

INFORMATION AND MONTHLY UPDATES



Scalloway Health Centre

September 2023

ALL fishermen must hold either an ML5 or ENG1 medical before the 30th November 2023.



If you cannot access an ML5 through your local health centre there are two routes to get a private ML5 in Shetland.

You can send an email to: shet.ml5medicals@nhs.scot or shetlandmedicals@gmail.com
In the email provide your name, date of birth, contact telephone number and email address.
If you wish to have an ENG1 medical - send an email to shetlandmedicals@gmail.com

Contact the Shetland Fisherman's Association with any questions or if you need further assistance. Email: info@shetlandfishermen.com or tel: 01595 693197



hey girls...

Want to get your hands on some free eco-friendly period products?

Shetland Island Council is committed to supporting dignified access to period products in the most accessible ways possible. Disposable products are available in our health centre for those who need, just ask at our reception or take what you need from our bathrooms.

There is now a online service where you can order eco friendly period products to be delivered directly to your door. Online you will also be able to order reusable products too, such as menstrual cups, reusable pads and period pants.

Please visit the www.heygirls.co.uk/shetland-home-packs to order online.

No Show Appointments at the Health Centre (August 2023)

Unfortunately during the month of August there were eight GP appointments, 10 nurse appointments, 15 healthcare support worker (HCSW) appointments and seven physio/ANP/pharmacy appointments that were unattended.

The equates to two hours of GP time, 2.5 hours of nurse time, 3.45 hours of HCSW time and 3.5 hours of physio/ANP/pharmacist time.

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

Clinical time is valuable.



Blood Pressure UK
Helping you to lower your blood pressure

The annual Blood Pressure UK campaign runs from the 4th September until the 10th September.

The theme is 'Know Your Numbers'.

1 in 2 strokes and heart attacks are the result of high blood pressure

1 in 3 adults in the UK have high blood pressure

1 in 2 adults with high blood pressure don't know they have it and aren't receiving treatment

What is high blood pressure?

If your blood pushes against your blood vessel walls with too much force, it puts a strain on your heart and blood vessels.

Blood pressure is recorded with two numbers.

The *systolic pressure* (higher number) is the force at which your heart pumps blood around your body.

The *diastolic pressure* (lower number) is the resistance to the blood flow in the blood vessels between heartbeats when blood is pumped around your heart.

They're both measured in millimetres of mercury (mmHg).

Ideally, we should all have a blood pressure reading between 90/60mmHg and 120/80mmHg.

Most people in the UK have blood pressures higher than the ideal, but below the usual cut-off for diagnosing high blood pressure – somewhere between 120/80mmHg and 140/90mmHg. If you're in this range, you could develop high blood pressure in the future. *Taking steps to lower your blood pressure will keep your risk of health problems down.*

To keep your blood pressure down you should be active as much as you are able to be, keeping to a healthy weight and quitting smoking.

What you eat can make a big difference to your blood pressure, reducing it quickly and naturally. Getting in your five-a-day fruit and vegetable whilst cutting back on salt and saturated fats will help.



Blood pressure isn't usually something that you feel or notice. High blood pressure usually has no symptoms, so the first sign of it can sometimes be a heart attack or stroke.

The only way to find out if you have high blood pressure is to have a [blood pressure check](#).

Occasionally, people with very high blood pressure have symptoms including:

- Headache
- Blood shot eyes
- Feeling sick or generally unwell

Contact your GP if you have any symptoms you're worried about or you can phone and book in with one of our health care support workers for a blood pressure check.

If you have your own blood pressure monitor at home you can complete some readings and hand them into us to look at if you wish. Please see below for tips on how to obtain these using your machine.

CHECKING YOUR

BLOOD PRESSURE AT HOME



Do your reading before eating, taking medication or vigorous exercise. Don't drink caffeine or smoke for 30 minutes before your reading.

Don't measure your BP if you don't feel comfortable or you are stressed or in pain. Sit quietly for 5 minutes before taking your reading.

Sit with both feet flat on the ground, with the top half of your arm bare and your back and arm supported.



It is important that you only use upper arm, validated machines (further information below). Finger and / or wrist BP devices are not recommended.

Use a cuff that fits the top half of your arm properly. Sit in a relaxed position with the cuff at the heart level.

Take your measurements for a minimum of 4 days in a row at around the same time in the morning and evening. Each time you measure your BP, take two measurements, 1 minute apart.



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.**



If you wish to know the results of your latest blood test you will need to call us, we do not phone patients unless the results are abnormal and need actioned. Call us after 3pm Monday - Friday (closed on Wednesday afternoon)

**The “Living Well” Hub is open at the
Scalloway Youth and Community Centre
on Wednesdays between 9am - 1pm.**

Visiting group schedule - September 2023.

Wednesday 6th - No visiting group

Wednesday 13th - Social Security Scotland and Joel Wishart from Housing 10am-12noon

Wednesday 20th - No visiting group

Wednesday 27th - Lesley Spence from Sport and Leisure and Joel Wishart from Housing 10am-12noon

They meet every week, so if you have time please pop along. You can pick up some leaflets regarding support in your area and have a cuppa!

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 Andrew Findlay

Dr Heather Jamieson

Dr Judith Gilmore