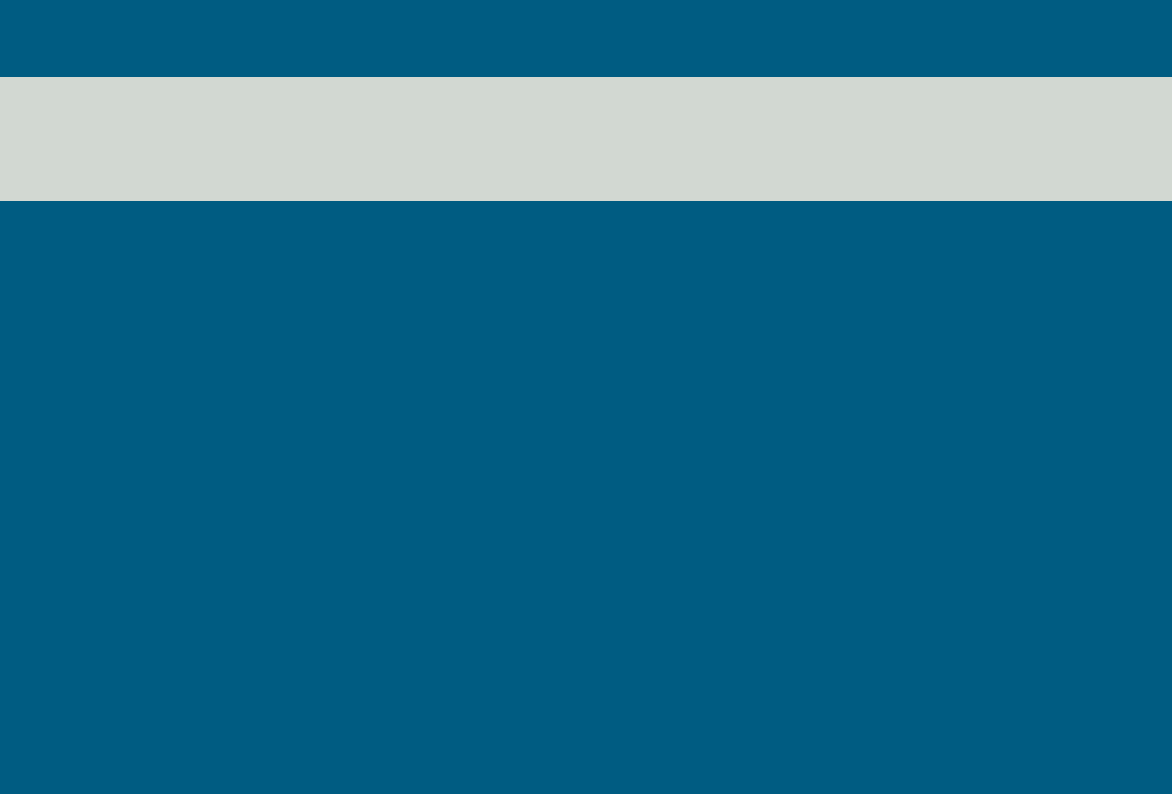


Health and Homelessness



Your guide for Services in Moray





INTRODUCTION



This booklet contains useful information to help you get the maximum benefit from services.

It is easy to forget about your health when other things seem to take over and become more important. Everyone has the right to be healthy and you have the right to the highest standard of healthcare.



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Housing

If you are homeless, or threatened with homelessness you need to fill in a homeless application form. You can get this by contacting your local area housing office.

Buckie Area Housing Office

Cluny Square, Buckie
AB56 1AJ

Tel: 0300 1234566

Elgin Area Housing Office

Council Building
High Street Elgin
IV30 1BX

Tel: 0300 1234566

Forres Area Housing Office

Auchernack
High Street, Forres
IV36 1DX

Tel: 0300 1234566

Keith Area Housing office

The Institute
Mid Street, Keith
AB55 5BJ

Tel: 0300 1234566

After 5pm or at a weekend, phone the Housing and Social Work out of hours service

Tel: 08457 565656

GP and hospital services are free to everyone

You can contact any doctor if you require immediate, necessary treatment.

A doctor must provide treatment that is considered to be immediately necessary.

