

Skerryvore News

Issue 2

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BREAST SCREENING

We would like to take this opportunity to encourage all our female patients aged over 50 to attend for breast screening while the mobile screening unit is visiting Orkney this spring.

Women aged 50 - 64 will be sent an appointment by post. If the appointment you receive doesn't suit, an alternative time can be arranged by phoning the number below. Women aged 65 and over will not automatically be sent an appointment, but appointments can easily be arranged by phoning **01224 840 570**

The breast screening unit will be situated in the St Ninian Ward car park at the Balfour Hospital from 14th March to 1st June 2000. If you have any questions about breast screening, please feel free to contact the Practice.

PHONE NUMBERS

Please remember that you can dial directly into the Practice (without having to go through Balfour Switchboard) by dialling:

885 440

CHILDREN TO BE IMMUNISED AGAINST MENINGITIS C

Meningitis C causes about half of all cases of Meningitis in Scotland. It is a rare but serious infection which can cause brain damage and even death. There is now a safe and effective vaccine against this disease. Children are at most risk from meningitis and all children aged 14 and under are to be offered the vaccination either at the Health Centre or through schools.

There is no need to contact the practice to request the vaccine, we will be getting in touch with parents when their children's vaccines are due.

SKERRYVORE PRACTICE ON THE INTERNET

At present we are developing a web page on the Internet, with information regarding the Practice, Patient Information Leaflets and Interactive Health Advice. We would welcome your comments on this through our Bulletin Board. Our address is :

www.skerryvorepractice.co.uk



MEXICO CHALLENGE

The long-awaited Mexico Challenge lived up to expectations. It was a hot and hilly cycle on earthquake damaged roads, with an extraordinary group of cyclists, all raising money for MacMillan Cancer Relief.

It was a remarkable experience. The conditions in Mexico vary from very prosperous (a small minority) to great poverty (the vast majority). Our route through the mountains of Southern Mexico brought us into close contact with a lot of poor rural Mexicans, who were understandably curious about this group of Gringos cycling up hills in baking mid-day heat.

The money raised (over £11,500 so far) will be used in Orkney for patients with cancer and for their families. Anyone who would like to undertake a similar challenge for MacMillan has the chance to cycle in Mongolia or backpack in the Canadian Rockies. These challenges would be within the ability of anyone who is reasonably fit and prepared to develop their fitness. If anyone is tempted, I can tell you more, and I have the details!