SAVE TIME BY SEEING THE RIGHT PROFESSION Pharmacy First can provide treatment for the following: - • warts and verrucas smoking cessation nappy rash • coughs constipation hayfever impetigo • • colds and sore throats less than three weeks mouth ulcers diarrhoea • insect bites conjunctivitis for those aged over 2 yrs sunburn indigestion • dry skin • emergency contraception earache management of thrush, pain relief . skin infections / athletes foot uncomplicated headlice piles • shingles urinary tract coldsores threadworms • • Problem with joint or muscle pain? Arrange an appointment to see the first contact physiotherapist via GP reception or visit PHYSIOTHERAPY https://www.nhsborders.scot.nhs.uk/patients-and-visitors/our-services/allied-health-professionals/physiotherapy/physiotherapy-mskservices/. PODIATRY Self-refer using form available on Practice website https://www.stowandlauderhealth.scot.nhs.uk/ or via GP Reception. For support with children's problems from birth until school-age. These include issues with breast/formula feeding, sleeping, behaviour **HEALTH VISITOR** and continence. Telephone: - 01578 718223 (Lauder) or 01896 661367 (Stow). Please leave a message and someone will get back to you. The School Nurse can offer support with problems such as anxiety and behavioural issues. Contact the school directly. Secondary schools SCHOOL NURSE/ also have access to a service called 'Quarriers' which focuses on mental health and wellbeing. For self-referral and further information QUARRIERS please visit: www.quarriers.org.uk/services/borders-resilience-for-wellbeing/. Assessment for the provision of home care, equipment for independent living, blue badges and bus passes for eligible groups – contact **SOCIAL CARE & HEALTH** 0300 100 1800 or www.scotborders.gov.uk. Many eye problems can be seen by an Optician. They have the specialist knowledge and equipment to diagnose and treat eye conditions. You are entitled to have your eyes examined for free by an Optician who provides NHS services, and they can refer you on to the Borders Eye Centre if required. They deal with problems such as visual loss, dry, red, sore, watery, sticky or itchy eyes and conjunctivitis. If there is suspected infection of the surrounding eye area, seeking advice from a Pharmacist or GP maybe more appropriate. For all teeth and gum problems. In normal working hours, registered patients should contact their usual Dental Practice whilst DENTIST unregistered patients should contact Borders Dental Helpline on 0845 300 0930. In the out of hours period contact NHS24 on 111. A free and confidential service for contraception, information on referral for termination of pregnancy, and sexual health testing, **SEXUAL HEALTH** treatment and advice. Please visit www.borderssexualhealth.org.uk/ or phone 01896 663700 to book an appointment. PREGNANCY For initial booking and pregnancy-related issues contact the Midwifery Team based at Galashiels Health Centre on 01896 661369. Report any relevant medical conditions to the Housing Officer. If required, they will send a form directly to the Practice for completion **HOUSING ISSUES** based on your medical records.

FIT NOTES

contact GP Reception. Please allow at least one working day's notice and state expected period of absence.

ALCOHOL/DRUG SUPPORT

WELLBEING SERVICE

SMOKING CESSATION

Self-refer to Borders Addiction Service on 01896 664430.

The Wellbeing Service offers support to people who wish to improve their lives in one or more of the following areas:- 1. Mental health & wellbeing 2. Being more active 3. Eating more healthily 4.Quitting Smoking. You can make a self referral to the Wellbeing Service by visiting their website at www.nhsborders.scot.nhs.uk/wellbeing, phoning 01896 824502 or emailing wellbeing@borders.scot.nhs.uk.

Self-certify for periods of absence up to 7 days. If absent from work for >7 days due to ill health, and you require a 'sick note', please

Contact your local Pharmacy or the Wellbeing Service.

INVESTIGATION

Contact the Practice after lunchtime if you wish to know the result of blood or urine tests arranged by your GP, allowing at least 2 working days. For the results of all investigations arranged by the Hospital please contact the appropriate Hospital Department, via the Hospital Switchboard.

HOSPITAL APPTS

URGENT CARE

COMMUNITY NURSING

For all enquiries about your hospital appointment please contact the Hospital Booking Team or relevant Secretary via the Hospital Switchboard. Borders General Hospital – 01896 826000.

If you have a medical problem which is non-life threatening but may require A&E, please contact NHS 24's 111 service available 24/7 who will triage your problem. If you have an immediate or life-threatening condition, please call 999 or go straight to A&E.

Please contact the Community Nursing Team direct on 01896 823629, where you can leave a message and someone will get back in touch with you.

For Practice information and online prescription requests please visit our website:-<u>https://www.stowandlauderhealth.scot.nhs.uk/</u> Information on common medical conditions:- <u>www.nhs.uk</u> or <u>www.nhsinform.scot/</u>