

Portobello Surgery - Signpost Guide

Had to wait for an appointment?

Currently 20% of doctors appointments could have been dealt with by another healthcare professional. That would equal another whole doctor each week.

Optician →

All eye conditions should be seen by an optician first for their expertise. They also have the correct equipment for eye examination. You can see an Optician for dry, red, sore, watery, sticky or itchy eyes, cysts and styes, conjunctivitis.

Pharmacy →

Coughs & Colds.
Conjunctivitis for those aged over 1 year.
Sore throats & earache for less than 3 days.
Verrucas, Constipation.
Smoking cessation, Hay-fever.

Mouth ulcers, Cold sores.
Dry skin, nappy rash, small patches of impetigo, abrasions, bruises, insect bites & sunburn.
Emergency contraception, Thrush.
Head lice, Pain relief, Piles.

Reception →

For any queries about your hospital Out Patient Appointment you should first contact:
Royal Infirmary: **0131 536 1000** or Western General: **0131 537 1000**
If you need further help after asking the Hospital, please speak to a Receptionist.

Dentist →

Any condition involving your mouth or teeth.

Health Care Assistant →

Blood pressure checks. Flu vaccinations.
Urine checks.

Phlebotomy (bloods taken).
Height/weight checks.

Nurse →

Contraception, Cervical screening tests. Travel advice & vaccinations.
Ear syringing. Flu vaccinations for under 5s & those who are pregnant.
Wound dressings & suture removal.
Minor injuries.

Chronic disease management of:
Asthma, atrial fibrillation, cardiovascular disease, COPD, diabetes, heart disease & heart failure, hypertension, kidney disease, peripheral arterial disease & stroke.

Well Being →

A senior health and wellbeing practitioner for mood and long-term health conditions. Drop-in at Portobello every Wednesday 11.00—12.00

Podiatry →

You can self refer to the Podiatry Service.
Mountcastle Surgery: **0131 549 7335**
Gracemount Surgery: **0131 672 9488**

Smoking →

Local "stop smoking" telephone helpline is **0131 672 9532**

Musculo-skeletal including Physiotherapy →

For people experiencing muscle, back or joint problems, including Physiotherapy contact the NATIONAL MUSCULOSKELETAL ADVICE & TRIAGE SERVICE (MATS) **0800 917 9390**

Please be prepared to give the receptionist a brief description of your problem so they can ensure you are seen as quickly as possible by the correct healthcare professional.

Visit our website for more information at: www.portobello-conandoylesurgery.co.uk

WITH THANKS TO BARONSCOURT SURGERY

For other health information www.nhs.inform & www.Patient.co.uk

Have you thought about looking at...

Edinburgh choices- information on housing, health, caring and wellbeing

www.edinburgh.gov.uk/info/20080/edinburgh_choices

Join in Edinburgh- Learning opportunities: health to hobbies to parenting & more

www.joininedinburgh.org

Edinburgh Voluntary Organisation Council-

Information about voluntary and community organisations in Edinburgh www.evoc.org

Worries over **money, housing, employment or benefits...**

Citizen Advice Edinburgh Portobello, Bath St

For appointment 0131 669 9503

Scottish Welfare Fund, Edinburgh City Council

0131 529 5299

Edinburgh Crisis Centre

www.edinburghcrisiscentre.org.uk Or Free phone

0808 801 0414 or text 07974429075

Drug or alcohol problem...

South East Recover Hub 2 Craigmiller Castle Road,
Drop in Mon-Fri 10am-4pm. 0131 661 5294

Edinburgh and Lothian Council on Alcohol

6 Clifton Terrace, 0131 337 8188

Addiction adolescent substance use service

For young people age 18 & under.

Spittal Street Centre, 22-24 Spittal St 0131 537 8300

WHO CAN HELP...?



Struggling with **low mood or anxiety...**

www.edspace.org – mental health information and resources

Breathing Space- Free helpline for anyone with low mood 0808 83 85 87

www.breathingspacescotland.co.uk

Mental health Information Station

St Marys Cathedral, Palmerston Place.

Drop in Thurs 11am-3pm

Emergency mental Health team

Available 24hours, 0131 537 6463

Carer looking for support...

Vocal- Supports & empowers carers throughout Edinburgh

www.vocal.org

Edinburgh carer support team

0131 536-3371

www.edinburgh.gov.uk/

Young person who is stressed, anxious, lonely or down...

The Junction- For young people's health and wellbeing

www.the-junction.org

Get Connected- support for under 25s

Free helpline 0808 808 4994

www.getconnected.org.uk

Childline- Free phone 0800 1111 for confidential advice www.childline.org.uk

Older person looking for support...

Community Connecting- free service for over 65s to help rekindle an interest

0131 5583728

www.placesforpeoplecareandsupport.co.uk

Be Able programme- To improve mobility & regain confidence.

Contact through Social Care Direct on 0131 200 2324

Local Opportunities For Older People-

To link you into activities in your area

0131 603 8311 Mon-Fri 10am-2pm

www.volunteeredinburgh.org.uk

Improve my **health and wellbeing...**

Thistle foundation 0131 661 3366 www.thistle.org.uk

Programmes include Get active feel better and Lifestyle management

Fit for health exercise programme-

Contact Edinburgh leisure on 0131 458 2100

www.Nhs.uk/livewell- advice on healthy living for everyone

**Portobello/
Conan Doyle
Surgeries**

June 2016

Victoria Hirst

We have gathered together some useful Websites and telephone numbers, to help in these situations. Please feel free to contact anyone from these lists, who you might find helpful.

[Mental Health Resources Adult](#)

[Mental Health Resources Teenage](#)

[Edinburgh Leisure Active Lives](#)

[Signposting For Older People](#)

[Edinburgh Crisis Guideline](#)
(Housing Money Employment)

[Crisis Guide Local](#)
(Housing Money Employment)

[Dementia Resources Portobello](#)

[Advanced Care Planning Useful Resources](#)