

Skerryvore Practice Newsletter

Aug 2018

www.skerryvorepractice.co.uk

Issue 37



Parkrun

We are a Parkrun promoting Practice. Skerryvore is the first official Parkrun Practice in Scotland!

Parkrun is a free, weekly, timed 5k walk/jog/run at 9:30am every Saturday at the Peedie Sea. It's open to all ages and abilities and is friendly and fun. The event is organised entirely by volunteers.

For more information visit www.parkrun.org.uk/kirkwall

You can register at www.parkrun.com if you want to keep a note of your time but if you don't want to register please feel free to turn up and join in!

Training Practice

Skerryvore Practice is a training practice. This means that a doctor (General Practice Registrar) may join us for further general practice training. This year, Dr Aneta Filipek is our GP trainee.

In order to be a training practice there are certain standards that we have to meet and have to be re-accredited every 3 years.

We have recently been re-approved and were deemed to be "an excellent training practice" and "a well-managed practice with a supportive team". Dr Sarah Stevenson who is our GP Trainer was praised for her "high degree of competence and experience in training" and "who approaches her role with energy and enthusiasm".

Well done to Dr Stevenson, and to our whole team who help support trainees in the Practice.

Welcome...

We would like to say a warm welcome to our newest staff members:



Morag Cole has joined our Office team permanently as a Medical Secretary.



Aoife Craigie has joined the Office team as a Medical Receptionist. Aoife will be with us over the summer months.

North East Scotland Breast Screening Service

The North East Scotland Breast Screening Service invites all women between 50 and 70 years old for breast screening. They offer breast screening every 3 years and you should get your first invitation before your 53rd birthday.

They will not send you an invitation if you are aged 71 or over but you are still welcome to attend for screening every 3 years. If you have had breast screening in the past and would like to continue over the age of 71, you can contact the service on **01224 550 570** for an appointment.

The mobile Breast Screening Unit will be visiting Orkney from 9 April - 23 August 2018 and is situated in the Macmillan Ward car park.

Educational Afternoons

The Practice will be closed for training on the following afternoons from 1pm:

Wednesday 22 August 2018
Wednesday 12 September 2018
Wednesday 31 October 2018

NHS24 will cover the Practice whilst we are closed.



Did you know Skerryvore Practice has a Facebook page?

The information in this leaflet is in no way intended to replace the professional medical care, advice, diagnosis or treatment by a doctor. If you notice medical symptoms or feel ill you should consult your doctor.

Pharmacy First

Need healthcare advice without an appointment?
Go to your Pharmacy First!

Pharmacy First allows patients to access FREE advice and/or treatment for uncomplicated Urinary Tract Infection in women and Impetigo.

Your pharmacist will ask you about your symptoms in order to give you the right advice. You should be aware there are some exclusions which can prevent your pharmacist from treating you and you may need to be referred to your GP.

Urinary Tract Infection

Are you a woman aged between 16 and 65 with any of the following:

- Burning or stinging sensation on passing urine?
- Need to pass urine frequently?
- Need to pass urine urgently?

Impetigo

Do you have any of the following:

- Minor skin infection on one area of the body?
- Red sores that pop easily and leave a yellow crust?
- Fluid-filled blisters?
- Itchy rash?



The Nordhaven Clinic offers a range of free, confidential Sexual Health advice & treatment.

We can provide: Free condoms
Condoms by Post
Contraception
Confidential advice
Emergency contraception
STI Testing/Treatment
HIV Testing Kits

Call us on (01856) 888917 for an appointment

We are open 9am - 5pm Monday - Friday
At the Health Centre, New Scapa Road,
Kirkwall

Or, come along to our **Drop-in session**
on a Wednesday afternoon
between 3.30pm and 5.30pm.
No appointment necessary!

Visit www.nordhaven.co.uk for more information and Sexual Health advice.



You can also find us on Facebook!
www.facebook.com/nordhavenclinic



Minor Ailments Scheme

You can register at a chemist for the Minor Ailments Scheme where your pharmacist can advise and provide free treatment for:

| | | | |
|------------------------------|--------------|------------------------------|--------------|
| Back ache, sprains & strains | Diarrhoea | Headache and fever | Mouth ulcers |
| Colds | Earache | Heartburn & Indigestion | Nappy rash |
| Conjunctivitis | Haemorrhoids | Insect bites & stings | Teething |
| Constipation | Hay fever | Minor eczema & dermatitis | Threadworm |
| Coughs & sore throats | Head lice | Minor fungal skin infections | Thrush |

The following patients are eligible to register for the service:

- Patients under the age of 16 or under the age of 19 and in full-time education
- Patients aged 60 or over
- Patients who have maternity, medical or war pension exemption certificates
- Patients on Income Support
- Patients who are entitled to Exemption Certificates