



Winter is always the busiest time for the NHS, especially over the festive season. Whilst we hope that you and your family have a very happy and healthy Christmas, we would be grateful if you could remember that our Emergency Department is for serious illnesses and injuries which require urgent treatment.

Other local services are in place across Forth Valley, including a Minor Injuries Unit in Stirling and local pharmacies can offer advice and treatment for many common winter illnesses.

Minor Injuries Unit (MIU) – Open 7 Days (9am – 9pm)

Sprains, minor cuts, x-rays for suspected broken bones, minor burns or infected wounds and many other common injuries can be treated at the Minor Injuries Unit at Stirling Health & Care Village (formerly known as Stirling Community Hospital). **Open 7 days (including over the festive period) from 9am – 9pm and no appointment is necessary.** The Unit treats patients from across Forth Valley *over the age of one*. Visit www.nhsforthvalley.com/miu for more information.

Your Local Pharmacy

Pharmacists can provide advice and treatment for many common winter illnesses including coughs, colds, sore throats and upset stomachs. If you run out of your usual medicines or dressings your pharmacist may also be able to arrange an urgent supply.

A small number of pharmacies will be open for short periods on Christmas Day, Boxing Day, New Year's Day and 2nd January 2019 visit nhsforthvalley.com/winter for details.

The Pharmacy First service allows patients to access free advice and/or treatment for a number of different common conditions. These include urine infections, conjunctivitis, a number of skin complaints, skin infections and thrush. More details can be found at nhsforthvalley.com/winter

GP Services

GP Practices will be open as normal on Monday 24th Dec and Monday 31st Dec 2018. They will only be closed on Christmas Day and Boxing Day (December 25th and 26th) and again at New Year (January 1st and 2nd). If you think you need help **and you're too ill to wait** until your GP Surgery reopens call NHS 24 free on 111 for advice. You can also visit www.nhsinform.scot for health information and advice.

Stay in Touch

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