

# Skerryvore News

July 2006

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

Issue 12

## SATURDAY MORNINGS

Saturday morning is strictly for emergencies only. One surgery is now held, on a joint basis between ourselves and Heilendi Practice and we will no longer be able to issue repeat prescriptions or book routine appointments on these mornings. Your co-operation with this would be much appreciated

## REPEAT PRESCRIPTIONS

Due to an increase in demand for repeat prescriptions, and to allow the chemist time to make these up, we would like to ask our patients to allow 48 hours between requesting their prescriptions and picking them up from the chemist. This also applies to prescriptions that you wish to pick up from the Health Centre.

Our busiest time of the day is between 8.30 – 9.30am. Could we therefore please ask that patients requesting a repeat prescription phone after 9.30am so that we can prioritise patients who are phoning in for appointments.

## HAVE YOU SEEN OUR WEBSITE?

We have developed a site on the Internet, which contains information on health issues, and details of the Practice. Log on and see what you have been missing! We would love your comments.

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

## WHEELCHAIRS

The Practice has a wheelchair available for anyone who requires assistance when visiting the Health Centre. Please let the receptionist know when making an appointment and they will ensure that it is available for you.

## NEW BABY

We were delighted to learn that Dr Sarah Stevenson had a baby boy called Alexander on 19 July. Congratulations to her and Dave. Dr Stevenson has just completed her registrar year with the Practice and we hope she enjoys spending time with her new family over the next few months.

## WELCOME

On 1st August we welcome a new Doctor to Skerryvore Practice. Dr Ali will be working with the Practice for 12 months to complete his training for General Practice. Dr Ali has spent the last 12 months working as a House Officer in the Balfour Hospital.

On 7th August we also welcome Dr Andrew Harris. Dr Harris has spent the last 12 months working in Hillswick in Shetland and likewise also previously worked as a House Officer in the Balfour Hospital.

Dr Heather Jamieson who has been working with the Practice for the last 12 months has agreed to stay with the Practice until the end of November on a locum basis. I am sure many of you will be pleased with this news.

We are delighted to have these Doctors join us and we look forward to working with them over the coming months.

We also have a welcome addition to our Practice nursing team, Karen Leask. Karen will be working with the Practice whilst Louise Stevenson is on her maternity leave and joins us from the Piper Ward at the Balfour Hospital.

## GOODBYE

Dr Deans left the Practice at the end of April and is enjoying his new job as a GP at the Lodgehill Clinic in Nairn. We wish him well with his new Practice.

## WEDNESDAY AFTERNOON'S

Could we remind you that we close on a Wednesday afternoon at 1pm for staff training. In the event of an emergency please contact the Balfour switchboard on 888000.

## PREMISES UPDATE

Most people try to avoid spending too much time with us in the Health Centre, but when you have to we would like to make the experience as pleasant as possible. Have you ever looked at our trusty old building and wished it was a bit less drab? Or sat in the dull waiting room waiting for your appointment. If you've had these feelings then you are not alone. For years the team at Skerryvore have dreamed of coming to work in a bright, modern specially designed building that would provide convenience and comfort for patients and staff alike. The present building was opened in 1972 and we believe that this is the oldest Health Centre in Scotland!

Whilst we remain unable to change everything we would wish, we have started making enquiries about turning this dream into some sort of reality. We have been meeting with representatives from the Health Board about renovating this building. Plans are still at a very early stage but we hope things may become clearer over the coming months. We will keep you informed of how things are developing and obviously we would value any comments and suggestions from our patients.

## TAKE CARE IN THE SUN

Strong sunlight can cause skin damage and increase the risk of skin cancer including Melanoma, which is getting more common. Sunbathing increases the risk especially for those with lots of moles or from families prone to skin cancer. Prevention is by far the best way.

### DO'S & DON'TS

#### DO

- Keep covered in bright sunlight
- Use a sun block cream
- Avoid midday sun in hot climates

#### DON'T

Get sunburnt

## TAKING MEDICINES ON HOLIDAY



### - Do's and Don'ts

#### DO

- Plan ahead if you are going away on holiday and need to take regular treatment for a medical condition.
- Phone the practice well in advance to order you repeat prescription.
- Make sure you will have enough supplies to last the duration of your trip, and a wee bit extra in case of unexpected delays. You don't want to spend your holiday chasing round looking for a Doctor!

#### DON'T

- Pack your medicines in your suitcase, keep it in hand luggage. It's not that unusual for cases to be delayed or even lost without trace! This is especially important for diabetics as insulin will freeze and be spoiled if stored in the hold of a plane. Diabetics who need insulin and syringes should carry these with them at all times, BUT they must have a explanatory Doctors letter to take with them into the main cabin of the aeroplane.

#### DO

- Consider making up a little first aid kit to take with you. What to choose to take might depend on where you are going and whether you would have easy access to medical care if you became ill. Painkillers, anti-diarrhoeals, insect repellent, antiseptic and plasters all might come in handy. If you are travelling with children think about taking some calpol.

#### DON'T

- Travel abroad with "Controlled Drugs" such as morphine, or other drugs that could be subject to abuse without a Doctors letter.

**IF YOU ARE UNSURE WHETHER ANY OF THIS APPLIES TO YOU, PLEASE ASK US FOR ADVICE BEFORE YOU TRAVEL**

## OLD MEDICATION

Any medication that is out of date or that you no longer use should be returned to the chemist. New legislation has come in, and we are no longer able to accept old medication over the counter at the practice.

