

Pharmacy

Acne, Allergies (aged 1+), Athlete's foot, Back pain (aged <50), Conjunctivitis (aged 2+), Blocked/Runny Nose, External cold sores, Constipation, Coughs & colds, Urine infections (aged 16+), Diarrhoea (aged 1+), Dry Eyes, Dry skin, Eczema, Dermatitis, Earache (not <2years with pain in both ears), Piles (aged 18+), Hayfever (aged 1+), Headache, Head lice, Impetigo, Indigestion (aged 12+), Mouth ulcers, Nappy rash, Pain, Period Pain (aged 10+), Ringworm, Scabies (aged 2+), Scalp Disorders, Shingles (aged 18+), Skin Infections (aged 18+), Sore throat (<7-days), Threadworms (aged 2+), Thrush (women 16-60 & symptomatic male partner), Oral Thrush (aged 4-months+), Warts, Verrucas, Abrasions, Bruises, Insect bites, Sunburn, Emergency contraception, Colic

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, Ear irrigation, 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, or until we have reached capacity (whichever comes first), 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, Conjunctivitis, 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 Thursday afternoon). Service also available via local pharmacies.

Podiatry (feet)

You can self-refer online (www.nhs.uk – Our Services, All Services, Podiatry section) or by collecting a referral form from the Healthcare reception. Biennial diabetic foot checks can be booked via reception.

Muscle & Joint Problems

Adults with musculoskeletal health issues (such as back/joint/muscular pain or sports injuries) can self refer via the MSK service at the practice. You can also visit www.nhs.uk or download the 'MSK Help' app free from app stores

Minor Injuries

Those with a minor injury of up to 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 01592 643355 extension 28374 Monday-Friday 10:00-12noon or visit www.nhsfife.org/maternity . Weekly antenatal clinic in the Health Centre on a Tuesday afternoon (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 volunteers who are trained in listening and responding to the needs of each individual.

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 [Psychology services in NHS Fife | NHS](#)

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).