



# INFORMATION AND MONTHLY UPDATES

Scalloway Health Centre

February 2024



time to talk day

01/02/24

In partnership with

#TimeToTalk



## Time to Talk Day 2024

Time to Talk Day is the nation's biggest mental health conversation. Happening every year, it's a day for friends, families, communities, and workplaces to come together to talk, listen and change lives.

The more conversations we have, the better life is for everyone. Talking about mental health isn't always easy and sometimes it's even harder to say how you really feel. But a conversation has the power to change lives.

Time to Talk Day is the perfect opportunity to start a conversation about mental health.



**Hmmm...  
a warmer home.**

**For a very  
cool price. Free.**

**Make your home  
cosier for free.\***

Visit [homeenergyscotland.org](http://homeenergyscotland.org)  
or call 0808 808 2282

**HOME ENERGY SCOTLAND** **COST OF LIVING SUPPORT** **Net Zero Scotland** **LET'S DO NET ZERO**  
Scottish Government

\*Subject to eligibility criteria.

If the cost of heating your home is a struggle, Home Energy Scotland can help by giving free, impartial advice to make your home warmer while helping to reduce energy bills. You could even get help worth £10,000 or more to make your home warmer.

For support and funding to help you save energy and heat your home more efficiently, call Home Energy Scotland on 0808 808 2282.

**There's also lots of advice and support available within Shetland so have a look at:**

[www.shetland.gov.uk/homepage/211/support-for-households](http://www.shetland.gov.uk/homepage/211/support-for-households)

The University of Strathclyde, in partnership with the Samaritans, are looking for participants to complete an online survey. For more information see the poster below.



SCHOOL OF PSYCHOLOGICAL SCIENCES & HEALTH

SAMARITANS

**Study title: An investigation of the link between employment and financial instability and experiences of suicidal thinking and behaviour for people living in Scotland: A survey study.**

We are currently recruiting participants for a study aimed at exploring the experiences of different types of employment and/or salary for people living in Scotland. We are also interested in understanding people's thoughts and perspectives on the role that these experiences might have on someone having suicidal thoughts or behaviours.

You can take part in this study if you are **17 years or older and live in Scotland**. You do not need to have experienced thoughts of suicide or have engaged in suicidal behaviours to take part.

**This study involves:** Completing an online survey which should take no more than 30 minutes to complete.

To view more information about the study please use on the following link:  
[https://strathbusiness.qualtrics.com/jfe/form/SV\\_e5QGaoXVeZLPUvI](https://strathbusiness.qualtrics.com/jfe/form/SV_e5QGaoXVeZLPUvI)

**For more information, please contact the research team:**

Dr Susan Rasmussen, Email: [s.a.rasmussen@strath.ac.uk](mailto:s.a.rasmussen@strath.ac.uk)

Dr Kirsten Russell, Email: [kirsten.russell@strath.ac.uk](mailto:kirsten.russell@strath.ac.uk)



You can also access the survey by scanning this QR code above.





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 7th February - No visiting groups but feel free to pop  
along

Wednesday 14th February - Social Security Scotland will be at  
the hub, they deliver devolved benefits in Scotland and ensure  
people received 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.

Wednesday 21st February - Kits for All will be at the hub with a  
range of recycled and pre-loved sports kit available for those who  
need at no cost.

RSPB will also be visiting.

Wednesday 28th February - No visiting groups scheduled at the  
moment.

## 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 (January 2023)

Unfortunately during the month of January there was one GP appointment, 11 nurse appointments, seven healthcare support worker (HCSW) appointments and one ANP (Advanced nurse practitioner) that were unattended.

This equates to 0.15 hour of GP time, 5.5 hours of nurse time, 1.45 hours of HCSW time.

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