|  |  |
| --- | --- |
| **PHARMACY FIRST SERVICE**(At your local pharmacy) | Advice and Treatment for:Emergency contraception Urinary tract infections in females (16-65 years of age) Sore throat & earaches less than 3 days Conjunctivitis (in those aged above 1)Styes & minor eye infectionsPain (including backache)Coughs & colds Nasal congestionMouth ulcers Cold sores  Acne & minor skin conditions Athlete’s footThrush ThreadwormsIndigestion   ColicPiles  Constipation Diarrhoea EczemaHayfever Sunburn Infected insect bites Head lice  Verrucae Smoking cessationShingles (patients over 18 years old)Cellulitis in patients who are afebrile and healthyAcute paronychia with signs of cellulitis **The following link provides info on what conditions they can help** [**https://www.gov.scot/publications/nhs-pharmacy-first-scotland-information-patients**](https://www.gov.scot/publications/nhs-pharmacy-first-scotland-information-patients) |
| **MINOR INJURIES** | **Victoria Hospital,** Kirkcaldy **Queen Margaret Hospital,** Dunfermline.Open 24 hours a day, 7 days a week.  Burns and scalds, cuts and wounds that may need dressing or sutures.  Injuries including limbs, back and suspected broken bones. Minor Injury Unit can only deal with injuries sustained within last 72 hours. **TELEPHONE 111** |
| **MUSCLE, JOINT & SPORTS INJURY PROBLEMS** | **ADVICE** and **SELF CARE INFORMATION** from a trained adviso**r** for muscle and joint problems such as:-* knee pain
* low back pain
* sciatica
* muscle sprains
* sports injuries

**VISIT**: [www.nhsinform.scot/msk](http://www.nhsinform.scot/msk)**DOWNLOAD**: **‘MSK Help’ app free from app stores****PHONE**: **The Musculoskeletal and Triage**  **Service on 0800 917 9390** Lines are open Monday – Friday 9am – 5pm. |

|  |  |
| --- | --- |
| **FIRST CONTACT PHYSIOTHERAPY****(In-House)** | Pain associated with:* Soft tissue injury
* Strains (pulled muscles)
* Sport injury
* Joint & arthritic joint pain
* Neck, mid & lower back pain
* Pain associated with pins & needles
* Numbness in the arms/legs
* Sciatica
* Whiplash
* Altered mobility/falls

**Telephone: 01383 413234** |
| **MENTAL HEALTH TRIAGE NURSE****(in-house)** | Practice based in-house nurse can see patients age 17 years & over currently experiencing any form of mental health difficulty or concern and are **NOT** involved with any other service providers, such as: * Low mood
* Depression
* Stress
* Anxiety
* Suicidal Ideation
* Self harming behaviour
* Psychosis
* Poor coping strategies
* Post natal depression.

**Tel: 01383 413234** |

|  |  |
| --- | --- |
| **STRESS / ANXIETY / DEPRESSION** | [www.moodcafe.co.uk](http://www.moodcafe.co.uk/) is a useful website which directs you to many services available.**Access Therapies, Fife** [www.accesstherapiesfife.scot.nhs.uk](http://www.accesstherapiesfife.scot.nhs.uk)**This website offers:-*** **Courses – Steps on Stress, Back on Trac & Improved Wellbeing.**
* **Change up – A weekly therapy group which helps people overcome a range of emotional problems.**
* **Self Help Option**
* **Information on local support and resources**

