

SELF CARE



PHARMACIST



COMMUNITY OPTICIAN



DENTIST



SELF-REFERRAL



OUT OF HOURS

111



MINOR INJURIES



A&E / 999



South Lanarkshire Edition 2017/18

MEET
YOUR
HEALTHCARE
EXPERTS:
KNOW
WHO TO
TURN TO IN
LANARKSHIRE

LOOKING FOR CARE?

THISTLE HEALTHCARE LTD & ASSOCIATED COMPANIES



Thistle Healthcare provides 24 hour care for service users across Lanarkshire and the Glasgow area.

The company caters for older persons who are frail or have mental health needs including dementia.

Some facilities also cater for the younger client group who may have physical or mental needs.

**The company is based at
Thistle House,
Scholars Gate,
Whitehills,
East Kilbride
675 9JL**

Tel: 01355 235 508

or email
project.manager@thistlehealthcare.co.uk

Ardencraig Care Home

Ardencraig Care Home is based in Castlemilk and caters for older people and Adults with Mental Health needs. The Home has an excellent reputation in the area with current Care Inspectorate Grades being grade 5 (Very good) across all themes i.e. Quality of Care, Quality of Environment, Quality of Staffing and Quality of Leadership and Management.

Greencross Care Home

Greencross Care Home was first established in 1993, it began as part of a group of Care Homes that is now known as Thistle Healthcare Ltd. The original part of the Home is a beautiful Grade 2 Listed Building, which was formerly known in Cambuslang as Buthyehill Primary School. Greencross is situated on the boundary of Glasgow and South Lanarkshire. It is located within easy walking distance of Cambuslang Main Street.

The original part of the Care Home caters for service users aged over 60 years, who have specific care needs or have dementia. The other part of our Care Home started life as a 12 bedded unit for adults with mental health problems. Due to its success and high demand, this was extended to a 31 bedded unit. The Lodge has a reputation for successfully working with people with acquired mental health needs, whether it is rehabilitation, and re-learning existing life skills, or providing long term care whilst ensuring they lead a thoroughly fulfilling life. Service users have come to us from as far away as Aberdeen and London.

Canniesburn Care Homes Ltd

Canniesburn lies in the grounds of the former Cannieburn Hospital in Bearsden, not too far from Glasgow city centre.

The Home has easy access by car & public transport. Professionally designed & purpose built over 2 levels, the Home provides a high standard of care in a very warm and friendly surroundings. Cannieburn boasts of holding a Highly Qualified & skilled work force that accommodates the elderly and those with mild dementia. All bedrooms are single with en-suite facilities. Residents are pleased to add their personal touches to rooms which are vibrant, spacious and homely. The lounges are comfortable, and provide companionship or privacy as required.

Residents are encouraged to have their meals in well furnished dining rooms, with breakfast in bedrooms if required. Meals are varied and prepared by skilled Chef. Special dietary needs are catered for in a fully equipped modern kitchen. Every bedroom and communal area has a call nurse system alerting staff to residents' needs.

Modern hydraulic passenger lifts allow easy access to both floors, and safety handrails are fitted in all corridors.

The Home has well maintained and enclosed gardens, allowing a little gardening by residents, who enjoy walking & relaxing in the sun. The Home provides a full laundry service and hairdressing facilities. Physiotherapy, chiropody, and visits from the dentist and optician can be arranged. 24 hour medical care is provided by the Care Home Medical Practice and Local General Practitioners.



**Canniesburn
CARE HOME**



**MILLBRAE
CARE HOME**



**Morningside
CARE HOME**



**Woodside
CARE HOME**



Thistle Healthcare Ltd & Associated Companies

ARDENCRAIG CARE HOME Castlemilk G45 9US • Manager Ian Milne • T. 0141 634 4243

GREENCROSS CARE HOME Cambuslang G72 8JN • Manager Linda Robinson • T. 0141 641 1266

GREENHILLS CARE HOME Biggar ML12 6HA Lynne Hardie • T. 01899 229111

LOCHLEVEN CARE HOME Dundee DD5 3UP • Manager Julie Moore • T. 01382 775831

NETHERTON COURT Wishaw ML2 0BP • Manager May Robertson T. 01698 373344

SOUTHVIEW CARE HOME Cambuslang G72 8PL • Manager Vanita Dowlul T. 0141 641 0999

WHITEHILLS CARE HOME East Kilbride G75 9JL • Manager Janice McEwan T. 01355 579 758

CANNIESBURN CARE HOME Switchback Road, Bearsden G61 1NQ • Manager James Webb • T. 0141 943 2003

MORNINGSIDE CARE HOMES LTD Newmains ML2 9QW • Manager Christina Simmons • T. 01698 389 310

WOODSIDE CARE HOMES LTD Coatbridge ML5 5NJ • Manager Marie McCrum • T. 01236 442 000

MILLBRAE CARE HOMES Coatbridge ML5 5NJ • Manager Angela Findlay • T. 01236 429534

PLEASE CONTACT THE MANAGERS NAMED ABOVE SHOULD YOU REQUIRE ANY ADVICE OR FURTHER INFORMATION IF YOU ARE LOOKING FOR CARE FOR SOMEONE YOU KNOW



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INTRODUCTION



Welcome to our handy guide to the services that local healthcare professionals such as pharmacists, physiotherapists, opticians and GPs across Lanarkshire can provide.

