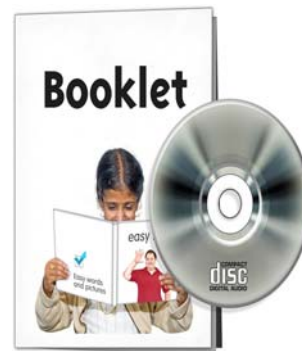


Services in Lanarkshire



This booklet tells you what is available in Lanarkshire

- **Services on different health topics**
- **Information in different formats**

An Easy Read Booklet

Need help to learn about computers



You can use a computer at your local library

You need to:

Register with the library

Give them your name and address

Tell them you need help



You can use a computer in your home

Make sure you have internet security on your computer

Only give your e-mail address to your friends

Don't tell anyone your name, address or bank details

Don't send any money to anyone you speak to online

Watch what sites you look at as some sites are illegal

Alcohol



Information available at

<http://www.nhslanarkshire.org.uk/HealthyLiving/Alcohol/Pages/default.aspx>

- Alcohol
- Local Services
- Local Groups



Helpline Numbers: 0800 9178 282
Samaritans: 08457 909 090

- Top Tips
- Useful Links



Easy Read Booklet

<http://www.healthlanarkshire.co.uk>

Audiology (Hearing)



Information available at

<http://www.nhslanarkshire.org.uk/Services/Audiology/Pages/default.aspx>



- Open access services: **01698 456556**
Advice Line: 01698 456550
- Digital Hearing Aids
- Hearing Aid Repairs & Batteries
- Universal New Born Hearing Screening
- Adult Audiology Test Procedures
- Children's Hearing Test

Bowel Screening



Information available at

<http://www.nhslanarkshire.org.uk/Services/BowelScreening/Pages/default.aspx>

- Bowel Screening Campaign
- Frequently Asked Questions
- Facts about bowel cancer
- Bowel Screening Advert



National Helpline: 0800 0121 833



Easy Read Booklet & DVD

<http://www.healthlanarkshire.co.uk/medicine-and-health-matters/bowel-screening/bowel-screening/video>

Breast Screening



Information available at

<http://www.nhslanarkshire.org.uk/Services/breast-screening/Pages/default.aspx>

- Breast screening
- Breast Screening Timetable



Contact Us: 0141 572 5800



Easy Read Booklet & DVD

<http://www.healthlanarkshire.co.uk/womanshealth/breast-self-examination/video>

Cervical Screening



Information available at

- **Easy Read Booklet & DVD**

<http://www.healthlanarkshire.co.uk/womanshealth/going-for-a-cervical-smear/video>



Phone your GP to make an appointment

Diabetes



Information available at

<http://www.nhslanarkshire.org.uk/Services/Diabetes/Pages/default.aspx>

- Diabetes in Lanarkshire
- Diabetes Services in Lanarkshire
- Patient Information
- Patient Involvement
- Diabetes Clinical Guidelines
- Education
- Lanarkshire MCN
- Psychology
- Diabetic Retinal Screening Service
- **Useful Contacts**
- SCI Diabetes

Drugs



Information available at

<http://www.nhslanarkshire.org.uk/HealthyLiving/Drugs/Pages/default.aspx>

- Drugs
- Local Services
- Top Tips



Local Helpline: 01236 707168

- Useful links

Eat Well



Information available at

<http://www.nhslanarkshire.org.uk/HealthyLiving/EatWell/Pages/default.aspx>

- Eat Well
- **Local Services: 0141 771 9043**
- Top Tips
- Food banks



Eat Better Feel Better

https://www.eatbetterfeelbetter.co.uk/whats-your-area?field_area_value=9&field_organisation_type_tid=All&=Filter

- **Your Area: Lanarkshire**
- Healthy eating advice
- Cookery Skills
- Physical Activity
- Gardening & Growing
- Community Support
- Buying Healthy Food
- Community Cafes
- Other

Eye Test



Contact your local optometrist for an eye test or any eye problem

[Http://www.seeability.org/our-services/find-optometrist/](http://www.seeability.org/our-services/find-optometrist/)

Lanarkshire Eye-health Network | Scheme (LENS)

Many optometrists are part of LENS. They can assess any concerns you may have with the health of your eyes or eye injuries including:

- Red eye
- Sore eye
- Deterioration of eyesight
- Other disturbance of eyesight



NHS Lanarkshire General Enquiry Line: 0300 3030 243

Gluten-free Food Service



Information available at

<http://www.nhslanarkshire.org.uk/Services/GFFS/Pages/default.aspx>

Scottish Gluten-free Food Service

List of Lanarkshire GFFS Pharmacies

Gluten-free Requirement Order Form

NHS Lanarkshire Gluten-free formulary Guide

General Practitioner (GP)



Information available at

[http://www.nhslanarkshire.org.uk/Services/GP-
Services/Pages/default.aspx](http://www.nhslanarkshire.org.uk/Services/GP-
Services/Pages/default.aspx)

GP Services

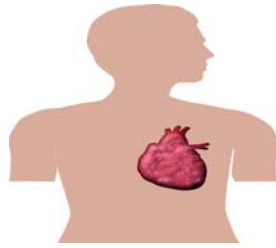
Registering with a GP

FAQs (Frequently Asked Questions)



Out of Hours NHS 24: Telephone 111

Heart Disease



Information available at

<http://www.nhslanarkshire.org.uk/Services/HeartDisease/Pages/default.aspx>

Heart Disease

What is Heart Disease

Understanding Heart Disease Medications

Heart Failure

Mental Health & Wellbeing



Information available at

<http://www.nhslanarkshire.org.uk/HealthyLiving/MentalHealth/Pages/default.aspx>

- Local services
- Top Tips
- Helplines
- Useful links
- **Elament** <http://www.elament.org.uk/>

Oral Health



Information available at

<http://www.nhslanarkshire.org.uk/Services/Oral/Pages/default.aspx>

- Oral Health
- Local services
- Top Tips
- Register with a dentist
- Emergency



Community Dentist Service 01236 70711

Pharmacy



Information available at

<http://www.nhslanarkshire.org.uk/Services/Pharmacy/Pages/default.aspx>

- Your Prescribed Medicines
- Using your own medicines in hospital
- Patients' Own Drugs Scheme
- Unused Prescriptions
- Pharmacy Practices Committee
- Scottish Gluten-free Food Service

Physical Activity



Information available at

<http://www.nhslanarkshire.org.uk/HealthyLiving/PhysicalActivity/Pages/default.aspx>

- Physical Activity:



Walking Groups

North: **01236 437 756**

South: **01698 476 262**

- Top Tips

Learning Disability Service



01698 855515



01698 855573

- Bounce Back Rebound Therapy Circ8
- Bothwell Community Garden
- Looking Good Feeling Good
- Greensteps Group
-



http://www.slleisureandculture.co.uk/SLLC/info/34/health_and_fitness/848/weigh_to_go

- **Weigh to go** 15 week programme



Other activities South Lanarkshire

<http://www.slleisureandculture.co.uk/>

Other activities North Lanarkshire

<http://www.nlleisure.co.uk/>

Stop Smoking



Information available at

<http://www.nhslanarkshire.org.uk/Services/StopSmoking/Pages/default.aspx>

- Stop Smoking Services
- Stop Smoking Groups



0300 303 0242

- Smoking & Pregnancy

Sexual Health



Information available at

<http://www.lanarkshiresexualhealth.org/>



0300 303 0251



Easy Read Booklets

<http://www.healthelanarkshire.co.uk/sexual-health-information>