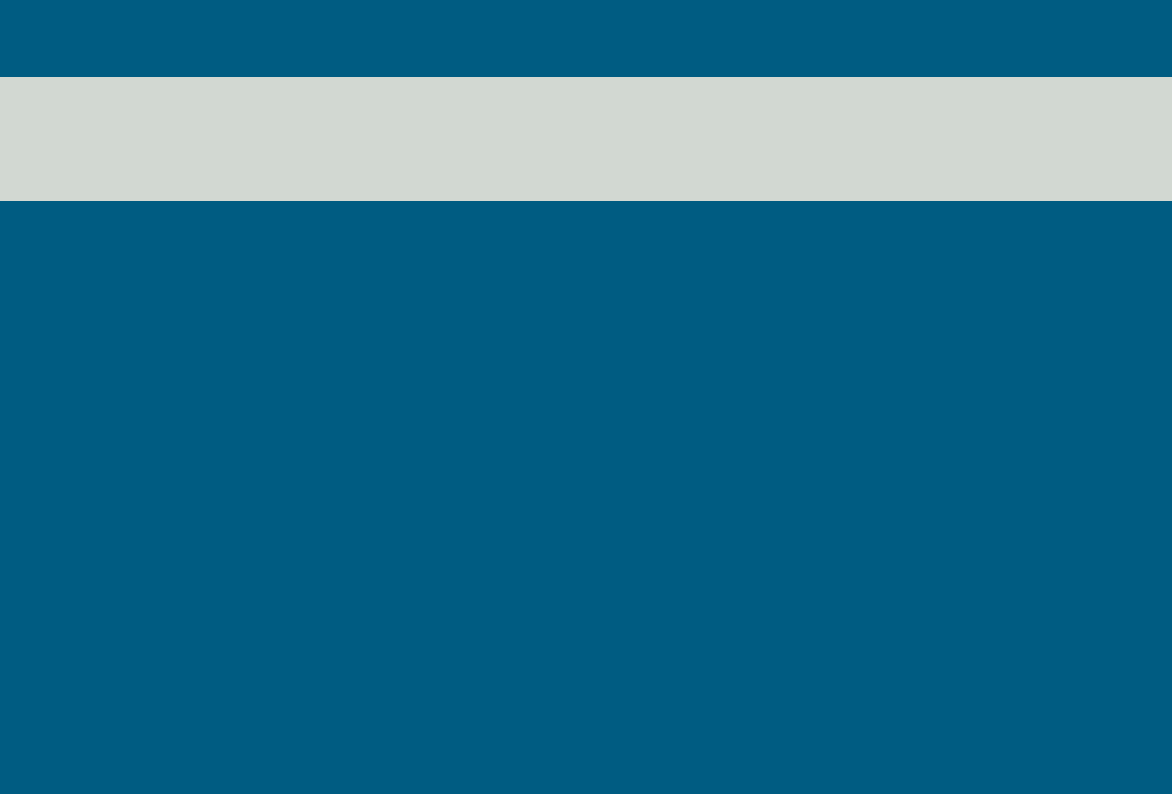


# Health and Homelessness



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.

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### **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

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### 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).

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### 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

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## **Urgent medical advice**

Daytime - contact your own  
GP surgery

Evenings, Weekends and  
Holidays contact

**NHS 24**

**111**

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**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**

Roths 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**

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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

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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**

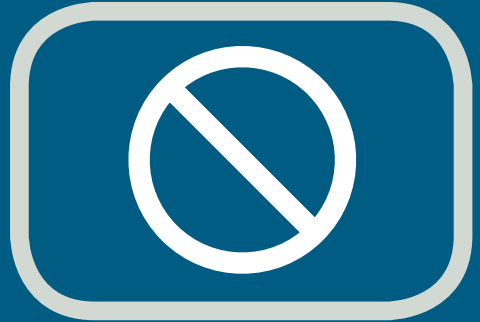
**Tel: 01224 639347**

**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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