You can go directly to the right healthcare professional for the help you need without having to see your GP first.

We've based the information in this booklet on the common types of illness and injury that we see in our A&E departments and our GP surgeries but can be treated elsewhere. By following the advice in this guide you can avoid a long wait in a hospital or GP waiting area.

This booklet also gives you information and advice on self-care, which is often the quickest and easiest route to feeling better when you're ill, as well as details on how to access national services like NHS Inform and NHS24.

You'll also find the information in this booklet on our website –

www.nhslanarkshire.org.uk

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Clyde Gateway – this is the place where health is improving.

Clyde Gateway is Scotland's biggest and most ambitious regeneration project, which supports initiatives that help improve the health of people in South Lanarkshire.

One example is Jump2it, delivered by Scottish Sports Futures, where 3,000 primary school pupils every year learn about healthy lifestyles and physical activity from professional athletes.

They also benefit from basketball coaching and the opportunity to participate in fun inter-school tournaments.

The combination of classroom learning and active participation is a winning formula that inspires the children to make positive, healthy lifestyle choices.

#ThisIsThePlace

To find out more, visit www.clydegateway.com



SELF CARE

Look after yourself

None of us like being ill and we want to feel better again as soon as possible. Self care will often be the quickest way to treat a minor illness such as mild sore throat, a cold or a cough.

NHS Inform is Scotland's national health information service and it offers a self-help guide for minor illnesses and injuries as well as a directory for health services.

You can go online at www.nhsinform.scot where you can chat live with the health information team or you can call the helpline on 0800 22 4488 from 8am to 10pm any day.

You can also visit your local pharmacy for help and advice (see page 9) and it makes sense to have a well-stocked medicine cabinet.

Medicines to have at home

Pain relief

Paracetamol and ibuprofen are the most common remedies and work well for complaints like headaches and infections. It is useful to have these medicines in both tablet and liquid form.

Paracetamol products such as Anadin, Solpadeine, flu remedies and Calpol are particularly useful for -

- high temperatures in children and adults.

Ibuprofen products such as Nurofen, Advil or Calprofen are particularly effective for -

- soft tissue injuries • bone and rib pain • inflammation.

Aspirin is also useful for reducing inflammation but remember that aspirin should not be given to anyone under 16 years of age.

Don't suffer the pain

If you are in pain you should take medicine to help control the pain. Even if you think you may need to see a doctor you should still take painkillers.

You can take paracetamol and ibuprofen at the same time if the pain you have is really bad.

Remember to follow the instructions on the packets and do not exceed the stated dose.

Co-codamol is good for muscle aches and pains. It contains paracetamol and codeine and should not be taken with other paracetamol products.



calderwood dental practice

At Calderwood Dental Practice in East Kilbride our team of experienced dental professionals will ensure you receive first class treatment and enjoy a pleasant, pain-free visit to the dentist.

We have been part of the East Kilbride Community for 27 years.

Call Calderwood on (01355) 221 917
Email info@ekdentist.com
Or visit: www.ekdentist.com

Dentist Opening Times

Mon 9-6, Tue 8.30-5.30,
 Wed 8.30-5,
 Thu 9-6, Fri 8.30-4.

Our services include:

- Cosmetic Dentistry
- Facial Aesthetics
- Teeth Whitening
- Dental Implants
- Adult Orthodontics

We welcome new patients and same day emergency appointments.

**We are registering
 NHS patients**



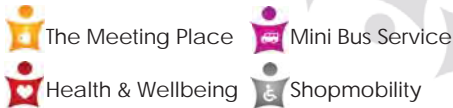
First class dentistry from a team of experienced dental professionals
14-22 Calderwood Square, East Kilbride, Glasgow G74 3BQ



Older & Active in East Kilbride, a registered charity, is the new name for East Kilbride & District Shopmobility which has been based within East Kilbride Town Centre since 2003.

Our vision is to 'improve the quality of life, health, wellbeing, independence of older and disabled people in our community by providing relevant services, improving access to other support and activities within the Town Centre.

Our services are available to anyone over the age of 50 or to anyone of any age with a disability.



