

Skerryvore News

Issue 1

July 1999

WELCOME

Welcome to our very first Practice Newsletter, which we are planning to produce quarterly. The aim of the newsletter is to inform our patients of news and changes within the Practice, along with relevant health advice.

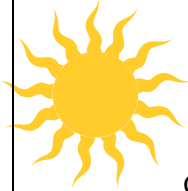


MEXICO CHALLENGE

Dr Steven Beaven will be undertaking the Mexico Challenge in November, organised by Macmillan Cancer Relief. This consists of a coast to coast cycle across Mexico covering a distance of 615 km over 8 days, with approximately 50 participants.

Skerryvore Practice have been actively fundraising for this event with all money raised being used for the benefit of cancer patients and their families in Orkney. There are still plenty of tickets for the Prize Draw available at the Health Centre, with the draw being held on Friday 6th August.

There is also a sponsor form at Skerryvore Practice reception if you would like to sponsor Dr Beaven with this challenge.



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!

IMMUNISATIONS

You will need vaccinations for travel to some foreign countries. Please contact the Practice telling the receptionist your destination and date of departure in plenty of time - Some courses need to be spread over two months!

REMEMBER
24 HOURS NOTICE
FOR REPEAT
PRESCRIPTIONS
PLEASE

GOODBYE TO DR LINKLATER

In early August we will see a change of Doctors within the Practice. Dr Mhari Linklater, a native Orcadian, is leaving having completed 12 months with us as GP Registrar. She has been popular with both patients and Practice staff and we'll all be very sorry to see her go.

However, she will not be moving too far away as she has been appointed as the new partner at the Dounby Surgery. We would all like to wish her every success in her new post.

In her place comes Dr Helen Johnston. She trained in London but is no stranger to Orkney, having spent 6 months in 1997 working in the Surgical Ward at the Balfour Hospital. Since then she has been busy with a variety of jobs in London and Edinburgh including Paediatrics, Psychiatry and Obstetrics & Gynaecology. However, she had very fond memories of Orkney and is keen to spend a bit more time here.

We're delighted that she's chosen to come to Skerryvore Practice for a year of training in General Practice and we're all looking forward to working with her.

CHANGES TO ASTHMA MEDICATION

Patients with asthma will soon find their inhalers have changed. Many inhalers contain Chlorofluorocarbons (CFCs) which are thought to harm the ozone layer. These are being replaced by CFC free inhalers.

These inhalers deliver exactly the same drugs in the same doses as previous inhalers. Although the force of the spray and the taste may be different, the effect on asthma will be the same.

PROMOTING CONTINENCE!

Do you have difficulties ...

- Getting to the toilet on time?
- Keeping dry during the day or at night?
- Caring for someone who is incontinent?

If any of the above apply, do not hesitate to contact the Skerryvore Community Nurses on 885400 Ext 291. We will be happy to help.

COMMENTS

We continually try to improve our services and we would welcome any comments you have which would enable us to do so.

A Comments/Suggestions box will soon be implemented within the Health Centre and we look forward to hearing from you!

DEMENTIA ORKNEY A SUPPORT GROUP

Many families are affected by dementia, 1 in 20 people over 60 has dementia. Coping and caring can be stressful and lonely.

Dementia Orkney is a group of carers who meet to support each other, share ideas and enjoy social events together. Anyone wishing to come along would be made most welcome. Meetings take place on the third Wednesday of every month at 7.00 pm.

For information please contact David Sinclair, Dementia Specialist Nurse, at the Health Centre - Tel 885400 Ext 388.

If it is hard for you to get out to meetings because you need to care for someone, it may be possible to provide an experienced attendant from "Crossroads Orkney" so that you can get out.

CAR BOOT SALE

The receptionists from the Health Centre raised £1591.23 for Dr Beaven's Mexico Cycle Challenge by holding a Car Boot Sale on Sunday 4th July.

Many thanks to everyone who donated baking, goods for the sale, bottle stall and silent auction, and those who came to support us and made our day such a success.

FIRST AID - OR LAST HOPE

Tae the Doc I gaed wan day,
Cheust tae see what he wid say.
Aboot a bump apin me back
That got so sore hid meed me
a'awk

"Lets hae a leuk," says he at
wance,
"Than wael see what wae can
chance"
So strippan a'af me shirt an vest,
I turns awey me manly chest.

He poked and prodded - "Is that
sore?"
"Hid is a bit" - he poked some
more
"Wael hae tae tak that thing away,
So come thee back anither day"

So blissfal, trustan, back goes I.
A'al swear a gleem lit aap his eye
As I lay there apin me gruff
He rolled aak sleeves, tae deu his
stuff

"Waed need some Annies thetic
here"
He telled the nurse - Beuy I felt
queer.
Wha'ar he pit hid deil kens I,
Intae the beed or in the sky

He mibee pat hid intae me
But if he did id didno swee
He squeezed an rassled wi me
lump
Hid wis right sore - hid meed me
jump

The nurse kept speiran - "A'ar
thoo sore?"
I waer - I think I B..... swore
Relief at last - "Beuy, that's hid
deun "
The sweat wis drippin fae my chin

At last, I thout "A'am by the worst"
Bit bliss me, noo in steps the
nurse
"A'al clean thee a'ap, thool feel
much better"
I felt so sore, hid didno metter

I lay there whesson on the bed,
Her hands I saa, they waer bluid
red
Grippan a tissue - or piece o cloot
I think hids than that I passed oot

Poem written by Bert Baikie