ABOUT ORKNEY

NHS Orkney

NHS Orkney is the smallest health board in Scotland, with a budget of some £36 million. With its headquarters in Kirkwall, NHS Orkney is responsible for providing a comprehensive health service for the island communities. NHS Orkney employs around 750 staff.

www.ohb.scot.nhs.uk

Location
Lying off the north-east coast of Scotland, between John O’Groats and the Shetland Isles, Orkney is a group of 70 islands and skerries, 17 of these are inhabited. Houses and farms are dotted all over the gently rolling landscape and the sea is never more than a few miles away. The Gulf Stream passes close by giving Orkney a surprisingly temperate climate. Frost and snow are rare, but it is very windy with the landscape dominated by the panoramic skies. There are often dramatic changes in the weather and it is said that you can experience all four seasons in the course of a few hours. The days are short and dark in winter, but in the summer it is possible to read a newspaper or play a round of golf at midnight in the long, light nights of June and July.

www.visitorkney.com

Economy
The main occupation of the people is farming, the landscape reflecting the hard work of generations of farmers and the fertility of the land. Farm houses and steadings have been modernised, and there is a high level of mechanisation. Most farmers breed and rear beef cattle of the highest standard, although dairy cows and sheep are also kept. Agriculture is the main industry of the islands and generates some £30 million per year, followed closely by tourism and oil. And fishermen compete with seals and sea birds to enjoy something of the rich bounty provided by the surrounding seas. Orkney is at the forefront of the renewable energy drive in the UK. Wind turbines are dotted around the islands and wave energy research is on-going.

Population
The total population of Orkney is just over 21,000 with 4/5th of them living on the Mainland of Orkney and linked islands. Kirkwall, with a population of 7,500 people is the administrative centre of Orkney with a good mix of shops, including well-known chain stores, supermarkets, leisure facilities and small local businesses. The smaller town of Stromness, with a population of just over 2,500 is situated in the West of the Mainland. Both Kirkwall and Stromness are famed for their picturesque main streets, and both are terminals for Northlink Ferries. To the East with a population of just over 1,500, are the islands of South Ronaldsay and Burray. South Ronaldsay is the nearest Orkney Island to Scotland, being just 6.5 miles across the Pentland Firth from John O’Groats. The main town is the picturesque village of St Margaret’s Hope which lies in a very sheltered bay with houses around the shore.
The Island of Burray lies to the north of South Ronaldsay and the 2 islands are connected by the 4th Churchill Barrier. Burray has several lovely sandy beaches and is a centre for many water sports including diving, canoeing, sailing and water skiing. In both Burray and St Margarets Hope the visitor will find many facilities, hotels, cafes, restaurants, shops, post offices, garages and craft shops.

Travel
Although Orkney is geography isolated, the islands are well served by several transport links to Scotland.

Northlink ferries operate a service from Stromness to Scrabster on the North Coast of Scotland. This service operates daily making return journeys. A one way journey takes around 1hr 30mins. The company also operate a ferry service to Aberdeen from Kirkwall, which runs four times a week in summer and three times a week during the winter months. If you’d like to go further north and visit our island neighbours, then you can also get a Northlink ferry to Shetland from Kirkwall. If you are a resident of Orkney, Northlink also operate an Islander Discount Scheme.

www.northlinkferries.co.uk

Pentland Ferries operate their car-ferry service from the beautiful village of St. Margaret’s Hope in South Ronaldsay on a new purpose built catamaran. The service operates daily, making return journeys between St Margaret’s Hope and Gills Bay on the Scottish Mainland. A one way journey takes just over 1 hour. This is the shortest and quickest crossing.

www.pentlandferries.co.uk

Inter-island ferry services also operate between Mainland Orkney and our various outlying islands. The inter-island services are operated by Orkney Islands Council and connect the isles with Mainland Orkney. Ferry trips are as short as 25 minutes to the isle of Shapinsay and as long as 2.5 hours to our outermost island of North Ronaldsay.

www.orkneyferries.co.uk

If you’re not sure of your sea legs, then you can always use Orkney’s Air Services. Flybe operates Orkney’s air services. Every day, flights are available from Glasgow (1hr 15mins), Edinburgh (1hr 20mins), Aberdeen (50mins), Inverness (45mins) and Sumburgh (35mins). All of these Scottish airports have excellent UK and overseas flight connections to choose from.