Unit 200, Centre West, East Kilbride, G74 1LL
 Email: info@olderandactive.co.uk
 Tel: 01355 571300
www.olderandactive.co.uk

Scottish Charity Number SCO32831



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All Chiropractors are registered with the General Chiropractic Council

SELF CARE

Medicines to have at home

Anti-histamines

Help allergies and runny noses and are available in tablet and liquid form.

Diarrhoea treatments

Make sure you drink plenty of non-alcoholic liquid for the first 24 hours. Your pharmacist can also recommend rehydration drinks.

Indigestion remedies

A simple antacid will relieve the majority of symptoms.

A mild laxative

Can be taken for constipation.

Hangover treatments

It is important to drink plenty of water or non-alcoholic liquids. Rehydration remedies (which include paracetamol) are available from your pharmacy.

Sore throat remedy

We recommend general pain relief such as paracetamol. Adults may gargle with soluble aspirin. Throat lozenges and sprays can also ease symptoms.

Cough linctus

Many different types are available. These will either reduce a cough or loosen it.

Travel sickness tablets

Choose from a range containing hyoscine or an antihistamine such as cinnarizine.

Sun Protection

Keep a supply of Sunscreen SPF 30 for adults and SP50 for children and vulnerable adults, as well as sunburn treatment such as calamine lotion.

Children's medicines

There are children's formulations available for most medicines. Ask your pharmacist if there is a sugar free variety available, particularly if it's a regularly used medicine.

Remember if you are on medication to get your repeat prescription from your GP.



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NEED HELP?

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THE VOLUNTEER DRIVER SERVICE



A free service for all
cancer Patients living in
NHS Lanarkshire Area.

For full details of the service contact:

LANARKSHIRE CANCER CARE TRUST
48 Caledonian Road, Wishaw ML2 8AR

Tel: 01698 355137

PHARMACIST YOUR LOCAL PHARMACIST CAN HELP

Drop into your local pharmacy anytime to get expert advice or information on healthcare, as well as help with your medicines. There is no need to make an appointment and most pharmacies have a private consultation room.

Your pharmacist sells a wide range of over the counter medicines to treat minor ailments such as hay fever, athlete's foot and cold sores.

All pharmacies dispense prescriptions and most supply emergency contraception on the NHS. If you run out of your regular medicines and can't obtain a prescription from your GP, your pharmacist can dispense an urgent repeat supply.

Ask your community pharmacist about registering for their Minor Ailments service – you may be eligible to receive over-the-counter medicine free-of-charge.

Visit www.nhsinform.scot or call 0800 22 44 88 to find your nearest pharmacist.

Uddingston Physiotherapy & Rehabilitation Clinic
145 Main Street, Uddingston,
Glasgow G71 7EN

T: **01698 810406**

E: info@uddingstonphysiotherapy.co.uk

Clinic Opening Times

Mon - 8.00am - 8.30pm
Tues - 8.30am - 9.00pm
Wed - 8.30am - 9.00pm
Thur - 8.30am - 9.00pm
Fri - 8.00am - 8.00pm
Sat - 9.00am - 2.00pm
Sun - Closed



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- ◆ Therapy Sessions

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Email: energise@ntlworld.com
www.facebook.com/energisetherapisttraining

Bespoke Clinical Care

Every year in the UK, thousands of people die or are seriously injured in incidents. Many deaths could be prevented if first aid is given before emergency services arrive.

Since 1 October 2013 HSE no longer approves first aid training and qualifications – and no longer approves first aid training organisations. This puts the onus on the individual business to manage first aid in the workplace. The minimum requirement is to appoint a person to take charge of first-aid arrangements. It is the employer's duty to ensure that any training provider they select, is competent to deliver that training.

At Bespoke Clinical Care, our training is delivered by registered nurses with extensive qualifications and experience. We provide a range of training options to suit your needs, from the 1 day Appointed person/Emergency First Aid at Work Course to the 3-day regulated First Aid at Work Course.

Quote ref 128 for discount opportunities.

www.bespokeclinicalcare.co.uk

Tel: 01698 374 362 - We welcome all enquiries.

Email: enquiries@bespokeclinicalcare.co.uk



EYE TROUBLE? SEE YOUR COMMUNITY OPTICIANS

Whatever your eye problem your first port of call should your community optician where you can see an optometrist. An optometrist is the best person to assess urgent eye problems, check for eye disorders and treat eye conditions. They have the professional training and necessary equipment to assess most eye problems.



Look out for optometrists who are part of the Lanarkshire Eye-health Network Scheme (LENS)

The optometrists who are part of LENS can offer an appointment and assessment service for any concerns you may have with the health of your eyes or eye injuries including:

- Red eye
- Sore eye
- Deterioration of eyesight
- Other disturbance of eyesight.

