



2024

Happy New Year

Wishing you nothing but health and
wealth in the new year ahead.

From all of us at the Scalloway Health
Centre.

JUMP start

January 2024

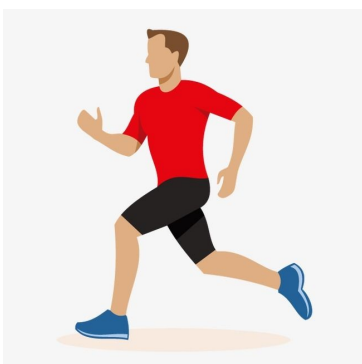
Shetland Sport and Leisure are inviting people of all ages to take part in their Jump Start January challenge!

Participants are to undertake at least 20 minutes of any type of physical activity every day for four weeks starting on Wednesday, 3rd January. You can take part as an individual, as a household or a group of family or friends etc! All activity counts – walking, swimming, or even aerobics, dancing or yoga from the comfort of your sitting room!

There will be a weekly PRIZE DRAW for participants who have completed each week, and a bigger prize draw at the end of the challenge. You could win a return trip for four people from Lerwick to Kirkwall or Aberdeen with a standard cabin (kindly donated by NorthLink Ferries).

Please visit the below site on how to join in with the challenge to be in with a chance to win some amazing prizes as well starting off 2024 off with a healthy mind-set!

www.shetland.gov.uk/jumpstartjanuary



ALCOHOL

CHANGE^{UK}

Dry January is the UK's one-month alcohol-free challenge run by the organisation, Alcohol Change UK. Every year, tens of thousands of people across the UK go alcohol-free for 31 days, using the tools and resources provided by us. The campaign began in 2013 and has been growing ever since, with over 170,000 people taking part in January



DRY JANUARY[®]
by Alcohol Change UK

**ARE
YOU IN?**

- Stay motivated and on track with the free Try Dry[®] app.
- Receive our daily motivational emails.
- Join our growing online community group.



Double your chances of a successful
Dry January[®].
Register now in one easy step.





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 10th January 2024

Social Security Scotland will be at the hub, they deliver devolved benefits in Scotland and ensures 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.

<http://socialsecurity.gov.scot/>

The cost of living crisis is putting everyone under pressure, as life becomes more expensive and our worries increase. If you're worried about yourself or a neighbour, friend or loved one, please visit

www.shetland.gov.uk/cost-living

Contact Us

Telephone: 01595 880219

Email:

[shet.scallowayhealthcentre@nhs
.scot](mailto: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 (December 2023)

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

This equates to 1.25 hour of GP time, four 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.