**Living life** for anyone over 16 who is feeling low, depressed or anxious - call free phone **0800 328 9655** or visit the website <https://www.nhs24.scot/our-services/living-life> Telephone cognitive behavioural therapy is available.**Breathing Space** – for overwhelming thoughts and feelings breathing space can be contacted for free on **0800 838 587** or [www.breathingspace.scot](http://www.breathingspace.scot/)**Clear Your Head - The Coronavirus pandemic has been going on for a while now. Daily life has changed for all of us and it can be worrying, lonely and uncertain. The ‘Clear Your Head’ website offers tips to help clear your head and connect with others** [www.clearyourhead.scot](http://www.clearyourhead.scot)**Shout Text Messaging Service – Free, confidential mental health support to young people living in Fife who are experiencing distress e.g. anxiety, bullying, depression, loneliness or isolation, money worries, relationship problems, self-harm, stress, suicidal thoughts or feelings.** **Text the word “Fife” to 85258****This service is completely free from all major UK mobile networks and won’t show up on phone bills.** |
| **OPTICIAN** | Your optician is your first point of call for all eye conditions. |
| **DENTIST** | For conditions involving your mouth or teeth.If you do not have a family dentist, advice can be obtained by phoning Fife Dental Advice Line on **01592 226 555**. |
| **INFANTS & TODDLERS** | Advice and treatment recommendations, as required, for many problems your child may have. Contact your Health Visitor on **01383 821099**.   |
| **SCHOOL PUPILS** | **School Nursing Health Hub** – A confidential text messaging service for young people aged 12-19 years who are enrolled in a Fife school.Message the school nurse on **07312 263023**. Calls and messages will be charged at your standard network rate.The text service will enable you to access advice, information and support from staff from the School Nursing Health Hub on a range of issues as healthy lifestyle, sleep, smoking, emotions, relationships and sexual health,This is a confidential health service. Your information will not be shared without your consent unless we become concerned about the safety or welfare of yourself or others.All messages are stored securely and may be seen by other healthcare professionals, bound by NHS confidentiality rules.The service will operate 9am-4.30pm Monday to Friday excluding weekends and public holidays.This is not a 24/7 service and you should call **999** immediately in the case of an emergency. If urgent medical advice is required, please contact NHS24 on **111**.You can text ‘STOP’ to the school nurse number if you don’t want to receive further messages from the School Nursing Health Hub staff. |
| **DISTRICT NURSES** | Nursing care in the community for **housebound patients only****Tel: 01383 821099 or 01383 413234** |
| **COMMUNITY MIDWIVES** | If you have a positive pregnancy test or think you are pregnant contact the Community Midwife on **01383 623623 Ext 23833** |
| **FOOTCARE FIFE** | Toenail Cutting Service for patients who struggle to cut their own nails **Tel: 0800 389 6046 or** [www.footcarefife.org.uk](http://www.footcarefife.org.uk) |

|  |  |
| --- | --- |
| **FOOT PROBLEMS** | A podiatrist can help you with the following problems:* ingrown toenails
* corns and calluses
* persistent verrucae
* flat feet
* painful bunions
* heel pain
* blisters or ulcers on the feet
* injuries involving the feet

You can self refer to the local podiatrist at Dalgety Bay Medical Centre free of charge by downloading the self referral form on our Practice Website [www.inverkeithingmedicalgroup.scot.nhs.uk](http://www.inverkeithingmedicalgroup.scot.nhs.uk) **Follow the Appointments Tab / Signpost to Other Services, Podiatry Referrals** |
| **ALCOHOL OR DRUG PROBLEMS** | **Fife alcohol and support service (FASS)** One-to-one counselling & psychotherapy.  Free and confidential service available throughout Fife.  Contact **01592 206200**.Help with any drug or alcohol problem **Fife Addiction Services. Telephone** **01592 716446**.   |
| **SEXUAL HEALTH, FIFE** | Sexual Health Fife provides access to a full range of fully confidential sexual health and Blood-Borne Virus (BBV) services. This service also includes contraception, menopausal issues and sterilisation. **Telephone 01592 647 979** |
| **TERMINATION SERVICES (SELF-REFERRAL)** | Phone the Gynaecology Clinic, Victoria Hospital on **01592 643355 Ext 25445** |
| **HEALTHY LIVING** | **STOP SMOKING TELEPHONE HELPLINE** **0800 025 3000**.Advice on healthy eating and exercise visit [www.nhs.uk/livewell](http://www.nhs.uk/livewell) Advice on how to get more active and healthy eating [www.nhs.uk/Change4Life/Pages/change-for-life.aspx](http://www.nhs.uk/Change4Life/Pages/change-for-life.aspx) |

|  |  |
| --- | --- |
| **ACORN SERVICES****(Access-Care-Respond-To-Needs)** | A priority service for vulnerable people offering:* free condoms
* testing and treatment for infections including chlamydia & gonorrhoea
* testing & treatment for HIV, hepatitis B & C
* hepatitis B vaccinations
* contraception/pregnancy planning
* smear tests
* pregnancy testing
* period problems
* sexual problems
* menopause advice

