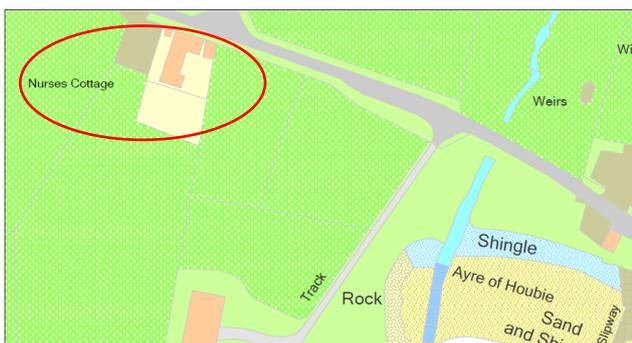


Type of Care	General Information	Information specific to Fetlar
Self Care	<p>Self-care is the best option for a minor illness or injury, for example: grazed knee, sore throat, coughs and colds.</p> <p>Find out more about illnesses, health related services, what to keep in your medicine cabinet, or what to do next, by:</p> <ul style="list-style-type: none"> calling 111; visiting NHS inform, or 111 online; or using the NHS 24 Online app 	<p>There is a shop in Fetlar, which is open:</p> <ul style="list-style-type: none"> mid-April to mid-September Monday to Sunday 10:45 – 16:00 hrs mid-September to mid-April Tuesday to Saturday 11:00 – 14:00 hrs <p>Fetlar Shop: 01957 733 226</p>
Prescriptions / Pharmacist (Chemist)	<p>You can contact a local community pharmacy if you need advice on minor illnesses or medicines. There is no need to make an appointment.</p>	<p>Prescriptions are dispensed from the Pharmacy at Brae Health Centre (normally available for collection from the Fetlar Shop on Wednesdays).</p> <p>For repeat prescriptions, it is advisable to get a two months' supply of your medication in advance, this should avoid disruption to your medication plan if, for instance, adverse weather causes a delay in the delivery of prescriptions to Fetlar.</p>
Community Healthcare Support Worker	<p>The Community Healthcare Support Worker provides healthcare for residents as required, either at the Clinic or through a home visit.</p> <p>The Community Healthcare Support Worker can perform basic first aid.</p>	<p>The Community Healthcare Support Worker is on duty 3 days a week (subject to change), at the Nurse's Clinic (which is attached to the Nurse's House).</p> <p>There is a monthly visiting nurse service, and monthly visiting GP service.</p>
GP (Doctor)	<p>When you have an illness or injury that just will not go away, make an appointment to see your General Practitioner (GP), or an appointment for a telephone consultation (if appropriate).</p> <p>All routine health matters must be dealt with by your own GP. Your GP will carry out examinations and provide advice, information and prescriptions.</p>	<p>Yell Health Centre's opening hours are Monday, Tuesday, Thursday and Friday 08:30 hrs – 17:00 hrs, and Wednesday 08:30 – 13:00 hrs, by appointment only. A branch surgery is held in Fetlar by arrangement, every four weeks if required.</p> <p>For Out of Hours advice, call 111.</p> <p>In an emergency call 999.</p>
NHS24	<p>You can phone 111 (or use 111 online or the NHS 24 Online app) if you need a service at the evening or weekend where you would normally have contacted your health centre. These services are available 24 hours a day, 7 days a week.</p>	<p>You can phone 111 (or use 111 online or the NHS 24 Online app) if you need a service Out of Hours, or if the Community Healthcare Support Worker is not available and the Yell Health Centre is closed.</p>
Defibrillator	<p>An Automated External Defibrillator (AED) is a portable device that gives an electric shock to the heart of a person who is in cardiac arrest. It provides the user with easy-to-follow guidance.</p>	<p>There is a defibrillator in the:</p> <ul style="list-style-type: none"> Porch of the Nurse's House (at Houbie), and Waiting Room (at Hamars Ness) <p>Both are accessible 24 hours a day, seven days a week.</p>
999	<p>A medical emergency is a critical or life-threatening situation, for example: suspected stroke or heart attack, serious illness or injury.</p>	<p>Phone 999 if it is a medical emergency.</p> <p>First Responders provide emergency cover 7 days a week. First Responders are involved in the response, and with the transfer of a patient to the Fetlar Airstrip or Ferry (by ambulance), for onward transfer to hospital. The Community Healthcare Support Worker may also be involved.</p>

In an emergency, call 999 and ask for Police, Fire, Ambulance, or Coastguard

Fetlar Clinic

Nurse's House, Fetlar, ZE2 9DJ | Tel: 01957 733 228



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Fetlar Clinic Opening Hours

The Fetlar Clinic is open 3 days a week (subject to change).

The Clinic schedule is sent to the Community Council by email each month, and displayed in the Fetlar Shop.

The Community Council will be notified of any changes to the schedule (due to, for example, the CHSW working elsewhere or attending training).

Yell Health Centre

Mid Yell, Yell, Shetland, ZE2 9BX | Tel: 01957 702 127 | Email: shet.yellhealthcentre@nhs.scot

Everyone needs to register with their local GP Practice. The form (available from the [NHS Inform](https://www.nhs.uk) website) can be completed in advance. Take the completed form to your Health Centre where they will ask for identification to verify who you are and then your registration will be processed.

Services Provided:

- General Medical Services
- Child Health Surveillance
- Maternity Medical Services
- Minor Surgery
- Contraceptive Services

Yell Health Centre Opening Hours

MONDAY	08:30 - 17:00 hrs*	(A)
TUESDAY	08:30 - 17:00 hrs*	(A)
WEDNESDAY	08:30 - 13:00 hrs*	(A)
THURSDAY	08:30 - 17:00 hrs*	(A)
FRIDAY	08:30 - 17:00 hrs*	(A)
SATURDAY	Closed	(A)
(A) Appointment Only () Open Access * Please note, the phone lines close at 16:30 hours		

Further information on healthcare services available at a community level can be found on the NHS Shetland website: <https://www.nhsshotland.scot/community-health>

Dentist

Dental emergencies include, for example, severe bleeding, trauma (accidental damage or injury) and rapid swelling.

During office hours: Contact the dental surgery where you are registered. The North Isles Dental Clinic is open Monday to Friday 0900 – 1300 hrs and 14:00 – 17:00 hrs (Tel: 01957 702 031).

Outside office hours: Call NHS 24 on 111 as soon as possible.

Optometrist

Emergency eye issues include, for example, a red or sticky eye, blurred or reduced vision, flashes and floaters or pain in or around the eye.

During office hours: Contact your Optometrist/Optician who will give you advice.

Outside office hours: Call NHS 24 on 111 as soon as possible.

For links and information for support with cost of living, please visit: shetland.gov.uk/costofliving

More health advice is available from NHS Inform: nhsinform.scot

For any non-emergency fire safety advice, please visit: firescotland.gov.uk/contact-us/