



- connecting older people and carers to community services
- accessing befriending support opportunities
- accessing volunteering and wellbeing activities

## Link-up

Call 0141 280 0129



- self directed support
- carers' assessment
- learning opportunities
- complementary therapies
- emergency planning
- advocacy
- emotional support
- respite
- money matters
- support groups

## Carers Centre

Call 0141 941 1550

[www.carerswd.org](http://www.carerswd.org)



- coughs or colds
- sore throat
- indigestion/sore stomach
- diarrhoea or constipation
- pain relief
- emergency contraception
- stop smoking
- aches and pains
- thrush

## Pharmacist



- injury to your mouth
- advice on oral hygiene
- painful or bleeding gums
- swelling to your mouth or face
- tooth, mouth, jaw or gum pain

## Dentist

Contact your own registered dentist or contact 111 if unregistered or out of hours



- blurred vision
- irritated eyes: sore, sticky or red eye
- sudden change in vision

## Optometrist

(Ophthalmic Optician)



- get advice and information to help your muscle, joint or back problems from [www.nhsinform.scot/injuries](http://www.nhsinform.scot/injuries)

## Physiotherapy

NHS MSK help APP free from iTunes, or google play store  
NHS inform help line 0800 22 44 88



- foot pain causing a reduction in daily activities
- skin conditions: painful corns, callus etc
- nail conditions such as ingrown toenails
- non healing cuts/foot wounds, inflammation, swelling and pus

## Podiatry

Direct access 0141 347 8909  
Monday-Friday 8am-8pm Saturday 9am-1pm  
HP.Appointments@ggc.scot.nhs.uk



- sexual health information
- emergency contraception
- termination of pregnancy services
- rape or sexual assault
- exposure to HIV
- gender identity

## Sandyford

Call 0141 211 8130 (Sexual Health)



When your GP, Dentist and local pharmacy are closed, and you are too ill to wait for them to re-open, call 111 free

## NHS 24



- cuts and minor burns
- sprains and strains
- broken bones and fracture

## Minor Injuries Unit



- non emergency medical care and preventive medical care
- illnesses and injuries that cannot be treated by pharmacy, or do not get better
- chronic disease management (eg diabetes, COPD, asthma, heart disease)
- mental health problems
- contraception and sexual health

## GP Practice

## Team

(GP or Nurse)



- significant accidents and medical emergencies
- suspected heart attack or stroke
- breathing difficulties
- severe bleeding

## 999 or A&E

# Know Who To Turn To

For services near you visit : [www.nhsggc.org.uk/patients-and-visitors/know-who-to-turn-to](http://www.nhsggc.org.uk/patients-and-visitors/know-who-to-turn-to)