

INFORMATION AND MONTHLY UPDATES

Scalloway Health Centre

December 2023



Merry
Christmas

*Wishing all of our wonderful
patients a very merry
christmas and a happy
healthy new year!*

*With love from all of us at the
Scalloway Health Centre*

Festive Opening Times:

Friday 22nd December - OPEN

Monday 25th December - CLOSED

Tuesday 26th December - CLOSED

Wednesday 27th December - OPEN

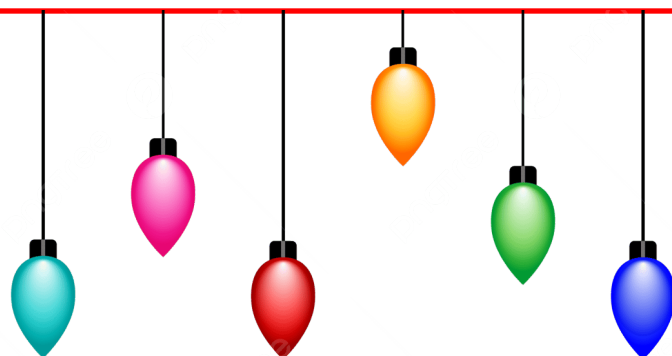
Thursday 28th December - OPEN

Friday 29th December - OPEN

Monday 1st January 2024 - CLOSED

Tuesday 2nd January 2024 - CLOSED


Wednesday 3rd January 2024 - Open as
normal



Pharmacy

The Scalloway pharmacy is open the same festive schedule as ourselves - there is no need to order your prescriptions earlier than scheduled.

As most prescriptions are on a 56-day prescribing schedule it should eliminate the need to order your medication in advance.



Christmas Jumper Day - Thursday 7th December 2023



Christmas Jumper Day is Save the Children's annual event which raised money for the children who need it most.

Over £35 million has been raised in the UK and around the world since Christmas Jumper day began back in 2012.

There's more to Christmas Jumper day than wearing a silly jumper. You'll be helping children facing serious issues like war, hunger and poverty.

And this year, with so many children having a really tough time, getting involved matters more than ever.

We will have a collection pot at our reception to raise money to send to this charity, who do so much for under privileged children. We will be wearing our best festive jumpers/accessories and donating to the cause.



Save the Children

Shetland Recovery Hub and Community Network

What do they do?

They provide a drop-in service and one to one support for people who are experiencing problems due to alcohol or substance use, along with support to families and loved ones.



Shetland
**Alcohol & Drug
Partnership**

The hub offers people to access a range of different services all under one roof, including, financial, housing, support and advice, digital support as well as health and well-being services.

They run many different groups/events throughout the month. Please see December events on the next page.



Health Outreach drop-in session: Tuesday, 19th December 2023

- General health management
- Wound care
- Preventative vaccines/medication
- Post-exposure treatment/management
- Sexual health and BBV Screening
- Contraception/emergency contraception
- Health advice, information and support
- Onward signposting and referral to empower and enable people to make informed decisions about their health and wellbeing.

Please visit us between 2pm and 4:30pm at the Recovery Hub (located at Pitt Lane in Lerwick, just below Radio Shetland's building)

If you would like to arrange an appointment please email: ashleigh.barclay@nhs.scot or phone the recovery hub on 01595 744402

December Events

Tues 5 th Dec	*LLERN	1200-1400
Wed 6 th Dec	Woman's Group	1400-1600
Thurs 7 th Dec	Social Evening	1800-2100
Tues 12 th Dec	*LLERN	1200-1400
Tues 12 th Dec	Housing Support (drop in)	1400-1530
Wed 13 th Dec	Woman's Group	1400-1600
Thurs 14 th Dec	Social Evening	1800-2100
Tues 19 th Dec	*LLERN	1200-1400
Tues 19 th Dec	Health Outreach Clinic	1400-1630
Wed 20 th Dec	Woman's Group	1400-1600
Wed 20 th Dec	Woman's Aid (drop in)	1600-1700
Thurs 21 st Dec	*Christmas Party*	1400-1700
Thurs 21 st Dec	Social Evening	1800-2100
Fri 22 nd Dec	Oral Health	1500-1600

The Christmas party will have soup, sandwiches and bannocks for anyone interested in coming. Christmas jumpers are encouraged but not compulsory.

The LLERN Group is a panel of people with Lived and Living Experience, LLERN: Lived and Living Experience Recovery Network.

We are running a drop in session on Monday, Tuesday, Thursday & Friday 1400-1530. Come and have a cuppa and play some games.

Injection Equipment Provision Service is now OPEN.

1400-1530 Monday-Friday

This service is open out with these times dependant on staff availability.

Please note the Recovery Hub will be closed from 5pm 22nd December and open again on the 3rd of January. From all of us at the Recovery Hub we hope everyone has a safe and lovely Christmas and New Year.



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 at the Living Well Hub in Scalloway?

Scalloway Youth and Community Centre, Wednesdays
9am - 1pm

Wednesday 6th December - Joel from SIC housing will be along 10am - 12 noon. Housing officers can speak with you about a range of Housing related problems such as your rights and responsibilities as tenants, your current tenancy as well as applications for housing. If you are at risk of homelessness, they can provide advice on this too.

Wednesday 13th December - Lesley from Sport and Leisure will be in all day with her "kit for all" boxes of preloved sportswear. Anybody can take what they need or make donations should they wish too.

Wednesday 13th December - Social Security Scotland will be at the hub, they deliver devolved benefits in Scotland and ensure that people receive the right amount of money at the right time. They offer support for people across Scotland on low incomes, disabled people, carers, young people entering the workplace and help for people to heat their homes. Please call along if you need support with any applications or to be best advised on what you are entitled to.

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

No show appointments at the health centre (November 2023)

Unfortunately during the month of November there were **nine** GP appointments, **17** nurse appointments, **13** healthcare support worker (HCSW) appointments that were unattended.

This equates to 2.25 hour of GP time, 8.5 hours of nurse time, 3.25 hours of HCSW time.

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

Clinical time is valuable.