You can find out which optometrists are part of LENS by calling the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or visit www.nhslanarkshire.org.uk.

LENS optometrists also have a direct link to ophthalmology where they call for advice regarding treatment and discuss whether or not a patient needs to be seen to Eye Acute Referral Clinic.



Supporting families affected by life limiting illness

The Haven is a registered charity providing support to individuals, families and carers affected by a range of life limiting illness. The Haven operates centres in Blantyre, Wishaw and Forth offering a self referral service, which is free and confidential.

Tailored, emotional and practical support can be accessed through the range of services available and you will gain a better understanding of your illness, treatment and care. Working together to relieve stress and anxiety, building on your existing strengths and agreeing positive next steps for you as an individual.

Above all, The Haven aims to improve the quality of life of all clients and support them to live life positively and with hope.

For more information please call:

Blantyre
01698
727884

Wishaw
01698
366948

Forth
01555
811846

www.thehavencentre.com

Registered Charity Number: SC032130

Multiple Sclerosis

Cancer

Parkinson's Disease

Motor Neurone Disease

Children & Family Service

Dementia

Carers

Emotional and Practical Support

Relaxation

Bereavement Support

Lymphoedema Support

Active Steps

Self Management

1:1 Nurse Appointments

Sign Postings

Peer Support

DENTIST DENTAL CARE

When your mouth or teeth need attention, you need to see a dentist.

Everyone should register with a dental practice. They'll provide you with dental care during working hours (in-hours) and an emergency service out-of-hours.

You'll find a list of dentists in Lanarkshire on NHS Inform's National Service Directory - www.nhsinform.scot.

Dental emergencies

During working hours

If you're registered with a dentist and think you've a dental emergency, contact your dental practice. They can tell you if you need to:

- see your dentist
- Go to hospital for care.

If you're not registered with a dentist, you can get emergency dental care by contacting -

- the Lanarkshire General Enquiry Line on 0300 30 30 243 during working hours (open Monday to Thursday, 9.00am to 5.00pm and Friday 9.00am to 4.30pm).

Out-of-hours

If you're registered with a dentist and think you've a dental emergency during this period, contact your dental practice to access their out-of-hours service.

If you're not registered with a dentist and you have a dental emergency out-of-hours, call NHS 24 on 111.

Dental emergencies need to be assessed and treated quickly to avoid the risk of permanent damage. Dental emergencies include:

- abscesses and swellings in and around the mouth
- bleeding
- trauma - for example knocking out a tooth.

If you can find the missing tooth, try to reinsert it and see a dentist as soon as possible. Don't try to reinsert a baby tooth. Take your child to see a dentist as soon as possible.

Breaking or chipping a tooth isn't a dental emergency. If you can find the missing part of your tooth store it in milk and see a dentist as soon as you can during normal working hours.

We all need care and support at some stage in life. Talk to us about how we could help.

Our staff are among the friendliest, most caring and professional people you'll meet. We are totally flexible and can tailor our services to meet your needs.

**Call Kate Keltie, Service Manager on 0141 274 8081
for more details or visit lorettoha.co.uk**

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Tollcross Mansionhouse House

601-641 Tollcross Rd

Glasgow G32 8TF

Charity No: SCO47181

LRCC The Centre

LRCC is a voluntary organisation with Scottish charitable status (SC 036410) located in the centre of Hamilton with easy access to public transport.

We deliver emotional and practical support to women, and girls over the age of 12 years old where there are issues arising from all forms of sexual violence including rape, sexual assault and childhood sexual abuse no matter how long ago it happened.

Helpline: 01698-527006

The helpline is available

Monday and Wednesday 1-3.30pm

Tuesday and Thursday 6-8.30pm

Friday 10.30-1pm

SELF-REFERRAL SERVICES

Direct help from our self-referral services

NHS Lanarkshire provides a range of health services that you can contact directly for help, without going through your GP. Our self-referral services give patients a direct route to the health professional best placed to help them.

- **Hearing health** – our audiology team provides a range of services in relation to hearing health including assessment, diagnosis and hearing aid fittings. You can contact the audiology team on **01698 456 556**.
- **Physiotherapy** - Physiotherapy is a non-emergency help service for advice, information and assessment of muscle and joint problems and is provided at various locations including Hairmyres, Monklands and Wishaw General. Contact **0800 917 9390** between 9am and 5pm Monday to Friday.
- **Foot health** – Our podiatry service treats patients with ongoing foot problems, as well as promoting self-care. Services are available both in the community and at our three hospital sites. **Ask for a self-referral podiatry form at your health centre.**
- **Muscle and joint pain** – if you're suffering with muscle and joint pain, you can use The National Musculoskeletal (MSK) Advice and Triage Service. This is a partnership service run by NHS 24 and NHS Lanarkshire.