You should then make sure you become registered with a doctor.

For Further Information
Phone NHS Inform Helpline
Tel: 0800 224488

Registering with a Doctor

You can go along to any local doctor and ask to be registered. There are two different types of registration:

1. Permanent Registration

- is available for anyone who intends staying in the area for more than three months.

2. Temporary Registration

- is available for anyone who intends staying in the area for less than three months.

By registering with a Doctor, the Doctor can put you in touch with the following specialist services:

- **Mental Health Services**
- **A Midwife or Health Visitor**
- **Prescriptions - Repeat & New**
- **Back & Foot care**
- **Healthy Living Advice**



Contacting NHS health services in Grampian

General number

0845 4566000

All NHS Grampian hospitals and departments are open 24 hours a day, 7 days a week.

(All internal extensions can still be dialled direct).

Free healthline

0500 202030

Information and advice on all health issues, current campaigns and local health services.

Open 9.00am - 5.00pm,
Monday to Friday

Dental advice line

0845 4565990

Help to access NHS dental Services
in Grampian. Open 8.05am
- 5.45pm, Monday - Friday

Urgent medical advice

Daytime - contact your own
GP surgery

Evenings, Weekends and
Holidays contact

NHS 24

111

**For serious accidents and medical
emergencies contact the ambulance
service: 999**

GP Practices & Hospitals

Buckie and Cullen

Ardach Health Centre

Tel: 01542 831555

Seafield & Cullen Medical Group

Tel: 01542 835577

Fochabers Medical Centre

Tel: 01343 820247

Seafield Hospital:Buckie

Tel: 01542 832081

Elgin & Lossiemouth

Elgin Community Surgery

Tel: 01343 542234

Moray Coast Medical Practice

Tel: 0845 3371190

The Maryhill Practice

Tel: 0845 3370610

Linkwood Medical Centre

Tel: 0845 3376350

Dr Grays Hospital: Elgin

Tel: 0845 4566000

Forres

Varis Medical Group

Tel: 0845 3371120

Dr Govan & Partners

Tel: 0845 3371120

Leancoil Hospital: Forres

Tel: 01309 678523

Speyside & Keith

Aberlour Health Centre

Tel: 01340 871210

Fleming Hospital: Aberlour

Tel: 01340 871464

Rinnes Medical Group: Dufftown

Tel: 01340 820888

Stephen Hospital: Dufftown

Tel: 01340 820215

Glenlivet Community Surgery

Tel: 01807 590273

Keith Health Centre

Tel: 01542 882244

Turner Memorial Hospital: Keith

Tel: 01542 882526

Rothes Surgery

Tel: 01340 831435

Rinnes Medical Group: Tomintoul

Tel: 01340 820888

Opticians

All opticians offer free NHS eye tests to UK residents - please take advantage of this, you may be entitled to help towards the cost of your specs.

If your eye sight is ok you should have a test every 2 years. If you have health problems such as diabetes or problems with your sight you should have an eye test every year.



Dental Emergencies

NHS Dental Emergencies
(Non - Registered Patients
only) Monday to Friday
8.05am - 5.45pm

Tel: 0845 4565990

To register with NHS Dentists
Dental Advice Line

Tel: 0845 4565990



Drugs & Alcohol

If you are concerned about your drug or alcohol use, support and advice is available.

Moray Drug and Alcohol Services

Tel: 01343 552211

252 High Street, Elgin

Alcohol Anonymous (AA)

Tel: 0845 7697555

Studio 8

A direct access for people: **16+**
Walk in for needle exchange.

73 High Street, Elgin IV30 1EE

Tel: 01343 543792

Open Monday - Friday
(Various Times)



What your pharmacist can do for you

- **Dispense prescriptions.**
- **Sell or supply non-prescription medicines such as treatments for skin problems or coughs and colds.**
- **Give advice on healthy living, preventative treatments & minor ailments - how to deal with them eg. diarrhoea, coughs, colds, pain, stopping smoking.**

- **All medicines - how to take them, when to take them and whether they should be taken with food.**

Prescriptions are free in Scotland. Some people living in Scotland are also entitled to free 'over the counter' medicines - ask your pharmacist if this applies to you.

