

#### Flu and Covid Vaccination

People aged 65-74 and people under 65 who are in risk groups are now being invited to make appointments for their flu and Covid vaccinations.

We are encouraging people to make their appointments using the national booking portal, as advised in the letter. If individuals cannot use this system, or cannot get to the appointments that are available, then the Vaccination Team can be contacted on:

**01595 743319**

or

**shet.vaccination-team@nhs.scot**

**Appointments have been taking place since mid-October at a new venue in Lerwick - Grantfield** the SIC building behind Bolts garage that shares a car park with the Toll Clock Shopping Centre. There will be clear signage at the entrance of the clinic.

**Those aged 65 and over are eligible for their flu and COVID-19 vaccines.**



**Patients aged 75 and over will be called by ourselves here at the Scalloway Health Centre to come in for your vaccinations. If you have not heard by now and wish to receive the vaccinations then please give us a call to arrange.**

# Worrying about money?



Help and support is available if you are struggling to make ends meet.

Download the Shetland **'Worrying About Money?'** leaflet and follow three steps to find options and places to get help.



[www.worryingaboutmoney.co.uk/shetland](http://www.worryingaboutmoney.co.uk/shetland)





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 6th November** - Hub is closed unfortunately

**Wednesday 13th November** - No visiting groups but feel free to pop along and browse leaflets and have a cuppa.

**Wednesday 20th November** - Joel Wishart from SIC housing will be visiting to answer questions and support with housing queries

**Wednesday 27th November** - Ashlea from Womans Aid will be visiting. Lesley from Kits for All will also be visiting.

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 (October 2024)

Unfortunately during the month of September there was **15** GP appointments, **19** nurse appointments, **three** advance nurse practitioner (ANP) appointments, **one** pharmacy appointment and **nine** healthcare support worker (HCSW) appointments that were unattended.

This equates to 3.75 hours of GP time, 6.15 hours of nurse time, 0.75 hours of ANP time, 30 minutes of pharmacist time and three hours of HCSW time.

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