



## Mainland Shetland Health Centres

Christmas Eve	OPEN AS NORMAL
Christmas Day	Contact NHS 24
Friday 26 <sup>th</sup> December	Contact NHS 24
New Years Eve	OPEN AS NORMAL
New Years Day	Contact NHS 24
Friday 2 <sup>nd</sup> January	Contact NHS 24
Monday 5 <sup>th</sup> January	OPEN AS NORMAL

**NHS 24**  
**Dial 1 1 1**

Health Centres will be closed at weekends as normal. If you need to access a GP while your practice is closed, please contact NHS 24.

When you phone NHS 24 your call will be answered by a call handler who will take your details. If NHS 24 is busy, particularly at weekends, you will first hear a message telling you that they are busy and if your call is not urgent to call back later. **Stay on the line** and your call will be answered. Most of the time you will be dealt with during this initial phone call. At busy times, if you are not phoning with an emergency, NHS 24 may take your details and get a nurse or a local GP to call you back. Please **stay by the phone** and someone will contact you.

## Yell, Unst, and Whalsay Health Centres – Please Contact the Surgery for Assistance

**District Nursing services** are available throughout the Festive period. They can be accessed by contacting the respective Health Centre in the Public Holiday or out of hours period. NB Patients registered at Hillswick Health Centre should contact the District Nurse via the Brae Health Centre or via NHS 24 during this time.

**Intermediate Care Team** - new referrals taken every day between 8am and 4pm except weekends and public holidays. Existing enabling support packages will continue as planned throughout the festive period.

## PHARMACIES

Monday 22 <sup>nd</sup> December:	All pharmacies normal hours
Tuesday 23 <sup>rd</sup> December:	All pharmacies normal hours
Wednesday 24 <sup>th</sup> December:	All pharmacies normal hours
Thursday 25 <sup>th</sup> December:	All pharmacies closed
Friday 26 <sup>th</sup> December:	Freefield Pharmacy 1pm – 4pm All other pharmacies closed
Saturday 27 <sup>th</sup> December:	All pharmacies normal hours
Sunday 28 <sup>th</sup> December:	All pharmacies closed
Monday 29 <sup>th</sup> December:	All pharmacies normal hours
Tuesday 30 <sup>th</sup> December:	All pharmacies normal hours
Wednesday 31 <sup>st</sup> December:	All pharmacies normal hours
Thursday 1 <sup>st</sup> January:	All pharmacies closed
Friday 2 <sup>nd</sup> January:	Boots pharmacy open 1pm – 4pm All other pharmacies closed
Saturday 3 <sup>rd</sup> January:	All pharmacies normal hours

## OPTICIANS

### Specsavers:

24/12/25	8.30am – 4.00pm
25/12/25 - 26/12/25	Closed
27/12/25	8.30am – 6.00pm
29/12/25 - 30/12/25	8.30am – 6.00pm
31/12/25	8.30am – 4.00pm
01/01/26 - 02/01/26	Closed
03/01/26	8.30am – 6.00pm

### ICare Shetland:

23/12/25	9.00am – 5.00pm
24/12/25 - 05/01/26	Closed
06/01/26	9.00am – 5.00pm
Return to normal hours	



## COMMUNITY CARE SERVICES:

### Duty Social Worker

Available every day between 9.00am – 5.00pm except weekends and public holidays Tel: 01595 744400  
 From 5.00pm – 9.00am and during weekends and public holidays - for emergencies only Tel: 01595 695611

### Occupational Therapy

Available every day between 9.00am – 5.00pm except weekends and public holidays Tel: 01595 744319

### Day Services and Lunch Clubs

Individual service users will be informed of the arrangements at their day service or lunch club.

### Care @ Home and Outreach Services

Individual service users will be informed of any changes to their arrangements. Supported accommodation services will operate as normal if tenants choose to stay at home. If tenants' plans change they should contact the person on-call for their service.

### Adult Services (Learning Disability and Autism):

- Supported Living Service will operate as normal
- Assertive Community Transition (ACT) services will operate as normal
- Short Break and Respite Services (Newcraigelea) – Individual families will be kept up to date of the arrangements.
- Supported Vocational Activity (EG@Seafield) – Individual service users will be kept up to date of the arrangements.

## SEXUAL HEALTH CLINIC

Clinics will be open as usual on Monday evenings over the festive period; emails will be checked periodically over the festive period, but may take longer to reply to. Please email: [shet.sexualhealth@nhs.scot](mailto:shet.sexualhealth@nhs.scot) if you need an appointment. For urgent sexual health enquiries that cannot wait for an email response, please contact your own GP practice or NHS 24. Emergency contraception is available from GP practices, pharmacies and out of hours from A&E. For post exposure prophylaxis, please contact NHS 24.

### DENTISTS

25/12/2025 Emergency service via NHS 24  
 26/12/2025 Emergency service via NHS 24  
 27/12/2025 Emergency service via NHS 24  
 28/12/2025 Emergency service via NHS 24  
 01/01/2026 Emergency service via NHS 24  
 02/01/2026 Emergency service via NHS 24  
 03/01/2026 Emergency service via NHS 24  
 04/01/2026 Emergency service via NHS 24  
**Emergency service via NHS24 – call 111**

Montfield Dental Clinic : (01595) 743200  
 Lerwick Dental Practice: (01595) 690265  
 Brae Dental Clinic: (01806) 522461  
 Yell Clinic : (01957) 702031  
 Whalsay Clinic : (01806) 566469

### PATIENT TRAVEL (Montfield)

Monday 22 <sup>nd</sup> December	0900 - 1700
Tuesday 23 <sup>rd</sup> December	0900 - 1700
Wednesday 24 <sup>th</sup> December	0900 - 1400
Thursday 25 <sup>th</sup> December	CLOSED
Friday 26 <sup>th</sup> December	CLOSED
Monday 29 <sup>th</sup> December	0900 - 1700
Tuesday 30 <sup>th</sup> December	0900 - 1700
Wednesday 31 <sup>st</sup> December	0900 - 1400
Thursday 1 <sup>st</sup> January	CLOSED
Friday 2 <sup>nd</sup> January	CLOSED

For urgent bookings that cannot wait until Patient Travel is open, please contact the Main Reception at Gilbert Bain Hospital on 01595 743000 for connection to the on-call service.

**\*\*REMEMBER, IN AN EMERGENCY DIAL 999\*\***