You can get advice on their muscle and joint pains and aches (including back pain) without having to wait for an appointment or visit a health centre. Visit the website at www.nhsinform.co.uk/msk or call the national helpline at **0845 604 0001**.

- **Help with recuperation** – our occupational therapists work with adults and children with a wide range of conditions, including those who have difficulties due to a mental health illness, physical or learning disabilities to ensure they can carry out everyday tasks or occupations. You can contact the service on **01698 855 515**.
- **Speech and Language Therapy** – our speech and language therapists (SLTs) work with people who have communication and/or eating, drinking and swallowing difficulties linked to learning disabilities. Many of the people they work with have additional needs, including complex physical needs. SLTs work in a range of settings across Lanarkshire. These include: health centres, community clinics, hospitals, nurseries, mainstream schools, special educational needs schools and units. To find your nearest SLT visit www.nhslanarkshire.org.uk
- **Eye conditions** – our orthoptists investigate, diagnose and treat people with long-term eye conditions such as misalignment of the eyes (squint), double vision and reduced vision. **This service can be accessed through your local hospital.**
Your local LENS optometrist, accessed via your community optician, is the best person to assess urgent eye problems, for example when your eyes suddenly become red or sore. See page 11.
- **Mobility help** – orthotics are more commonly known as splints or braces which are used to support the body. Our orthotics team work to support the rehabilitation of patients. **This service can be accessed through your local hospital.**



We believe that all children and young people have the right to be cared for and protected from abuse and harm in a safe environment in which their rights are respected. All agencies need to work together in a collaborative way to promote the safety and wellbeing of children and young people.

Protecting children depends on everyone in the community staying alert and taking action if they believe a child is being neglected or abused.

If you are concerned about the welfare of a child or young person contact us.

www.childprotectionsouthlanarkshire.org.uk

Adult protection is everyone's business. We all have a responsibility to be vigilant to ensure the wellbeing and safety of adults who may require support. Most adults manage to live their lives in a safe and secure manner. However, for some, their ability to keep safe and to protect their wellbeing, property or finances will be a challenge. Adults can be more at risk if they develop dementia, or they suffer from a mental or physical illness.

If you, or someone you know is finding it difficult to keep safe, it is important you tell someone about it. Please contact us to report your concerns.

www.adultprotectionsouthlanarkshire.org.uk

For further advice or information contact Social Work Resources on **0303 123 1008**

Immediate danger contact the Police on **999** Police non-emergency **101**

If someone needs medical help contact the person's GP or NHS 24 on **0845 242424**



Your financial health is just as important as your physical health.

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www.lanarkshirecreditunion.co.uk

01698 711112

Lanarkshire Credit Union is a trading name for Blantyre Credit Union. Registered Office 252 Glasgow Road, Blantyre, Glasgow, G72 0YH.

Lanarkshire Credit Union is authorised by the Prudential Regulation Authority & regulated by the Financial Conduct Authority & the Prudential Regulation Authority, FCA firm reference number: 213669

Keep up with all the latest news:
[LanCreditUnion](https://www.facebook.com/LanCreditUnion) [@LanCreditUnion](https://twitter.com/LanCreditUnion)



GP

WHEN ONLY YOUR GENERAL PRACTICE CAN HELP

When you have an illness or injury that just won't go away, such as ear ache, stomach pain or vomiting, make an appointment with your medical practice to see either your General Practitioner (GP) or one of their healthcare team.

Your GP, also known as your family doctor, will carry out detailed examinations and provide advice, information and prescriptions. Your doctor can also refer you to specialist healthcare professionals.

Many general practice healthcare teams now also include Advanced Nurse Practitioners (who can also diagnose general illnesses and prescribe medicine), Advanced Practice Physiotherapists and mental health practitioners. You may be offered an appointment with one of these specialists to ensure you see the best healthcare professional to get you best treatment as soon as possible.

Everyone needs to register with their local GP surgery. To find your nearest medical practice and help on how to register, visit the Service Finder at www.nhslanarkshire.org.uk .

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Web: **www.francesturnertraill.co.uk**





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Opening hours Monday to Friday 9.00am - 5.00pm

www.bellway.co.uk

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YOUR VOTE MATTERS

DON'T LOSE IT



Register to vote

It's simpler,
clearer and
faster online



You will need
your Date of Birth
and National
Insurance Number



www.gov.uk/register-to-vote

To check if you are already registered or arrange a postal or proxy vote contact:

Electoral Registration,
North Stand,
Cadzow Avenue,
Hamilton ML3 0LU

Freephone: 0800 030 4333

Email:
ero@lanarkshire-vjb.gov.uk

Website:
www.lanarkshire-vjb.gov.uk

South Lanarkshire Carers Network Limited



The Information Gateway for unpaid Carers in South Lanarkshire

Does someone depend on your care?
If so we are the organisation who will provide you with the information to enable you to care.