Phone: **01592 647979** 8.30am – 1.30pm Monday to Friday and ask for an Acorn appointment |
| **OLDER PEOPLE SERVICES / CARERS SUPPORT** | Information for you or an elderly relative for social care services. Fife Social Work Department telephone **03451 551 503.****Fife Carers Centre** provide support to carers who could so with some help. Telephone **01592 205472.****Link Living.** One to one befriending to people aged over the age of 65 telephone **01592 644 048.** **Alzheimer’s Scotland.**  A support service to carers and patients suffering from dementia **01592 204 541.****Fife Outreach Service:-** **Support for people living with Dementia.** **Tel: 01592 204541****Email:** fifeservices@alzscot.org**Website:** [www.alzscot.org](http://www.alzscot.org) |
| **CITIZENS ADVICE & RIGHTS FIFE (CARF)** | Citizens Advice offers face-to-face advice on a wide range of issues such as Welfare Benefits, Debt and Money Advice, Work, Consumer, Relationship, Housing, The Law & your Rights, Discrimination, Tax, Education & Healthcare.**Dunfermline** – 4 Abbey Park Place, Dunfermline General Advice - Tel: 0345 1400 095Monday – Friday 10am to 3pm**Cowdenbeath** – 322 High Street, Cowdenbeath**General Advice - Tel: 0345 1400 095** |
| **FIFE INTERNATIONAL FORUM** | Do you need any help with housing issues?* Rent arrears
* Rights & Responsibilities
* Anti-social behaviour
* Support with letters or forms
* Council tax reduction
* Housing benefit
* Your tenancy
* Homelessness

**Tel: 01592 642 927****Email: info@fifeinternational.uk** |
| **THE WELL**(For patients age 16 years & over) | Information and support related to:-* Local community
* Disabilities
* Carers support
* Ageing well
* Housing
* Staying active
* Living with long term conditions
* Healthy eating

**Tel: 03451 551500****Visit:** [www.fifehealthandsocialcare.org/your community/the-well](http://www.fifehealthandsocialcare.org/your%20community/the-well)  |
| **LEARNING DISABILITY LIAISON NURSES** | Help and support with: * Attending GP appointments (where appointed by clinician)
* Carer advice/support
* Facilitatation of outpatient appointments
* Communication issues
* Pre-discharge planning

**Telephone: 01383 623623 Ext 2310** |
| **COMMUNITY LISTENING SERVICE** | Someone to talk to when things are getting on top of you. The service is available on Wednesday mornings.**Telephone 01383 413234** |
| **NHS INFORM** | * Provides patients with accurate and relevant information to help them make informed decisions about their own health and the health of people they care for.
* Covid-19 related queries including Covid vaccinations, eligibility vaccination status, vaccination exemption certificate etc.

**Contact Telephone: 0808 196 8565**Visit: [www.nhsinform.scot](http://www.nhsinform.scot) |
| **WORKING HEALTH SERVICES** | Free confidential service designed to help people who are employed by a small business (less than 250 employers). If you are struggling with a health issue that is affecting your work WHS can help you manage your condition to help you remain at work. If you are off with a health condition they will help you make a healthy successful return to work.They can provide rapid access to assessment, advice where appropriate, access to interventions including occupational therapy physiotherapy and talking therapies.**Contact Telephone:** **0800 0192 211** |
| **FIFE CARERS CENTRE** | If you are a carer or you know a carer who could do with some help then call Fife Carers Centre on 01592 205472 or find us on our website [www.fifecarerscentre.org](http://www.fifecarerscentre.org) |
| **POST COVID-19****PATIENT INFORMATION PACK** | Help and support on self managementVisit: [www.yourcovidrecovery.nhs.uk/](http://www.yourcovidrecovery.nhs.uk/)  |
| **CHEST HEART AND STROKE SCOTLAND LONG COVID SUPPORT SERVICE** | Confidential advice, support and information to help people living with long covid, or their family members.Advice Line Nurses can be contacted by:Phoning: 0808 801 0899Emailing: adviceline@chss.org.ukTexting NURSE to 66777 |
| **TRAVEL VACCINATION SERVICE** | General travel health information including how to stay safe and healthy abroad and which vaccinations you may need – visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk)Information on pharmacies offering travel vaccinations visit [www.nhsfife.org/fifefitfortravel/#pharmacies](http://www.nhsfife.org/fifefitfortravel/#pharmacies) |