

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:

Monday 23rd December - OPEN

Tuesday 24th December - OPEN

Wednesday 25th December - CLOSED

Thursday 26th December - CLOSED

Friday 27th December - OPEN

Monday 30th December - OPEN

Tuesday 31st December - OPEN

Wednesday 1st January - CLOSED

Thursday 2nd January - CLOSED

Wednesday 3rd January - OPEN

The Scalloway pharmacy are 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 2024

Thursday 12th December 2024



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

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.



Just a friendly reminder...

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.



PLEASE!!
NOTE

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



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 December- Joel from SIC housing is visiting and can answer a range of housing related questions.

Lesley from Sport & Leisure will be along with sportswear "Kit for all" boxes.

Wednesday 11th December - No visiting groups but feel free to pop along, have a cuppa and browse the leaflets.

Wednesday 18th December - Joel from SIC housing will be visiting and can answer a range of housing related questions. Marc Coyne from Adult learning will be in for a digital drop in 10-12noon.

Wednesday 25th December - Closed
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 Margaret Reeves,

Dr Heather Jamieson

Dr Judith Gilmore

No show appointments at the health centre (November 2024)

Unfortunately during the month of September there was **eight** GP appointments, **11** nurse appointments, **eight** advance nurse practitioner (ANP) appointments and **nine** healthcare support worker (HCSW) appointments that were unattended.

This equates to two hours of GP time, 3.75 hours of nurse time, two hours of ANP time and 2.15 hours of HCSW time.

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