A Carer is a person of any age who provides help and support to a relative, partner, friend or neighbour who, due to illness, frailty, or disability would not be able to live independently. The care provided is unpaid. This includes adults who may be juggling work or other family responsibilities, those who have retired or young Carers still at school. A substantial number of Carers have already received invaluable information through South Lanarkshire Carers Network. We can be contacted at:

65 Bothwell Road, Hamilton, ML3 0DW

Phone:- 01698 285 163 Facebook: www.facebook.com/slcarers

Email: info@slcn.co.uk Website: www.slcn.org.uk

Twitter: @slcarers



Everyone is welcome to attend our meetings which are held on the 1st Wednesday of the month (10:30am - 12:30pm) at Blantyre Miners Community Resource Centre, 3 Calder Street Blantyre, G72 0AU



Community Links is a Lanarkshire based organisation with a proven track record and passion for working with communities to inspire local champions to identify, develop and create long-lasting, community-owned change.

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T: (01698) 827583 | E: administrator@communitylinks.co.uk | W: www.communitylinks.co.uk
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The aim of our Charity is to provide help to children and adults who have been affected by childhood sexual abuse and support those individuals in whatever way we can. We provide Counselling and Therapeutic services as well as on going support by trained staff.

For support & information about our service please contact a member of staff at:

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T: 01236 602890

E: info@moiraanderson.org

www.moiraanderson.org

Scottish Charity Reg: 29979

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When your GP surgery is closed, and you're too ill to wait until it re-opens, you can access the NHS Lanarkshire Out-of-Hours Service through NHS 24.

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You don't need an appointment to attend but your waiting time will vary since patients are treated in order of greatest-need.

There are minor injury services within each of our acute hospitals - Hairmyres, Monklands and Wishaw. There are also two stand-alone minor injuries units at Kello and Lady Home Hospitals. You can access these units at the following times.

Acute Hospitals – 7 days per week:

- Hairmyres Hospital (9am-9pm)
- Monklands Hospital (9am-9pm)
- Wishaw General Hospital (9am-9pm).

Community Hospitals – 7 days per week:

- Kello Hospital (24 hours)
- Lady Home Hospital (24 hours).

Minor Injuries Units can be used to treat a range of minor illnesses and injuries including:

- sprains
- strains
- burns
- bites and cuts.



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A&E

ACCIDENT AND EMERGENCY – ONLY!

Accident and Emergency services are available at each of Lanarkshire's three hospitals – Hairmyres, Monklands and Wishaw.

The number of people attending A&E departments is rising every year but many people who go to A&E could have been treated within their community by their GP, local pharmacist or community optician (optometrist), freeing up A&E for those who really need to be there.

A&E should be used when you need immediate/urgent attention or you have a life or limb threatening illness or injury.

Examples of the types of injuries and illness that should be seen at A&E are:

- stroke
- heart attack or sudden chest pains
- broken limbs
- serious head injury
- any sprain which cannot bear any weight at all.

If your injury or illness is more than three days old, or you have already seen your GP, you will be redirected to NHS 24 or back to your GP practice.

You can find a guide of what types of illness and injuries can be treated in either A&E or in the community please see our Body Maps on pages 29 and 31.

If your child has an itchy rash, is unwell and you suspect they have measles or chicken pox contact your GP. These are very contagious and may be passed on to patients who are already very sick in the hospital.

Staff at A&E will ask how much alcohol you drink. This is so they can give you advice on safe levels of alcohol consumption. All adults will be asked this question regardless of the reason they are attending A&E.



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We offer:

- 1-1 counselling
- Group work
- Outreach work across the towns and rural areas of South Lanarkshire

If you think you would benefit from support, you can contact us for an initial assessment.

The Behaviour change and Recovery service (adult)

Provides drug and alcohol support across South Lanarkshire. Unlocking an individual's full potential through recovery is our ultimate ambition.

The what we offer is a good indicator for this service

Young Persons service

The whole South Lanarkshire service offer support and advice to people aged

Young persons 14-21 years (up to 26 is care leavers)

Behaviour change & recovery (adult) is 21 years plus

Trauma service as stated above

For more information please contact:

☎ 01698 533 843

@ southlanarkshireservice@addaction.org.uk

www.addaction.org.uk



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HEALTH AND WELLBEING

There are some common reasons why people get ill and need to see a healthcare professional. There are some changes you can make to your lifestyle which will help keep you healthy and out of the doctor's waiting room:

- reduce your alcohol intake
- stop smoking
- exercise for 30 minutes, five days a week
- lose weight
- make sure your child wears a bicycle helmet when they are cycling
- eat a balanced diet
- make sure your child's vaccinations are up-to-date.