Sexual Health

All types of contraception, Chlamydia tests, Pregnancy tests, cervical smears available at Dr Grays Hospital Mondays & Thursdays 5.30pm - 8.00pm
Tel: 01343 567574 to make an appointment.

GUM Clinic - Tests & treatment for all sexually transmitted infections, HIV tests, Hepatitis B vaccination, Genital wart treatment. At Genito Urinary Medicine based at

Dr Grays Hospital, Elgin.
Tel: 0845 3379900 and ask for an Elgin appointment.

Gay Men's Health
Tel: 01224 930355

LGBT Helpline Scotland
Information and emotional support for lesbian, gay, bisexual and transgender people and their families, friends and supporters across Scotland. Open every Tuesday and Wednesday from 12.00pm - 9.00pm.
Tel: 0300 1232523

Healthpoint at Dr Gray's Hospital, Elgin offers access to information, condoms, chlamydia testing and lifestyle advice.

Monday - Friday,
9.00am - 5.00pm

Tel: 01343 567842

Family Planning Clinic

Monday & Thursday,
5.30pm - 8.00pm.

Call: **01343 567574**
during clinic time.

Emergency contraception is available free from GPs and pharmacists. Also 7 days a week from A & E, Dr Grays, Turner Hospital in Keith, Leancoil Hospital in Forres, Stephen Hospital in Dufftown and Fleming Hospital in Aberlour (see page 7 - 8 for contact details)

Help to be Healthy

Free confidential advice is available at **Healthpoint** Dr Gray's Hospital, Elgin on all health issues such as:

- **Stopping Smoking**
- **Mental Health**
- **Healthy Eating**
- **Exercise**
- **How to look after you teeth**
- **Drugs & Alcohol**
- **Sexual Health advice**
- **Men/Womens Health**

You can also get

- **Free condoms**
- **Chlamydia testing**

Healthpoint is open

Monday to Friday

9.00am - 5.00pm

Tel: 01343 567842

or call the free NHS Grampian healthline: 0500 202030

Footcare

To self refer, please

telephone: **01343 553077**

Clinics are available throughout Moray.

Help to be Healthy



Moray food bank offers emergency food for those in crisis through a referral system. Please contact **foodbank@communityfoodmoray.co.uk** or call on: **01343 208293** or **07581058355**

Alternatively please contact Moray Citizens Advice, 30 Batchen Street, Elgin or call: **01343 550088** for help and advice on how to access the foodbank.

Have you been hurt or abused by another person either physically or emotionally?

For support and advice

Contact:

Samaritans

Tel: 01343 543000

linkline Tel: 08457 909090

(cost of a local call) available
24 hours a day, 365 days a year.

Victim Support

Tel: 01343 544607

Moray Women's Aid

Tel: 01343 548549

Rape & Abuse Crisis

Tel: 01224 639347

Helpline: 01224 620772

Childline

Tel: 0800 1111

**Say No to
Physical &
Emotional
Abuse!**



Other Useful Numbers

- **Citizens Advice Bureau**
30 Batchen Street, Elgin
IV30 1BH,
Tel: 01343 550088
- **Cruse Bereavement Care** (Moray Branch)
Tel: 0845 6002227
- **Shelter**, 8.00am - 12.00
(midnight)
seven days a week
Tel: 0808 8004444

- **Scottish Fire & Rescue Service**
Tel: 01224 696666

- **Police Scotland**
National Non Emergency
Tel: 101

- **For serious accidents and medical emergencies**
Tel: 999

Job Centre Plus

- **Buckie**
Shanks lane
Tel: 0845 6043719
- **Elgin**
21, Trinity Road
Tel: 0845 6043719
- **Forres**
Tytler Street
Tel: 0845 6043719
- **Speyside & Keith**
You would need to go to either
Buckie or Elgin.



My details

Name.....

Medication.....

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Allergies.....

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Medical Conditions.....

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Emergency Contact.....

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My Numbers

Name.....

Number.....

Name.....

Number.....

Name.....

Number.....

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Notes

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This publication is also available in large print and on computer disk. Other formats and languages can be supplied on request. Please call Health Information Resources Service on 01224 558504 or email grampian.resources@nhs.net

Ask for publication CGD 130072