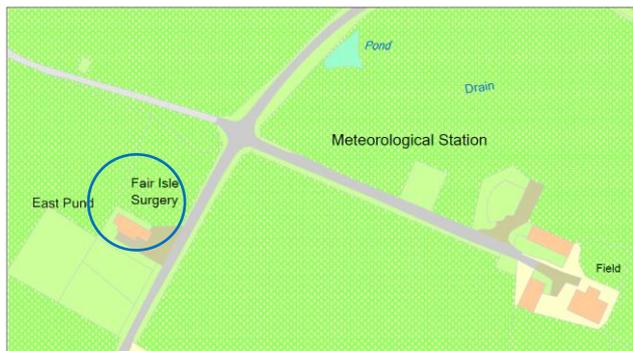


Type of Care	General Information	Information specific to Fair Isle
Self Care	<p>Self-care is the best option for a minor illness or injury, for example: grazed knee, sore throat, coughs and colds.</p> <p>Find out more about illnesses, health related services, what to keep in your medicine cabinet, or 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 is a shop and Post Office in Fair Isle; opening times are displayed on the shop door, airstrip waiting room and at the pier. Any changes to opening times are displayed on the shop door on the day.</p> <p>Stackhoull Stores: 01595 767 019 Fair Isle Post Office: 01595 760 246</p> <p>Free period products are available at the Community Hall, or from the Nurse.</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>Fair Isle residents registered with Levenwick Health Centre should order prescriptions as and when required. These are sent directly to Fair Isle.</p> <p>There is no pharmacy on Fair Isle. Visitors must ensure they take enough medication with them, bearing in mind weather disruptions can impact travel to and from the isle.</p>
Nurse	<p>The Nurse provides healthcare for residents as required, either at the Clinic or through a home visit.</p> <p>The Nurse can perform first aid.</p>	<p>The Nurse is resident in Fair Isle; the Nurse's Clinic is situated in a chalet, near to Barkland Croft.</p> <p>The Nurse can be contacted by telephone Monday to Friday 08:30 hrs – 16:30 hrs.</p> <p>There are first aiders in Fair Isle, including the Nurse.</p>
GP or ANP (Doctor or Advanced Nurse Practitioner)	<p>When you have an illness or injury that just will not go away, make an appointment to see your General Practitioner (GP) or Advanced Nurse Practitioner (ANP), or an appointment for a telephone/video consultation via AskmyGP (if appropriate).</p> <p>All routine health matters must be dealt with by your own GP/ANP. Your GP/ANP will carry out examinations and provide advice, information and prescriptions.</p>	<p>Levenwick Health Centre's opening hours are:</p> <ul style="list-style-type: none"> <li>Monday, Tuesday, Thursday and Friday 08:00 hrs – 17:30 hrs</li> <li>Wednesday 08:00 hrs – 13:00 hrs (by appointment only).</li> </ul> <p>A branch surgery is held in Fair Isle by arrangement with Levenwick Surgery (Tel: 01950 461 222).</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 <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 Nurse is not available and the Levenwick 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>The Nurse has a defibrillator.</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 Nurse may also be involved in the response, and with the transfer of a patient to the Fair Isle Airstrip, for onward transfer to hospital.</p>

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

## Fair Isle Clinic

Nurse's Clinic, 'Chalet', Fair Isle, ZE2 9JU | Tel: 01595 760 242 | 07795 151 426



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### Fair Isle Clinic Opening Hours

The Nurse can be contacted by telephone, Monday to Friday 08:30 – 16:30 hrs.

Outwith these times, the Nurse will not be on-call as there is no out of hours service provided on Fair Isle.

## Levenwick Health Centre

Gord, Levenwick, Shetland, ZE2 9HX | Tel: 01950 461 222 | Email: [shet.levenwickhealthcentre@nhs.scot](mailto:shet.levenwickhealthcentre@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
- Minor Surgery
- Contraceptive Services

### Levenwick Health Centre Opening Hours

MONDAY	08:00 - 17:30 hrs	(A)
TUESDAY	08:00 - 17:30 hrs	(A)
WEDNESDAY	08:00 - 13:00 hrs	(A)
THURSDAY	08:00 - 17:30 hrs	(A)
FRIDAY	08:00 - 17:30 hrs	(A)
SATURDAY	Closed	

(A) Appointment Only (I) Open Access \* Alternate Weeks

### Levenwick Health Centre Dispensary Opening Hours

MONDAY	08:00 – 16:00 hrs
TUESDAY	08:00 – 16:00 hrs
WEDNESDAY	08:00 – 16:00 hrs
THURSDAY	08:00 – 16:00 hrs
FRIDAY	08:00 – 16:00 hrs
SATURDAY	Closed

Non-controlled drugs can be collected until 17:30 hrs

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

There is no dentist in Fair Isle.

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

There is no optometrist in Fair Isle.

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

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

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