Stop smoking service

NHS Lanarkshire's Stop Smoking Service is here to help anyone who wants to, or is considering, giving up smoking.

They provide nurse specialist support with free nicotine addiction treatment and weekly clinics providing group or individual support, which you can join at anytime.

For information and advice about stopping smoking contact the stop smoking service Monday to Friday 9am to 5pm on **0300 303 0242** or text **81066**.

Sexual health

Sexual health is about being safe, secure and comfortable and being aware of sexually transmitted infections, pregnancy and your own sexuality.

To find out more about local sexual health services in Lanarkshire, including C Card services, adult clinics, young people's services, HIV and Hepatitis, visit the Lanarkshire Sexual Health website.

To make an appointment at one of our clinics, call our appointment line: **0300 303 0251**, Monday to Friday, 9am to 4.45.

Mental Health

Well-being is about how we think and feel such as being confident, enjoying life, being able to cope with life's challenges. Many factors affect our well-being; housing, jobs, schools, relationships, where we live and money worries. At times, we can all feel stressed, low in mood or worried. We may also have experiences that are difficult to cope with. Sometimes we don't feel good in ourselves and we don't know why. Well Connected is for people who may be experiencing symptoms of stress and low mood, but it is also for people who want to feel better in themselves and in their life.

Well Connected is Lanarkshire's social prescribing programme.

Well Connected makes it easy for people to take part in and benefit from activities and services that we know can improve mental health well-being.

Find out more about the programme at <http://www.elament.org.uk>

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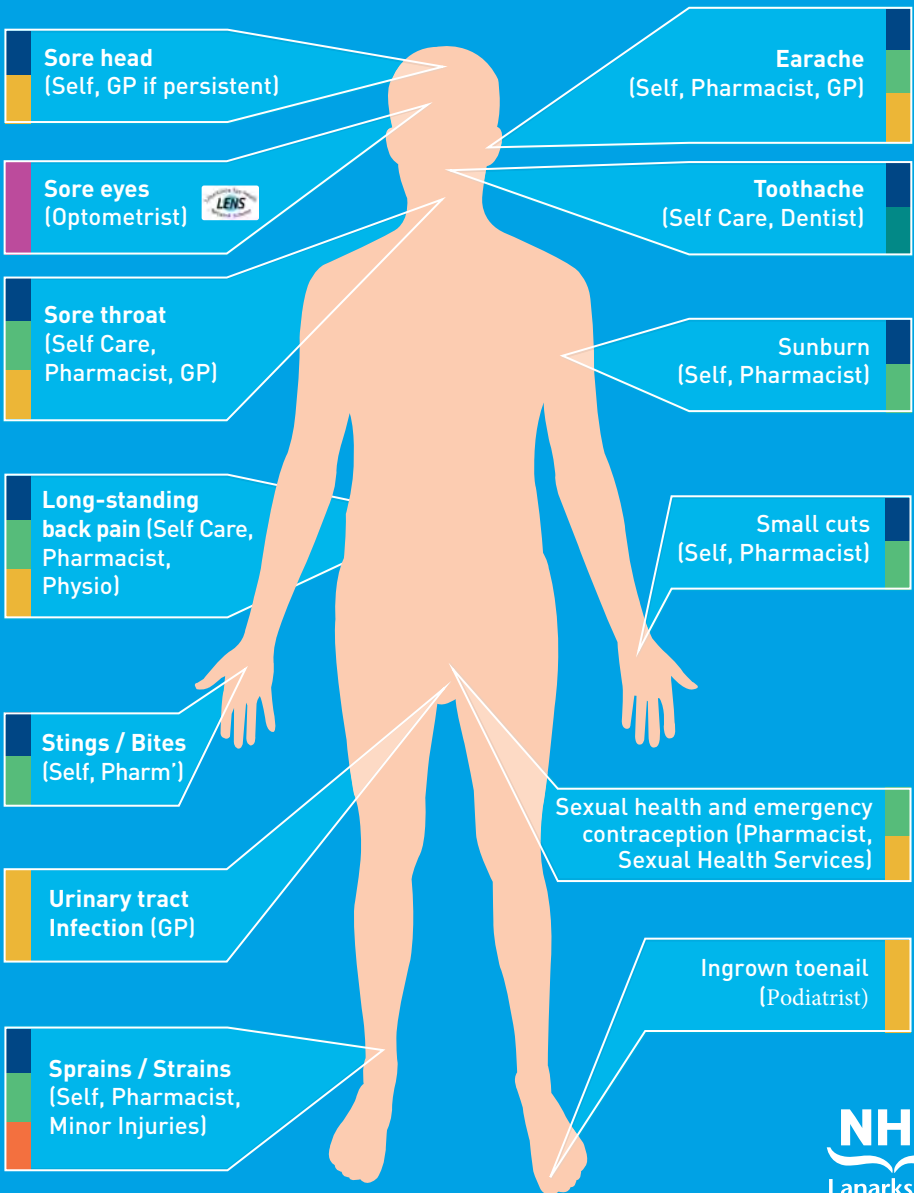
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Body Map

