Pharmacy

Coughs & colds, Conjunctivitis (aged 2+), Sore throat (<7-days), Earache (<3 days), Warts, Verrucas, Constipation, Hayfever (aged 1+), Mouth ulcers, Dry skin, Nappy rash, Impetigo (aged 2+), Abrasions, Bruises, Insect bites, Sunburn, Emergency contraception, Head lice, Cold sores, Thrush, Piles, Pain relief, Urine infections (women aged 16-65), Acne, Allergies (aged 1+), Athlete's foot, Backache (first episode), Blocked/Runny Nose, Colic, Diarrhoea (aged 1+), Haemorrhoids (aged 18+), Headache, Indigestion (aged 12+), Period Pain (aged 10+), Ringworm, Scabies (aged 2+), Scalp Disorders, Threadworms (aged 2+), Thrush (women 16-60 & symptomatic male partner), Oral Thrush (aged 4-months+)

Dentist (mouth & teeth)

You should make an appointment with a dentist for any condition involving your mouth or teeth

Practice Nurse

Contraceptive injections, cervical screening tests, travel advice & vaccinations, Ear syringing, Dressings, Suture removal, Minor injuries, Chronic disease management (Asthma, Atrial Fibrillation, Heart failure, Hypertension, Chronic kidney disease, Peripheral arterial disease), Blood pressure

Triage (GP/ANP appts)

Between 08:30am and 10:00am Monday-Friday for problems that cannot be dealt with by another health professional

Optician (eyes)

All eye conditions should be seen by an Optician first due to their expertise and correct equipment for eye examination.

Dry, red, sore watery, sticky or itchy eyes or eyelids, Squints in children, Flashing lights, Headaches when reading or watching TV,

Cysts, Styes, Conjuntivitis, Corneal ulcers or abrasions, Reduced or double vision, Blepharitis (inflammation of the edge of eyelids)

Smoking Cessation

Stop Smoking Service freephone 0800 025 3000 or book an appointment via our reception desk (clinic held at the Health Centre every Wednesday afternoon). Service also available via local pharmacies.

Podiatry (feet)

You can self-refer online (www.nhsfife.org – Your Health section) or by collecting a referral form from the Healthcare reception.

Annual diabetic foot checks can be booked via the Healthcare reception.

Muscle & Joint Problems

Adults with musculoskeletal health issues (such as back pain or sports injuries) can self refer via the MSK advice and triage service 0800 917 9390 – can be referred to physiotherapy via this service if it is felt to be appropriate. You can also visit www.nhsinform.scot/msk or download the 'MSK Help' app free from app stores

Minor Injuries

Those with a minor injury of up to 5-7 days should in the first instance telephone freephone 111 (day or night) to be triaged and referred to the most appropriate service for their needs

School Nurse

Primary and Secondary school aged children: Emotional problems, Mood, Behavioural issues, Un-met health needs impacting on child's education

Midwife (pregnancy)

If you discover you are pregnant you can self refer for a booking appointment by contacting the midwife on 01383 623623 extension 23833. Weekly antenatal clinic in the Health Centre on a Wednesday morning (you must have your booking appointment before utilising this service)

Health Visitor (families)

For pre-school children: For issues related to Feeding, Development, Behaviour, Sleep, Toileting, Teething, Speech & language For new mums: Breastfeeding support, Post natal mental health assessments, Post natal depression support, Domestic abuse support

Health Promotion: Minor illnesses, Dental care, Home safety, Weaning & dietary advice, Childhood behavioural management

Practice Pharmacist (medications)

In the practice every weekday. Available for queries regarding repeat medications and medications following discharge from hospital. Able to carry out medication reviews.

Listening Service

For those who have experienced hurt or ill-health in their life that is now causing a struggle to find meaning in your life and resulting in questions such as, 'Why is this happening to me?', 'Why me?', 'How can I cope with this loss?', 'How do I carry on?' You can self refer to this one-to-one service, which is held on a Wednesday afternoon. The service is run by a Healthcare Chaplain who is trained in listening and responding to the needs of each individual, offering support to people of all faiths and those who hold no particular faith.

Dermatology Nurse (skin)

Require recommendation from a GP/Advanced Nurse Practitioner to book an appointment at this clinic, which is held in the Health Centre on the 3rd Monday of each month for troublesome skin problems such as eczema and psoriasis.

Psychology Self Help

Advice, support and resources relating to common psychological conditions can be obtained via Moodcafe website www.moodcafe.co.uk

Health & Work Support

Self-referral via 0800 019 2211 for advice and guidance if you have a health condition, health issue or disability and you need help to stay in or get back to work (occupational therapy, physiotherapy and/or counselling support are available via the service).