

# Skerryvore News

www.skerryvorepractice.co.uk

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Issue 11

Bric a  
Brac

Bottle  
Stall

Hot  
Dogs

Raffles

Home  
Bakes  
Stall

The 4<sup>th</sup> of March is the date set for our car boot sale. Which is becoming a bit of an annual event. Everyone seems to really enjoy it, and is a great way of adding to our Practice fund which to date has helped purchase a number of items and equipment which benefit the patients of Skerryvore practice including a Spirometer, new treatment room bed, high backed chairs to benefit the more elderly patients, blood pressure monitors, to name but a few.  
Donations gratefully received enquire via reception. We look forward to seeing you there.

Car boot  
Sale

BB Hall  
Thom St

12 noon  
–  
2pm

Saturday  
4<sup>th</sup>  
March

## Contacting your doctors in the evenings and at weekends

Unlike most practices in the country we continue to provide care for our patients in the "out-of-hours" period, when the Health Centre is closed. Our arrangements have changed since the Heilendi Practice started in February. We are now sharing this work with Heilendi Practice and every evening and weekend there will be a doctor available to deal with urgent problems.

We believe that this arrangement will provide our patients with an excellent service, whilst also reducing the frequency of our doctors having to be "on-call". Please note that the doctor is on call for urgent problems and many simple problems can wait until the next day.

If you need a doctor when the Health Centre is closed, please telephone the normal practice number (888240). Your call will be diverted to the Balfour Hospital telephonist who will contact the doctor on call. Please do not go directly to the Balfour Hospital unless the situation is a clear emergency.

## Quality Practice Award

*Well done to the whole practice team who achieved the Quality Practice Award in January 2006. It has been 18 months of hard work but well worth the effort!*

*We are the first GP practice in Orkney to attain this award and one of only 137 practices in the country. The Practice has received a plaque in recognition of this award, which is displayed at the reception desk.*

*We would like to thank our patients who supported us during our assessment in January - it is much appreciated!*

## Phoning for Repeat Prescriptions

You can order your repeat prescriptions by phoning the practice on 888240.  
Could we remind you that it would be much appreciated if you phone after 0930 as our phone lines are usually at their busiest before this time and it is 48 hours before your prescription is ready at the chemist

## Moving On.....

As some of you will know I shall be moving south in April. I've got a new job with Lodgehill Practice in Nairn and I am looking forward to some exciting new opportunities and challenges. I shall have some fond memories of my time in Orkney; in particular GP partners, staff and patients of Skerryvore Practice and the Balfour Hospital. It's hard to believe that I've been in Orkney for 14 years; the time seems to have flown by. I've no doubt that I shall be dropping by from time to time and look forward to those trips.

Best Wishes

Douglas Deans

## 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



### Do We Have Your Correct Details?

There are a number of occasions when we may need to contact you, so having your correct address and telephone number is of great importance. Please keep us informed of your up-to-date address and phone number either by giving us a phone or at the reception desk when you are in.

Thank you.



### Travel Vaccinations

If you are going abroad on holiday and think that you need vaccinations for travel, please contact the reception and give details of which countries you will be travelling to, date of departure, length of stay, accommodation type, and purpose of visit. (for example jungle treks may need extra advice or vaccinations). 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 back Dr Linklater

I returned Skerryvore Practice in February as a full time partner. I have spent the last 6 months working as a doctor in a Tibetan hospital in the North of India.

It was an interesting experience- especially seeing how people manage with a much lower standard of living.

I am glad to be back working in general practice and with the medical team in the Balfour Hospital. I will also be working within the maternity team in the maternity unit, using some of the skills I gained in India.



### No Smoking Day

Wednesday 8 March

Are you thinking about stopping smoking? No smoking day is Wednesday 8 March and the Health Information Centre in Victoria St. are holding an open day from 12.30 - 4pm.

You can pop in for -

- ◆ information on stopping smoking
- ◆ Find out how they can support you to stop
- ◆ Face to face consultation with Aileen, the smoking cessation adviser
- ◆ Free self help packs
- ◆ And you could win a relaxing massage at Solveig or 2 months supply of nicotine patches or gum!

You can also get advise on stopping smoking from your

- GP
- Smokeline: Tel: 0800 848484
- [www.clearingtheair.com](http://www.clearingtheair.com)
- [www.whyquit.com](http://www.whyquit.com)
- [www.quitsmokingsupport.com](http://www.quitsmokingsupport.com)
- [www.nosmokingday.org.uk](http://www.nosmokingday.org.uk)

GOOD LUCK!

I GOT INTO A FIGHT WITH A DOCTOR  
OVER A PARKING SPACE.

