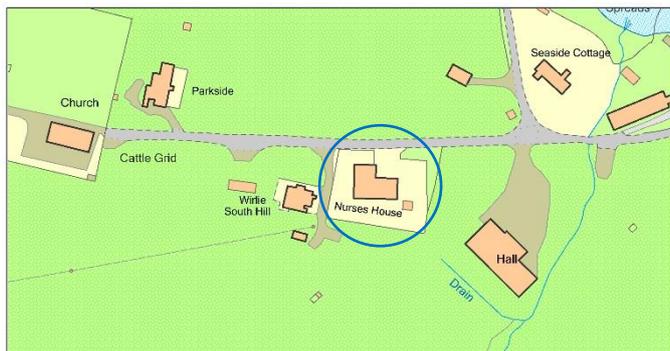


Type of Care	General Information	Information specific to Skerries
Self Care	<p>Self-care is the best option for a minor illness or injury, for example: grazed knee, sore throat, coughs and colds.</p> <p>Find out more about illnesses, health related services, what to keep in your medicine cabinet, or what to do next, by:</p> <ul style="list-style-type: none"> <li>calling 111;</li> <li>visiting <a href="#">NHS inform</a>, or <a href="#">111 online</a>;</li> <li>or using the <a href="#">NHS 24 Online</a> app</li> </ul>	<p>There are two shops in Skerries; opening times are displayed at each shop, and on the noticeboard at the pier.</p> <p>Bruray Shop: 01806 515 226 West Isle Shop: 01806 515 341</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 Scalloway Pharmacy (normally delivered to Skerries on Tuesdays).</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 Skerries.</p>
Community Healthcare Assistant / Visiting Nurse Service	<p>The Community Healthcare Assistant provides healthcare for residents as required, either at the Clinic or through a home visit.</p> <p>The Community Healthcare Assistant can perform basic first aid.</p>	<p>The Community Healthcare Assistant is resident in Skerries.</p> <p>The Clinic is situated in the 'Nurse's House' (near to the Skerries Hall), and is open Wednesday to Friday 08:30 hrs – 16:30 hrs.</p> <p>There is also a Visiting Nursing Service, which is co-ordinated through the Whalsay Health Centre.</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>Whalsay Health Centre's consulting hours are detailed overleaf, and are by appointment only.</p> <p>A branch surgery is held in Skerries by arrangement.</p> <p>The Whalsay Health Centre has an out of hours GP service available, and can be contacted by phoning the Gilbert Bain Hospital switchboard on 01595 743000 and requesting the Whalsay Doctor on call to be paged.</p> <p>In an emergency call 999.</p>
NHS24	<p>You can phone 111 (or use <a href="#">111 online</a> or the <a href="#">NHS 24 Online</a> 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 <a href="#">111 online</a> or the <a href="#">NHS 24 Online</a> app) if you need a service Out of Hours, or if the Community Healthcare Assistant is not available and the Whalsay 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>A defibrillator is located in the porch of the 'Nurse's House' (near the Skerries Hall). The front door (leading to the porch) is open, and the light is left on.</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>The Community Healthcare Assistant may also be involved in the response, and with the transfer of a patient (by Ambulance) to the Skerries Airstrip or Ferry, for onward transfer to hospital.</p>

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

## Skerries Clinic

Nurse's House, West Isle, Skerries, ZE2 9AS | Tel: 01806 515 225



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### Skerries Clinic Opening Hours

MONDAY	Closed	()
TUESDAY	Closed	()
WEDNESDAY	08:30 - 16:30 hrs	()
THURSDAY	08:30 - 16:30 hrs	()
FRIDAY	08:30 - 16:30 hrs	()
<b>(A) Appointment Only () Open Access * Alternate Weeks</b>		

## Whalsay Health Centre

Symbister, Whalsay, ZE2 9AE | Tel: 01806 566 219 | Email: [shet.Whalsay.HealthCentre@nhs.scot](mailto:shet.Whalsay.HealthCentre@nhs.scot)

Everyone needs to register with their local GP Practice. The form (available from the [NHS Inform](#) 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
- Contraceptive Services
- Podiatry Services

### Whalsay Health Centre Opening Hours

MONDAY	08:30 - 16:00 hrs	(A)
TUESDAY	08:30 - 16:00 hrs	(A)
WEDNESDAY	08:30 - 16:00 hrs	(A)
THURSDAY	08:30 - 16:00 hrs	(A)
FRIDAY	08:30 - 16:00 hrs	(A)
SATURDAY	09:00 - 13:00 hrs	(A)
<b>(A) Appointment Only () Open Access * Alternate Weeks</b>		

### Whalsay Health Centre Consulting Hours

MONDAY	08:30 - 12:30 hrs; 14:30 - 15:30 hrs	(A)
TUESDAY	08:30 - 12:30 hrs; 14:30 - 15:30 hrs	(A)
WEDNESDAY	08:30 - 12:30 hrs	(A)
THURSDAY	08:30 - 12:30 hrs	(A)
FRIDAY	09:00 - 12:30 hrs; 14:30 - 15:30 hrs	(A)
SATURDAY	09:00 - 13:00 hrs	(A)
<b>(A) Appointment Only () Open Access * Alternate Weeks</b>		

Further information on community health can be found on the NHS Shetland website:

[nhsshotland.scot/community-health](http://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.

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](http://shetland.gov.uk/costofliving)

More health advice is available from NHS Inform: [nhsinform.scot](http://nhsinform.scot)

For any non-emergency fire safety advice, please visit: [firescotland.gov.uk/contact-us/](http://firescotland.gov.uk/contact-us/)