

Choose the right service!



Optician Services

USEFUL INFORMATION



Information:

- Your community optometrist (optician) is now your first point of contact should you have any problem with your eyes.
- An optometrist is the professional who can best manage any eye problem and can arrange urgent hospital attention should that be necessary.
- The hospital eye clinics no longer offer a walk-in service.
- Contact your usual optometrist. If you don't have one any local optician will help you with a suitable appointment or appropriate advice.
- This service is paid for by the NHS so there is NO COST to you.
- The optometry appointment may not need to be on the



same day but urgent issues will receive urgent attention. On busy clinic days you may have to wait.

- If the optometrist you contact cannot see you they will either give advice or arrange for you to be seen elsewhere.

When should you see an optician?

- **Experience sudden loss or changes in vision, irritated or watery eyes?**

Contact Local Optician...

GREENOCK

- Boots The Chemist
01475 721488
Oak Mall, 43 Hamilton Way
- Aitchison Opticians
01475 722796
32 Ardgowan Square
PA16 8NJ
- Taher & McCallum
01475 720877
70 West Blackhall Street
PA15 1XG
- Reid Mackellar
01475 721744
86 - 90 West Blackhall Street
PA15 1XG
- Specsavers
01475 724404
5-7 Hamilton Gate
PA15 1JW
- Vision Express
01475 726012
Unit 24 Hamilton Way
PA15 1RH
- Optical Express
01475 731720
Unit **0800 023 2020**
01475 600725

• PORT GLASGOW

- David Wyse
01475 741615
15 King Street PA14 5JA
- Tesco Extra
01475 497537
(Store Number)
0131 289 57809
Greenock Road PA14 5BP

KILMACOLM

- Munro Optometrists
01475 873238
1 Octavia Buildings, Bridge of
Weir Road PA13 4AE



Outside opening hours:
call NHS 24 on 111
Text phone
18001 111 111

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INVERCLYDE
HSCP
Health and Social Care Partnership



Your voice

1 Community Connectors

- Affected by isolation or lacking confidence at any age?
- Increase your Social Interaction
- Connect to services, support and activities
- Telephone 01475 728628



1 Self Care NHS Inform

- Need general health advice
- Minor illnesses • Sore Throat
- Diarrhoea • Cold / Flu • Vomiting
- Telephone 0800 22 44 88
- www.nhsinform.scot



1 Social Care

- Benefits advice / money worries
- Support for People at risk
- Assessment for personal / practical support
- Support to live independently
- Telephone 01475 715299



1 Physiotherapy

- Advice on muscle, joint or back pain visit: nhsinform.msk.zone - www.nhsinform.scot
- Further help, self refer to Outpatient Physiotherapy (Adult service only). Self referrals forms available in physio depts & GP Practices.



1 Pharmacy First



- Pain Relief • Shingles
- Emergency Contraception
- Cough / Cold • Cystitis (Females 16-65)
- Impetigo • Stop Smoking
- Contact your local Pharmacy



1 NHS 24 Call 111

- Unsure about a symptom
- Need help, can't wait until your regular NHS service re-opens
- Telephone for FREE, dial 111



1 Optician Services

- Experience sudden loss or changes in vision
- Have sore, irritated, red, sticky or watery eyes
- Contact your local Optician



1 Dentist Services

- Pain in mouth, jaws or gums
- Facial swelling, bleeding from mouth
- Contact your local Dentist



1 GP (Doctor) Team

- An illness or injury that won't go away
- Monitoring and management of ongoing conditions
- Contact your Practice

