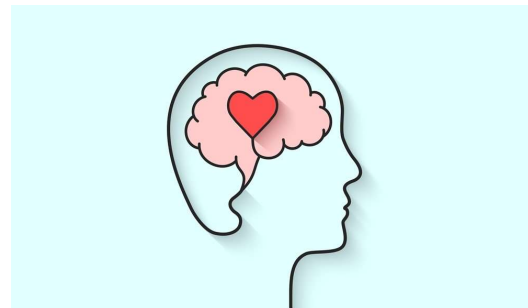
Your mental health is just as important as your physical health

We all need good mental health and wellbeing – it's essential to living happy and healthy lives, it can help us sleep better, feel better, do the things we want to do and have more positive relationships. It can also help us deal with difficult times in the future.

NHS Inform has some great information and tips to improve your wellbeing - please visit www.nhsinform.scot/mind-to-mind and read up on different methods to ease your stress, anxiety, support with dealing with grief and advice on sleeping better.

Evidence suggests there are five steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)



mind your head 

Mind your head is a Shetland based charity with mental health and wellness information and support. They can be contacted on 01595 745035 or mindyourhead@shetland.org

Visit www.mindyourhead.org.uk to read more about what services and support they can provide locally.

24/7 Crisis support - if you are feeling suicidal or having suicidal thoughts

Samaritans - call 116 123 - www.samaritans.org (crisis support for all ages)

SHOUT - text 'SHOUT' to 85258 - www.giveusashout.org (crisis text service for all ages)

Childline - call 0800 1111 - www.childline.org.uk (crisis support for under 19's)

If you are in immediate risk or harm call 999



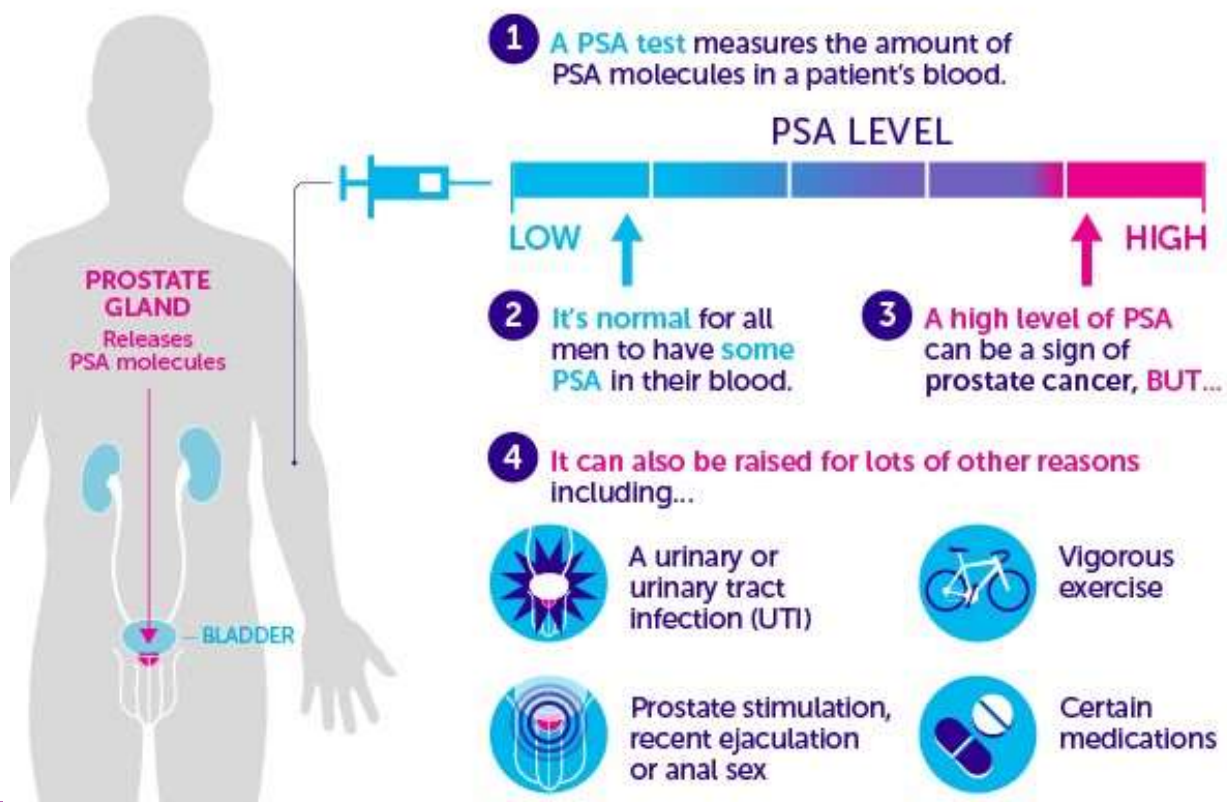
Prostate Specific Antigen (PSA)

The PSA test is a blood test to help detect prostate cancer. But it's not perfect and will not find all prostate cancers.

