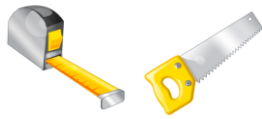


Skerryvore Practice Newsletter

February 2010

www.skerryvorepractice.co.uk

Issue 20



UPGRADE OF PREMISES



We are delighted that finally the upgrade of our premises is taking place. The main changes you will see are the 2 new consulting rooms which can be found at the end of the corridor as you come in. These will be consulting rooms 5 and 6 and will mean they are much more accessible from the waiting room. Whilst we are not getting any additional rooms within the building we are moving around certain areas of our current space particularly in relation to our main reception area. Another welcome feature will be the redesign of the front door area which means both front doors will now become automatic so you will no longer need to hunt for the elusive front door button!

As with all building works there will be the downside of increased noise and upheaval during the upgrade phase and we apologise for this. There will also be additional problems relating to parking whilst the building contractors are on site – so if it is at all possible for you to get dropped of and picked up from your appointments this may well help prevent you from circling looking for a parking space. We hope however this short spell of disruption will be worth it for the longer term benefit for both you the patients and ourselves.

Please also note that during these building works the Health Centre will be closed to patients every Wednesday from 1pm to allow the particularly noisy alterations to take place. However the doctors and staff will continue to work in the building during this time and in the event of an emergency can still be contacted by telephoning the Balfour Hospital on 888000.



Skerryvore Practice in partnership with NHS Orkney has just launched a new sexual health service based here at Kirkwall Health Centre.

This friendly and confidential service is available to all patients of all ages from all over Orkney, not just Skerryvore patients.

We provide:

- General sexual health advice and free condoms
- Sexually transmitted infection testing and treatment
- A full range of contraceptive services, including emergency contraception, coil and implanon insertions
- Advice on termination of pregnancy
- Sexual health advice for gay men, including HIV testing and hepatitis vaccination

Patients can phone our dedicated telephone number from 9 am till 5pm Monday to Friday, and will usually be offered an appointment within 48 hours. If it is difficult to attend in person we can give advice over the phone as part of a booked telephone consultation.

For an appointment or to find out more, call us on the dedicated sexual health line:

(01856) 888 917



TRAVEL VACCINATIONS

If you are lucky enough to be going on a holiday abroad this year and think that you need vaccinations for travel, please contact the reception and give us your holiday details.

We will need:

- Countries you will be travelling to
- Date of Departure
- Length of Stay
- Accommodation Type
- and Purpose of Visit

as all of these things will affect the types of vaccination that you require. We will check your records and consult the national database for the most recent advice.

We will then give you a phone and let you know if you require any further vaccinations, and arrange an appointment with the nurse to have this done.

Please allow plenty of time before travel as some courses can take several weeks to complete.

WELCOME...

We would like to say a big welcome to Serena Harcus who has joined our busy team as a Medical Secretary.

And also welcome back to Susan Wishart and Nicky Stewart who have both returned to work from maternity leave.



No Smoking Day

Wednesday 10 March



Are you thinking about stopping smoking?
For direct help you can contact
Smoking Matters Orkney.

For an appointment or for information
call their direct line on 01856 879810.

You can also get advice on stopping smoking from:

- Your GP, Practice Nurse or Pharmacist
- Smokeline: 0800 848 484
- www.clearingtheairscotland.com
- www.whyquit.com
- www.quitsmokingsupport.com
- www.nosmokingday.org.uk

ARE YOU AN UNPAID CARER?

Do you look after a family member, partner, friend or neighbour who is ill disabled or frail and is the care you provide unpaid? If you answered yes you are a carer.

Skerryvore Practice has been working in partnership with Orkney Carers Centre to try to get carers to identify themselves.

Orkney Carers Centre offers a friendly, free and confidential service. The level of support a carer can receive from the centre is totally dependent on the individual and is at the wishes of the carer themselves.

If you are a Carer let your GP or the practice staff know. They can give you information on how your details can be passed with your consent to the Orkney Carers Centre

Out of Hours Emergencies

NHS24 Tel: 08454 24 24 24

If you require medical attention after 6pm or on weekends please contact NHS24 on the above number. Further information is available on their website:

www.nhs24.co.uk



USEFUL TELEPHONE NUMBERS

Skerryvore Practice	888240
Balfour Hospital	888000
NHS 24	08454 24 24 24
Community Nurses	888191
King Street Dentist	875348
Station Dentist	879683