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KEY	
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PHARMACIST	
DENTIST	
OPTOMETRIST	
GP	
MINOR INJURIES UNIT	





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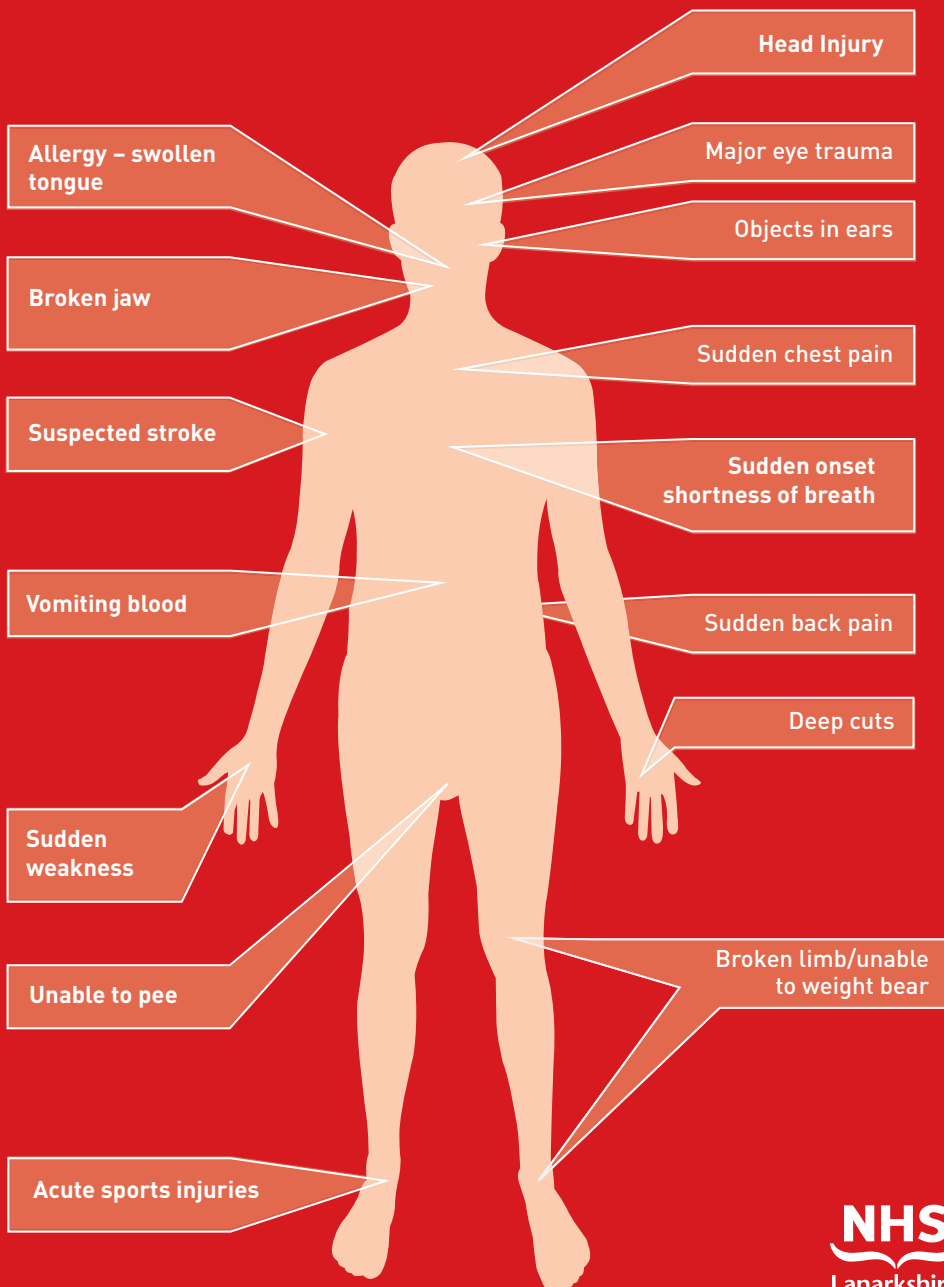
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Body Map

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