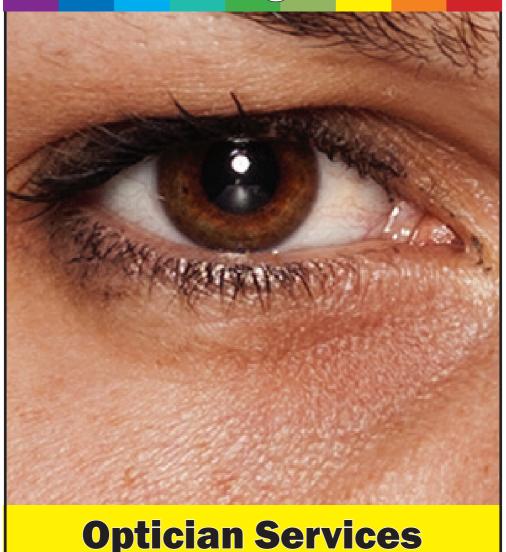
Choose the right service!



USEFUL INFORMATION

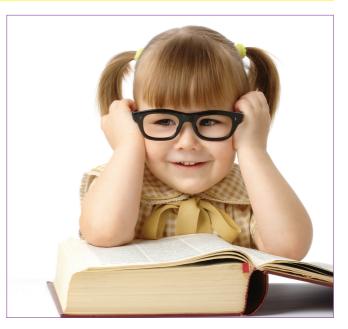






Information:

- Your community optometrist (optician) is now your first point of contact should you have any problem with your eyes.
- An optometrist is the professional who can best manage any eye problem and can arrange urgent hospital attention should that be necessary.
- The hospital eye clinics no longer offer a walk-in service.
- Contact your usual optometrist. If you don't have one any local optician will help you with a suitable appointment or appropriate advice.
- This service is paid for by the NHS so there is NO COST to you.
- The optometry appointment may not need to be on the



- same day but urgent issues will receive urgent attention. On busy clinic days you may have to wait.
- If the optometrist you contact cannot see you they will either give advice or arrange for you to be seen elsewhere.

When should you see an optician?

 Experience sudden loss or changes in vision, irritated or watery eyes?

Contact Local Optician...

GREENOCK

- Boots The Chemist
 01475 721488
 Oak Mall, 43 Hamilton Way
- Aitchison Opticians
 01475 722796
 32 Ardgowan Square
 PA16 8NJ
- Taher & McCallum
 01475 720877
 70 West Blackhall Street
 PA15 1XG
- Reid Mackellar
 01475 721744
 86 90 West Blackhall Street
 PA15 1XG
- Specsavers
 01475 724404
 5-7 Hamilton Gate
 PA15 1JW
- Vision Express
 01475 726012
 Unit 24 Hamilton Way
 PA15 1RH
- Optical Express
 01475 731720
 Unit 0800 023 2020
 01475 600725

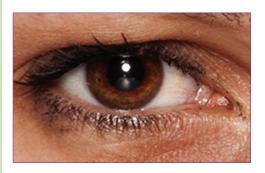
PORT GLASGOW

- David Wyse
 01475 741615
 15 King Street PA14 5JA
- Tesco Extra
 01475 497537
 (Store Number)
 0131 289 57809
 Greenock Road PA14 5BP

KILMACOLM

Munro Optomitrists

01475 8732381 Octavia Buildings, Bridge of Weir Road PA13 4AE



Outside opening hours:
call NHS 24 on 111
Text phone
18001 111 111

Choose the right service! Service



Community Connectors

O Self Care

O Social Care

NHS Inform

- Affected by isolation or lacking confidence at any age?
- Increase your Social Interaction
- Connect to services, support and activities
- · Telephone 01475 728628



- Minor illnesses
 Sore Throat
- Diarrhoea Cold / Flu Vomiting
- Telephone 0800 22 44 88
- www.nhsinform.scot
- Benefits advice / money worries
- Support for People at risk
- Assessment for personal / practical support
- Support to live independently
- Telephone 01475 715299



Physiotherapy

Pharmacy

Call 111

Services

First

- Advice on muscle, joint or back pain visit: nhs inform msk zone - www.nhsinform.scot
- Further help, self refer to Outpatient Physiotherapy (Adult service only). Self referrals forms available in physio depts & GP Practices.



- Pain Relief
 Shingles
 - Emergency Contraception
 - Cough / Cold Cystitis (Females 16-65)
 - Impetigo Stop Smoking
 - Contact your local Pharmacy



- Unsure about a symptom **NHS 24**
 - Need help, can't wait until your regular NHS service re-opens
 - Telephone for FREE, dial 111



- Experience sudden loss or changes in vision **Optician**
 - Have sore, irritated, red, sticky or watery eyes
 - Contact your local Optician



- **Dentist**
 - Services

- · Pain in mouth, jaws or gums
- Facial swelling, bleeding from mouth
- Contact your local Dentist



GP (Doctor) Team

- An illness or injury that won't go away
- Monitoring and management of ongoing conditions
- Contact your Practice