www.flybe.com

If you choose to come to live and work in Orkney, then you will also be eligible as isles residents to benefit from subsidised travel. Two schemes operate. Northlink ferries factor in an isles discount when you make a booking with them and Flybe now operate an Air Discount Scheme, that gives 40% discount on all flights between Orkney and the destinations listed above. Both of the discount schemes are funded through subsidies given to the operators by the Scottish Executive.

www.airdiscountscheme.com
Rail Links
The nearest railway station is Thurso on the Scottish Mainland where a bus leaves the railway station in time for the daily ferry service from Scrabster.

www.nationalrail.co.uk

Heritage
To the archaeologist, Orkney is a paradise rich in ancient monuments. Tourists come from all over the world to admire the 12th Century St Magnus Cathedral in Kirkwall. The Neolithic village of Skara Brae is one of the most important sites in Europe. It has received World Heritage Status along with the burial mound at Maeshowe and the majestic standing stones of the Ring of Brodgar and the Standing Stones at Stenness. Older than Stonehenge, the Great Wall of China and the Pyramids, Orkney's Neolithic sites give a vivid insight into the lives and beliefs of our ancient settlers. The newest archaeological discovery is Mine Howe at Tankerness. A chambered mound, it is believed to date from the Neolithic period and is known as “The mystery of the 29 steps”.

www.orkney.gov.uk/nqcontent.cfm?a_id=443

Recent History
The Churchill Barriers are a series of causeways built by Italian prisoners of war during WW2. The barriers join together the four islands of Lambs Holm, Glimps Holm, Burray and South Ronaldsay, linking them to the Main Island. The barriers also protect the sheltered anchorage at Scapa Flow, the largest natural anchorage around the coasts of Britain.

www.undiscoveredscotland.co.uk/eastmainland/churchill/index.html

Culture and Leisure Pursuits
Orcadians enjoy a wide variety of leisure pursuits including golf, badminton, squash, rugby, football, motocross, drama and hill walking. Sea sports are popular and there are active sailing clubs as well as windsurfing and water skiing. Loch fishing is extremely popular with the tourists, as is diving on the wrecks of Scapa Flow and bird watching, the south islands in particular are paradise for birdwatchers. There is an enthusiastic local Operatic Society and the Arts Society organise many concerts. Orcadians are talented musicians who enjoy taking part with the visiting artistes in the annual Orkney Folk Festival and St Magnus Festival. It is a small friendly community, very conscious of its Norse ancestry as distinct from the Celtic of the west and north-west of Scotland. Orkney has the most northerly cinema in Britain sited within the Pickaquoy Centre, which was partly funded by the Millennium Commission.

www.orkneycommunities.co.uk
Education

Orkney has some of the best schools in Great Britain and Kirkwall Grammar School and Stromness Academy regularly feature in the 100 Best State Schools league tables. There are primary schools on most of the outer islands where there are also 4 Junior Secondary Schools. Tertiary education is provided at Orkney College, which is part of the University of the Highlands and Islands.

http://www.glaitness.orkney.sch.uk/Glaitness/Home.html

http://www.papdale.orkney.sch.uk/Papdale/Welcome.html

http://www.stromnessacademy.orkney.sch.uk/

http://www.kgsorkney.co.uk/

www.orkney.gov.uk

Hospital Services

In 2002 a £5.5 million redevelopment building programme located all the hospital services onto the one site at the Balfour Hospital in Kirkwall giving the hospital a new operating theatre and sterilising suite, new laboratories and X-ray facilities.

The Balfour Hospital has 59 beds (including day surgery). Currently NHS Orkney, as part of its service redesign process, is looking to ensure that the use of these beds supports the needs of the local population. Our three Consultant Surgeons provide general surgical services. They are supported by three Consultant Anaesthetists (2wte) and a dedicated team of theatre, outpatient and clerical staff. A dedicated team of consultants from Aberdeen who visit the islands for a few days every two or three months also support the surgeons. We have recently appointed resident Consultant Obstetrician and Gynaecologists to support the Midwifery led unit and repatriate routine gynaecology services from NHS Grampian. Some of our patients are sent south for specialist treatment. Orkney has some of the shortest waiting times in the whole of Scotland.
Orkney also benefits from receiving a wide range of other visiting specialties provided by colleagues from NHS Grampian and NHS Highland. The range of visiting services is extensive and includes Ophthalmology, Orthopaedics, Diabetes, Endocrinology, Dermatology, Genetics, ENT, Psychiatry, Psychology, Cardiology, Oncology, Medical, Paediatrics and Rheumatology.

