

**Everyday questions  
about your health**

The answer is NHS inform



**[www.nhsinform.scot](http://www.nhsinform.scot)**

**0800 22 44 88**



**NHS**  
**inform**   
Health information you can trust

**NHS Inform - Health information that anyone living in or visiting Scotland can trust.**

- Check your symptoms
- Find the service you need
- Find out eligibility regarding the spring coronavirus vaccine

## Maternal Mental Health Awareness Week

*Our wonderful midwife is Hannah Adamson, she runs a clinic on a Tuesday here at the Scalloway Health Centre. To arrange a booking appointment (which will take place at around eight weeks gestation) give us a call on the health centre telephone number and we will schedule you in.*

During pregnancy, and up to one year after birth, one in five women will experience mental health issues, ranging from anxiety and depression to more complex illnesses.

For most women, pregnancy and childbirth can be filled with expectation of joy and excitement however some women may feel anxious, overwhelmed or vulnerable.

Seventy percent of women either hide or downplay the severity of their mental health problems. It is important to seek help if you are concerned about your mental health. Maternity is a safe place for you to discuss your worries. Speak to your named midwife or someone you trust if you would like some support.

**Mind Your Head** run a relaxed wellbeing group for parents of children under 2.5 years. See the post below for more information.

**Maternal Mental Health Week**  
29th April-5th May 2024

**Wellbeing 1000 Groups**

Our Wellbeing 1000 groups meet each Tuesday at Islesburgh Community Centre. These relaxed drop in groups are led by our practitioners and provide a space for parents to speak about how they are feeling as they adjust to life with their babies and toddlers. These groups are free to attend with no obligations, just turn up, grab a hot drink and spend some time with other families.

10am-12pm: Parents/carers and children under 2.5 years  
12.30pm-2pm: Parents/carers and children under 1 years  
Parents and children under 1 can attend either drop in session.

**Please check our Facebook page for regular group updates**

mind your head



# MyMelanoma<sup>®</sup>

## The MyMelanoma Research Study

**MyMelanoma** is a partnership between people who have been affected by melanoma, clinicians and researchers to form **the largest melanoma research study in the world.**

**MyMelanoma** is designed to answer the most important unanswered questions in melanoma research.

**MyMelanoma** is open to anyone who has ever been diagnosed with a melanoma of the skin, of the eye (uveal melanoma), of the mucosal surfaces (e.g. nose, genitals) or under the nails.

## Will you join us?

To sign up to be part of MyMelanoma or if you have any questions for us, please visit our website:

[www.mymelanomastudy.org](http://www.mymelanomastudy.org)



Or scan our QR code below.



Study led by:



Research partners:







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 1st May- No visiting groups but the hub will be open, so feel free to pop along and have a browse at leaflets and talk about support available in your area.

Wednesday 8th May - Social Security Scotland will be at the hub to talk about support/benefits you are entitled to. They can ensure you are receiving the right amount of money at the right time.

Wednesday 15th May - Joel from Shetland Islands Council housing will be along between 10am and 12 noon. Housing officers can speak with you about a range of housing related questions. Here you can speak about your current tenancy and explain your rights and responsibilities as tenants. We can also speak with you about applications and provide advice on these.

## 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 Chloe Evans,*

*Dr Margaret Reeves,*

*Dr Heather Jamieson*

*Dr Judith Gilmore*

## No show appointments at the health centre (April 2023)

Unfortunately during the month of March there was **14** GP appointments, **17** nurse appointments and **10** healthcare support worker (HCSW) appointments that were unattended.

This equates to 3.5 hours of GP time, 8.5 hours of nurse time and 2.5 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.