There's currently no national screening programme for prostate cancer in the UK because the PSA test is not always accurate - If you are concerned come and speak to a GP first.

If you decide you want a PSA test, your GP may also suggest doing a physical prostate exam – and a urine test to rule out a urine infection.

THE PSA TEST AND WHY ITS RESULTS CAN BE CONFUSING



Benefits:

- May lead to prostate cancer being detected earlier, before symptoms develop
- Detecting prostate cancer early may improve prognosis and improve the chance of a complete cure

Negatives:

- Test can produce a false negative or a false positive result
- A false positive may lead to unnecessary investigations, such as prostate biopsy, which could have side effects such as infection or bleeding.
- A positive results may also lead to unnecessary treatment. Many prostate cancers are slow growing and may not become evident during your lifetime. Side-effects of treatment are common and can be serious, such as urinary and sexual problems.



NHS Pharmacy First Scotland

Service providing expert help in the community

If you have a minor illness, a pharmacy is the first place you should go for advice.

NHS Pharmacy First Scotland will allow community pharmacies to give people expert help for treating conditions such as sore throats, earache and cold sores, along with common clinical conditions such as urinary tract infections (UTIs).

Pharmacy teams offers advice, treatment or referral to other healthcare teams if required.

This service will help people access the right care in the right place, without having to go to their GP practice or local Accident and Emergency Department for non-urgent treatment.



NHS PHARMACY FIRST SCOTLAND

ADVICE | TREATMENT | REFERRAL



Visit the Pharmacy First for advice and help with any minor health condition.



No Show Appointments at the Health Centre (October 2023)

Unfortunately during the month of September there were 11 GP appointments, 13 nurse appointments, 10 healthcare support worker (HCSW) appointments and 1 ANP/pharmacy appointments that were unattended. The equates to one hour of GP time, 2.25 hours of nurse time, 3.25 hours of HCSW time and 30 minutes of physio/ANP/pharmacist time.

We understand that emergencies can occur but please call if you are unable to make your appointment.

Clinical time is valuable.



Faster, easier access
to your GP surgery
Rapid | Personal | Secure

**askmyGP service currently operating
on Thursdays.**

**Open from 7:30am until capacity - no
later than 2:30pm.**

**The days and times are subject to
change due to staffing and demand for
the service.**

What's on in Scalloway/Trondra/Tingwall this month?

Tuesdays - The Scalloway toddler group meet in the Scalloway Hall each Tuesday from 10 - 12 noon, it's £2 entry - bring your own snack for your child, tea and coffee provided. Suitable for ages up to five years.

Tuesdays - Walk Scalloway meet at the Burn Beach carpark each Tuesday at 10am for a walk around the village. Everyone is welcome. Suitable for all ages and abilities, dementia friendly and free!

Wednesdays - The "Living Well" hub is open at the Scalloway Youth and Community Centre from 9am - 1pm.

Sunday 5th November - The big Christmas toy swap shop at the Scalloway Boating Club (SBC) 12 - 5pm. Tea and home bakes will be on offer, all profits to the SBC.



Contact Us

Telephone: 01595 880219

Email:

shet.scallowayhealthcentre@nhs
.scot

Prescriptions: 01595 880690

Scalloway Health Centre
New Road, Scalloway ZE1 0TN

Our Opening Times:

Monday 8:30 - 17:30

Tuesday 8:30 - 17:30

Wednesday 8:30 - 13:00

Thursday 8:30 - 17:30

Friday 8:30 - 17:30

Our phone line is not available
between 11:00am-11:30am and
16:30pm - 17:30pm.

*If you need to contact a doctor
outside surgery hours (i.e. Mon
- Fri between 17:30pm and
08:30am or at weekends)
please call NHS 24 - 111*

*Call 999 in an emergency.
Chest pain and/or shortness of
breath constitute an emergen-
cy.*

Regular doctors for this month:

Dr Andrea Gardiner

Dr Margaret Reeves

Dr Heather Jamieson

Dr Judith Gilmore