Orkney’s Macmillan House is a nurse led unit that treats patients with cancer including delivery of some locally based chemotherapy programmes. The unit also provides specialist palliative care for terminally ill cancer patients and for other long term conditions. The unit provides a base for Orkney’s Community Macmillan Nurses and has excellent links with Oncology and palliative care services at NHS Grampian through shared care protocols.

www.ohb.scot.nhs.uk/article.asp?page=74

The Balfour site also houses a six bed Day Surgery/ Treatment Unit and the St Magnus Day Hospital which delivers a range of rehabilitation programmes including Falls Prevention, Physiotherapy and support with Activities of Daily Living provided through our Occupational Therapy Services.

www.ohb.scot.nhs.uk/article.asp?page=78

In July 2006 NHS Orkney opened its own haemodialysis unit as a satellite of NHS Grampian renal unit. This is staffed by a team of five dialysis nurses with support from Renal Consultants in NHS Grampian. The unit provides ongoing dialysis management and encourages patient self care. Additional support is also provided for assessment and treatment for those with chronic kidney disease in the Orkney community.

www.orkneycommunities.co.uk/OKPA

Care of Hospital Patients
Acute medical cases, when admitted to hospital, are looked after by their own GP if from the Orkney Mainland and by a rota GP, if from one of the outer islands. Many of Orkney’s GP’S have extended skills and areas of special interest, including Rehabilitation, Cardiology, and Ophthalmology, Acute Medicine and Care of the Elderly. A midwife led Maternity service is provided at the Balfour Hospital

Patients requiring in-patient care in Aberdeen are normally transferred by scheduled air service under the Highlands and Islands Patient Travel Scheme. In an emergency, patients are flown from the outer islands to Kirkwall and from Kirkwall to Aberdeen by the air ambulance service operated by the Scottish Air Ambulance Service.

Primary Care
There are 10 GP practices, five are Independent Practices based on the mainland of Orkney and five are Board Administered based on the Isles. NHS Orkney has been working with
Island Communities to develop sustainable Primary Care models that reflects the health needs of each island. In some islands this is the traditional GP and Community Nurse model and in others it is a resident Nurse Practitioner with a visiting GP service. There is a Board Administered out of hours service on the mainland of Orkney, Isles staff provide their own out of hours service.

NHS General Dental services are going through a period of significant change with three Independent NHS Dental practices opening in spring 2014 in addition to one established Private practice. There are also three Board Administered surgeries with one in Stromness and two in Kirkwall.

Community based Chiropody services are also available.

The diagnostic services consists of X-ray, Audiology (hearing aid department) and laboratory (blood transfusion, biochemistry, haematology and microbiology) services. The departments provide services for the hospital, general practitioners and wider community. The departments also have close working links with Grampian and other Health Boards which provide supporting specialist and visiting services.
Useful Information for Relocating to Orkney

Further details on Orkney can be found at www.orkneytouristboard.co.uk or on 01856 872856 and the latest news at www.orcadian.co.uk

Travel from the Mainland to Orkney

Northlink Ferries 01856 885500/ www.northlinkferries.co.uk
Pentland Ferries 01856 831226/ www.pentlandferries.co.uk
Flybe 01856 873611/ www.flybe.com
Scapa Travel Agents 01856 889040/ www.scapatravel.co.uk

Travel to Inter Islands

Orkney Ferries 01856 872044/ www.orkneyferries.co.uk
Loganair 01856 872420 www.loganair.co.uk

Travel around Orkney

Orkney Coaches 01856 872856/ www.orkneycoaches.com
Craigies Taxis 01856 878787
Bob’s Taxis 01856 876543
Kirkwall Taxis 01856 876972
Stromness Taxi’s 01856 850973

Car Hire

Orkney Car Hire 01856 872866/ www.orkneycarhire.co.uk
Drive Orkney 01856 877551/ www.driveorkney.com
If are looking for rented accommodation and would like to view our suppliers list please contact the department on 01856 888186

Orkney Removal Firms

**Littlejohn Removals**
Unit 2, Scott’s Road
Hatston Industrial Estate
Kirkwall
KW15 1GR
Tel: 01856 879981
Email: admin@littlejohnremovals.co.uk

**McAdie and Reeve**
Crownness Road
Hatston Industrial Estate
Kirkwall
KW15 1GR
Tel: 01856 872101
NHS ORKNEY - BOARD MEMBERS

