

# NHS

## Shetland

Information and Monthly Updates

Scalloway Health Centre

September 2024



## Child flu vaccine

Help beat flu with a wee scoosh

Children aged two to five years old will be called by the health centre to arrange an appointment to receive their vaccine here at the health centre.

School aged children should have received a consent form in their schoolbag which should be filled in prior to the vaccines being administered at their local school.

Each school will have a set date when the nurses will be in administering the vaccines. If the pupil misses their appointment please contact your health centre to get them booked in.

Information regarding the vaccine, how it is administered and information on who is exempt can be found at:

[www.nhsinform.scot/healthy-living/immunisations/vaccines/child-flu-vaccine](http://www.nhsinform.scot/healthy-living/immunisations/vaccines/child-flu-vaccine)

NHS Scotland recommends all eligible children should get the flu vaccine this year, between September and December, to help protect them from influenza (flu).

Influenza (flu) is an infectious respiratory virus. Symptoms may include a fever, a cough, headache and tiredness.

The flu vaccine is the safest, most effective protection against flu.



NHS SCOTLAND Public Health Scotland Healthier Scotland

# World Suicide Prevention Day

SAMARITANS

Every year on the 10th of September, organisations and communities around the world come together to raise awareness about how we can work together to create a world where fewer people die by suicide.

**Sometimes the hardest words to say are the most important.**

This World Suicide Prevention Day, we want to show everyone that talking about difficult feelings, including suicidal thoughts, doesn't have to be scary.

We want to change this. By talking more openly about suicide, we can give people the chance to express how they feel and get the support they need. It could even save a life.

**Whatever you're going through, a Samaritan will face it with you. They are available 24 hours a day, 365 days a year.**

**Call 116 123 (for free) or visit [www.samaritans.org](http://www.samaritans.org) for other ways to get in touch**

# SAMH

Scottish Action for Mental Health

**Thinking about suicide is very common.**

It is estimated that up to 1 person in 20 is thinking about suicide at any one time.

That means you are not alone, there are thousands of other people like you. People who might be struggling with thoughts of suicide who, just like you, feel a whole number of different emotions.

## GETTING HELP IN AN EMERGENCY

**If you don't feel you can keep yourself safe right now, seek immediate help.**

- » go to any hospital Accident & Emergency department
- » **call 999** and ask for an ambulance if you can't get to A&E, or tell someone and ask them to contact 999 for you

**If you need some support right now, but don't want to go to A&E, here are some other options for you to try:**

- » call NHS 24 on 111
- » call the **Samaritans** on 116 123, they're open 24 hours and are there to listen
- » contact your GP for an emergency appointment

**September is National Recovery Month**, held every year to increase awareness and understanding of substance use disorders, and to celebrate the people who recover. We'll be helping to spread the message that recovery is possible, and highlighting the support available locally from services, support groups and those who have experience of substance use and recovery.

*Join us to celebrate*  
**RECOVERY  
MONTH**  
*September 2024*  
*SEPTEMBER IS RECOVERY MONTH!  
TO CELEBRATE, THE RECOVERY HUB IS  
WORKING ALONG SIDE OTHERS TO HOLD LOTS  
OF DIFFERENT EVENTS.  
THESE INCLUDE OUR ANNUAL RECOVERY  
WALK ON SATURDAY 7TH SEPTEMBER AND  
RECOVERY BBQ ON SATURDAY 14TH  
SEPTEMBER.  
PLUS MANY MORE!!*  
*KEEP AN EYE ON OUR SOCIAL MEDIA & LOCAL MEDIA  
FOR ALL OF OUR EVENT DETAILS!  
WE HOPE TO SEE YOU ALL THERE!*

 SHETLAND  
**Recovery Hub  
and Community  
Network**



[The Recovery Hub and Community network can be reached on 01595 744402](https://www.shetland.gov.uk/recovery-hub-and-community-network)  
[or visit their facebook page for more information and upcoming events.](#)

## Men's Urology GOALS

From odd bathroom habits to unexpected changes 'down there', men's urology health can be a bit of a mystery. Know your normal, think **GOALS** and speak to a healthcare professional if you notice any changes.

### G

#### Get to know your pee

Are you having frequent trips to the loo to urinate? If you're peeing more than eight times a day or several times at night, it might be time to chat with your GP.



### O

#### Own your colours

What colour is your urine? Clear to pale yellow is generally a sign of good hydration. Dark yellow? Time to drink more water. But if you're seeing red or brown, it's definitely time to see a doctor.



### A

#### Attention: Aching groins

Do you experience any persistent aches below the belt? This can be a sign of pelvic pain, a urinary tract infection and prostatitis. Speak to your healthcare professional.



### L

#### Let's feel for lumps and lesions

Have you noticed any lumps or lesions in your groin area – on your penis or testicles? Don't leave it and hope it goes away on its own – speak to a healthcare professional.



### S

#### Suss your stream issues

If you're noticing a consistently weak stream, or a struggle to 'get going' it could be due to an enlarged prostate. Perhaps you experience unexpected drips after peeing or feel like your bladder isn't emptying properly? Speak to your healthcare professional.



If something feels off, be a **LEGEND** and speak to a healthcare professional.





Just a friendly reminder...

If dropping off samples to the health centre - please hand them in before 12 noon if possible.

This will ensure that we have time to process them before the samples are picked up to be taken to the lab. Any brought in after this time will not be dealt with until the next day and risk being spoiled if left overnight.



PLEASE!!  
NOTE

Phone calls to the health centre between 8:30am - 9am are for on the day appointments only.

If you wish to contact us for any other reason, such a prescription request, sick note or anything else - please call after 9am.  
Thank you.



The NHS Health Improvement Team run a fantastic site - Healthy Shetland.

They strive to ensure that everyone living and working in Shetland have access to the knowledge and opportunities needed to allow individuals and communities to take more control to improve their health and wellbeing.

[www.healthyshetland.com](http://www.healthyshetland.com)



Their Facebook page “Healthy Shetland” is updated with posts containing up-to-date information, local groups/workshops and any other relevant information from external services.



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 4th September** - No visiting group but the hub will still be open to visit.

**Wednesday 11th September** - Social Security Scotland will be visiting to talk about all things benefit related.

Recovery Café - run by the recovery hub, will be there from 11am - 1pm.

**Wednesday 18th September** - No visiting groups.

**Wednesday 25th September** - Kits for all (10-12noon)  
SIC housing will be there from 10am-12noon

The Living Well Hub is a place to have a face-to-face chat and find out about

- Living independently
- Local groups and activities
- Support for unpaid carers
- Services who could help you and your family
- Being healthy

And much more...



## 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 (August 2024)

Unfortunately during the month of July there was **nine** GP appointments, **seven** nurse appointments and **11** healthcare support worker (HCSW) appointments that were unattended.

This equates to 2.5 hours of GP time, 2.5 hours of nurse time and 2 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.