

# Skerryvore Practice Newsletter

September 2015

[www.skerryvorepractice.co.uk](http://www.skerryvorepractice.co.uk)

Issue 33

## Good Luck and Farewell...



We would like to say a very fond farewell to Gina Flett. Gina has been with the Practice for 7 years and during that time has worked as a Medical Secretary, Health Care Assistant and most recently as our Office Manager.

She has been a huge asset to the Practice over the years and will be sorely missed by us all.

We wish her all the best in her new career as a Practice Manager for the Isles.

**Good luck Gina, we'll miss you!**

**NEW!**

## Skerryvore Practice Self Help Website

**NEW!**

Our new Self Help Website has been developed to provide patients of Skerryvore Practice with health information and advice online.

Please visit our new SELF HELP website for more information on the services available in Orkney.

**[www.skerryvorepractice.co.uk/selfhelp](http://www.skerryvorepractice.co.uk/selfhelp)**

## Congratulations...



We are delighted to announce that Lanna Conlon has been promoted as our IT and Systems administrator.

Lanna has worked in the Practice for over 7 years and has a great knowledge of all aspects of Skerryvore.

She will now oversee and develop computer systems. Lanna's skills and knowledge will be a great asset to both the patients and staff of the Practice and we look forward to supporting her in her new role.

## Text Message Appointment Reminders

Skerryvore Practice operates a text messaging service to remind our patients about their upcoming appointments. We also use text messages to invite patients to our Diabetic, Asthma and MOT Clinics.

If you would like the Practice to contact you in this way please ask at the front desk for a consent form.

## Welcome...



We would like to say a warm welcome to **Danielle Wick.**

Danielle has joined the office as a Medical Secretary.

## MEN AWCY Vaccine

If you are leaving school, are starting college or are leaving to attend University and would like to have the Men ACWY vaccine, please contact the Practice to arrange an appointment with the Nurse.

## Health Centre Car Park

The Health Centre car park is used by both Health Centre/Hospital staff and patients. At busy times it can be very difficult to find a parking space.

If you are planning on taking a vehicle when you attend the Health Centre please allow plenty of time to find a space.

## Getting to the Health Centre

Wherever possible we ask that our patients attend the Health Centre when they need to be seen by a Doctor or Nurse. Home visits are for seriously ill patients and people who are housebound. The Doctor can see 4 or 5 patients at the surgery in the time it takes to do one home visit and there are also better facilities for examining and treating patients at the Health Centre.

There are many services available which make getting to the Health Centre easier:

**Bus Service** The Route 4 bus which leaves from the Kirkwall Travel Centre stops at the Balfour Hospital bus stop every half hour.

**Craigie's Taxis** Craigie's Taxis have vehicles which can accommodate wheelchair users. You can book your journey by calling 878787.

**Red Cross Bus** The Red Cross Bus can be pre-booked for journeys to the Health Centre, it can also accommodate wheelchair users. Ring 875372 for more information.

**Dial-a-Bus** Dial-a-Bus is a door to door service available to people of all ages with mobility problems or disability who have difficulty getting local transport. For more information on becoming a member you can call 871515.

## Body Facts:

### Your Lungs



Your lungs are a pair of large organs in your chest and are part of your respiratory system. When you breathe, air enters your body through your nose or mouth. It next passes through your windpipe and through each bronchus, and finally goes into your lungs.

Your right lung has three parts (lobes). Your left lung is smaller and has two lobes. This extra space on the left leaves room for your heart.

When you breathe in, your lungs expand with air. This is how your body gets oxygen. When you breathe out, air goes out of your lungs. This is how your body gets rid of carbon dioxide.

### How can I look after my lungs?

You can keep your lungs healthy by:

- ▶ Being physically active
- ▶ Giving up smoking
- ▶ Eating a healthy, balanced diet

## REPEAT PRESCRIPTIONS ON-LINE

Log on to our web page at:

**[www.skerryvorepractice.co.uk](http://www.skerryvorepractice.co.uk)**

double click on *Your Prescription* and follow the instructions.

We will then process your request and send it to the chemist. **Please remember that 48 hours notice is required for all prescription requests.**

## Useful Phone Numbers

Skerryvore Practice	888240
Community Nurses	888191
Chiropody	888136
NHS24	111
Balfour Hospital	888000
Emergency Dental	888280

*The information in this leaflet is in no way intended to replace the professional medical care, advice, diagnosis or treatment by a doctor. If you notice medical symptoms or feel ill you should consult your doctor.*