Non Executive Members

Mr John Ross Scott  Chairman
Ms Naomi Bremner   Vice Chair
Mr David Drever     Non Executive Board Member
Mr Jeremy Richardson Non Executive Board Member
Mr Rognvald Johnson Non Executive Board Member
Gillian Skuse      Non Executive Board Member
Mr Stephen Hagan   Local Authority Councillor
Andrew Trevett     Area Clinical Forum Chair
Ms Suzanne Lawrence Employee Director

Executive Members

Mrs Cathie Cowan  Chief Executive
Ms Elaine Peace   Director of Nursing, AHP and Midwifery
Mr Gerry O’Brien  Director of Finance
Dr Martinus Roos  Medical Director
Dr Louise Wilson  Director of Public Health
# NHS ORKNEY

## LIST OF GPs/NURSE PRACTITIONERS

<table>
<thead>
<tr>
<th>Name:</th>
<th>Address:</th>
<th>Tel:</th>
<th>Fax:</th>
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</thead>
<tbody>
<tr>
<td>Dr. Peter Fay</td>
<td>Skerrysore Practice</td>
<td>888240</td>
<td>888068</td>
</tr>
<tr>
<td>Dr. Mhari Linklater</td>
<td>Health Centre</td>
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<tr>
<td>Dr. Sarah Stevenson</td>
<td>New Scapa Road</td>
<td></td>
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<tr>
<td>Dr. Iain Craighead</td>
<td>Kirkwall KW15 1BX</td>
<td></td>
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<tr>
<td>Dr. Kirsty Cole</td>
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<tr>
<td>Dr. Fiona Cook</td>
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<tr>
<td>Dr. Anne Tierney</td>
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<tr>
<td>Dr. Chimene Taylor</td>
<td>Heilendi Practice</td>
<td>872388</td>
<td>871958</td>
</tr>
<tr>
<td>Dr. Marjolein van Schayk – also Visiting GP to North Ronaldsay</td>
<td>Scapa Crescent Kirkwall KW15 1RL</td>
<td></td>
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<tr>
<td>Dr. Angus Lyon</td>
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<tr>
<td>Branch of Heilendi Practice Nurse Practitioners – John Foster Ian Hall</td>
<td>Health Centre Shapinsay KW17 2DY</td>
<td>711284</td>
<td>711735</td>
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<tr>
<td>Branch of Heilendi Practice Visiting GP - Dr. Marjolein van Schayk Nurse Practitioner – Bernie Holbrook</td>
<td>Linklet House North Ronaldsay KW17 2BE</td>
<td>633226</td>
<td>633365</td>
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<tr>
<td>Dr. Carolyn Sheehan</td>
<td>The Surgery</td>
<td>850205</td>
<td>850868</td>
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<tr>
<td>Dr. Andrew Trevett</td>
<td>John Street St. Andrews KW16 3AD</td>
<td></td>
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<tr>
<td>Dr. Antony Wilkinson</td>
<td></td>
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<tr>
<td>Dr. Inez Moss</td>
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<tr>
<td>Branch of Stromness Surgery Nurse Practitioner - Cathy Grist</td>
<td>Flotta Surgery Springbank Flotta KW16 3AD</td>
<td>701769</td>
<td>701378</td>
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<tr>
<td>Dr. Eilspeth Logan</td>
<td>The Surgery</td>
<td>771209</td>
<td>771320</td>
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<tr>
<td>Dr. Huw Thomas</td>
<td>Dounby KW17 2HH</td>
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<tr>
<td>Dr. Mrittika Thomas</td>
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<tr>
<td>Branch of Dounby Surgery</td>
<td>Greystones Evie KW17 2PQ</td>
<td>751283</td>
<td>751452</td>
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<tr>
<td>Dr. Simon Kemp</td>
<td>Daisy Villa</td>
<td>831206</td>
<td>831716</td>
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<tr>
<td>Dr. Catriona Kemp</td>
<td>St. Margaret’s Hope KW17 2SN</td>
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<tr>
<td>Dr. Roger Neville-Smith</td>
<td>Geramount Stronsay KW17 2AE</td>
<td>616321</td>
<td>616294</td>
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<tr>
<td>Dr. Rosalind Fisher</td>
<td></td>
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<tr>
<td>Branch of Stronsay Surgery Nurse Practitioner - Samantha Thomas</td>
<td>Heatherlea Eday KW17 2AB</td>
<td>622243</td>
<td>622315</td>
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<tr>
<td>Dr. Richard Brunt</td>
<td>Islands View Surgery</td>
<td>821265</td>
<td>821348</td>
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<tr>
<td>Dr. Stephen Murray</td>
<td>Flebister House</td>
<td>600221</td>
<td>600447</td>
</tr>
<tr>
<td>Dr. Iain Cromarty</td>
<td>Hoy &amp; Walls Health Centre</td>
<td>701209</td>
<td>701309</td>
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<tr>
<td></td>
<td>Longhope KW16 3PA</td>
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</table>
Dr. Nora Ricketts
Flexible GP-Dr. Jonathan Clowes
Branch of Westray Surgery

Trenabie House
Westray KW17 2DL
677209 677519

The Surgery
St Ann’s Kirk
Papa Westray KW17 2BU
644227 644337

The above numbers are prefixed by 01856 except for Eday, Sanday, Stronsay, Westray, Papa Westray & North Ronaldsay which are prefixed by 01857.
NHS Orkney Balfour Hospital Kirkwall Orkney

**Bed compliment:** 48 Beds

**Acute ward and Receiving Area**
- 408 Elective Admissions in 2013
- 1703 Emergency Admissions in 2013

**Day Surgery Unit**
- 1542 admissions in 2013

**Renal Unit**

**Assessment and Rehabilitation Ward**
- 280 admissions in 2013

**Macmillan Unit**
- 467 admissions in 2013

**Maternity Ward**
- 279 admissions in 2013

**Outpatients Activity for 2013**
- Consultant-led: 4165 new and 7551 return appointment
- Nurse-led: 642 new and 955 return appointments

**Outpatient Consultant Specialties**
- Adolescent Psychiatry
- Anaesthetics
- Cardiology
- Clinical Genetics
- Dermatology
- Diabetes
- Ear, Nose & Throat
- Endocrinology
- General Medicine
- General Psychiatry
- General Surgery
- Gynaecology
- Neurology
- Obstetrics
- Ophthalmology
- Oral and Maxillofacial Surgery
- Oral Surgery
- Orthodontics
- Paediatric Surgery
- Paediatrics
- Pain Management
- Restorative Dentistry
- Rheumatology
- Trauma and Orthopaedic Surgery

**Renal Unit**

**Balfour Hospital opened in 1927**
**New Hospital to be built in 2018**
GP Practices

<table>
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<tr>
<th>Location</th>
<th>GP Practices</th>
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<td>Dounby</td>
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<td>Heatherlea (Branch Surgery)</td>
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<td>Evie</td>
<td>Greystones (Branch Surgery)</td>
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<td>Flotta</td>
<td>Flotta (Nurse Led)</td>
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<td>Hoy</td>
<td>Hoy &amp; Walls Health Centre</td>
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<td>Rousay</td>
<td>Skerrivore</td>
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<td>Sanday</td>
<td>Flebister House</td>
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<td>Shapinsay</td>
<td>Shapinsay Practice (Branch Surgery)</td>
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<td>Daisy Villa</td>
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<td>Stromness</td>
<td>Stromness Surgery</td>
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<td>Stronsay</td>
<td>Geramount</td>
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<td>Westray</td>
<td>Trenable House</td>
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Electoral Ward Population Size (2011 Census)

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<tr>
<th>Electoral Ward</th>
<th>Population Size</th>
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<tr>
<td>East Mainland, South Ronaldsay &amp; Burray</td>
<td>3,284</td>
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<tr>
<td>Kirkwall West &amp; Orphir</td>
<td>4,017</td>
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<tr>
<td>Kirkwall East</td>
<td>4,568</td>
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<td>West Mainland</td>
<td>4,332</td>
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<tr>
<td>Stromness &amp; South Isles</td>
<td>2,813</td>
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<tr>
<td>North Isles (Orkney)</td>
<td>2,335</td>
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<tr>
<td>Total Population</td>
<td>21,349</td>
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Crime Rate in Orkney compared with Scottish Average
Data from 2010
Source: ScotPHO - Health & Well Being Profile 2014

Life Expectancy by Gender
Orkney and Scotland - Period 2008-2010
Source: ScotPHO - Health and Wellbeing Profile 2014

Life Expectancy Males
- Orkney
- Scottish Average

Life Expectancy Females
- Orkney
- Scottish Average

Life Expectancy by Gender
Orkney and Scotland - Period 2008-2010
Source: ScotPHO - Health and Wellbeing Profile 2014

Age in Years

Life Expectancy Males
- Orkney
- Scottish Average

Life Expectancy Females
- Orkney
- Scottish Average