A NEW unit dedicated to providing specialist care for the elderly is to be built at the Western General Hospital in Edinburgh.

The new centre, which will have inpatient and outpatient services as well as a medical day hospital, has been given the green light.

Services currently provided at the Royal Victoria Hospital will be moved into the new unit next door.

Patients over the age of 65 will be treated in the state-of-the-art unit. All rooms will be single rooms and patients will have immediate access to acute services.

Violet Laidlaw, Patient Focus Public Involvement group representative and member of the Older People’s Equality Forum, said: “It is reassuring knowing that the services will be provided in an appropriate, modern setting.

“I know there is a sentimental attachment to the existing hospital, but new facilities are needed, such as single room accommodation. It is a real plus point that there has been so much public involvement and that the views of people like myself have been taken on board.”

Iain Whyte, NHS Lothian, non-executive board member, said: “The new building will be a fantastic facility for local, older people who need hospital care, giving them better facilities, and combining these on the Western General site will give much better access to the diagnostic services there when they are needed.”

Councillor Paul Edie, spokesman for health and social care for the City of Edinburgh Council and NHS Lothian non-executive board member, added: “It is important we all work together to improve services for older people and a new modern building will undoubtedly help these improvements progress.

“I have no doubt the plans will result in an excellent facility which will provide specialist care for older people.”

Contact your Community Health Partnership
David Small, general manager, Edinburgh Community Health Partnership, St Roque, Astley Ainslie Hospital, 133 Grange Loan, Edinburgh EH9 2LH. Phone: 0131 537 9525 Fax: 0131 537 9500 E-mail: info.edinburghchp@nhslothian.scot.nhs.uk

Welcome!
…to the first edition of your new quarterly newspaper – keeping you updated on news about healthcare in your local community. Let us know what you want to see in the next edition by emailing us at lothian.communications@nhs.net or giving us a call on 0131 536 9315.

Expansion in dental institute
MORE dental care professionals are to be trained at the Edinburgh Dental Institute following the expansion of teaching facilities.

The £1.6 million investment will allow the training of a wide range of dental care professionals and improve specialist services for the South East of Scotland.

Twenty new dental chairs have been installed to allow the training school to recruit more students, providing higher numbers of qualified professionals including clinical dental technicians, orthodontic therapists and dental nurses.

With a full range of dental care professionals a dental team can work more effectively. More dental care professionals will now be available to undertake a range of dental treatments, such as fillings.

This means that dentists will be able to see more patients.

Professor Richard Ibbetson, director of the Edinburgh Dental Institute, said: “Poor oral health is a serious problem in Scotland and these new facilities will help remedy the situation by allowing us to expand our training of dental care professionals.”

INSIDE: Excellence in partnership – NHS Lothian’s annual report celebrates a year of challenge and achievement
NHS celebrates its diamond anniversary

ON 5 July this year, NHS Lothian celebrated the 60th anniversary of the National Health Service.

As part of the NHS diamond anniversary celebrations, we are hosting a series of open days throughout the year at our hospitals across Lothian.

The Royal Infirmary of Edinburgh was the first hospital to throw open its doors at the end of October. St John’s Hospital held its open day at the start of November and the Western General will follow suit early in 2009.

These events are a celebration of a landmark birthday – we’ll be looking back, acknowledging and valuing our history, achievements and the founding spirit of the NHS.

We are inviting locals, staff, visitors and patients to take part in these fun-filled days to mark the birthday and celebrate the achievements made in healthcare over the last six decades.

Visitors will be given the chance to meet staff from all disciplines and view exciting exhibitions to learn more about their healthcare.

They will be given the chance to step back in time for a fascinating glimpse into the health service used by previous generations to see exactly how far it has come.

A host of old theatre equipment will also be on show as well as a parade of uniforms through the ages, medical archives and infection control procedures.

Open day visitors will also be able to learn more about blood transfusion, handwashing, volunteering and even be given the opportunity to join NHS Lothian.

Little France facility will offer 21st-century medical care for youngsters

THE new hospital for children and young people to be built at Little France will be substantially larger than the current Victorian site.

It will be more than 21,000m² in terms of area, compared to the 18,000m² at the Sciennes site.

The new hospital will also have facilities for adolescents and a dedicated teenage cancer unit for the first time, according to plans endorsed by the Scottish Government.

It will be separate from, but linked to, the existing Royal Infirmary of Edinburgh, allowing children to benefit from opportunities for collaboration between paediatricians and their colleagues in adult hospital services.

The new hospital for children and young people at Little France will be paid for through normal public routes rather than the private finance initiative.

It will be financed through a mixture of public funds, funds from property disposals and contributions from a number of charities.

The Scottish Government’s contribution will be nearly £50m.

Jackie Sansbury, director of strategic planning, NHS Lothian, said: “This is very welcome news and provides another reason why people are grateful to the Scottish Government for its backing.

“This confirmation means we can press ahead with NHS Lothian’s preferred option of a publicly funded new hospital for children and young people.

“Considerable work has been done on developing our plan for what the new hospital should be providing in terms of 21st-century medical care for young people.

“We will continue to work on the design of both services and the building and remain on track to open the new hospital by 2013.”

Work on finalising the design brief is almost completed.

The present Victorian building
Wasted medicines - think before you tick

GONE TO WASTE: Martin O’Dwyer, community pharmacist at Springwell Pharmacy, Edinburgh with some of the unused drugs

“I think sometimes people unintentionally order items they don’t need or are no longer taking which can lead to stockpiling medicines at home. That’s why we’re asking people to ‘think before they tick’ each item on their repeat prescription. “We also want to reassure people that we are here to help – we’re not trying to reduce people’s medication, but minimise waste and should they be unsure about their medication needs, we are happy to discuss this with them.”

More information can be found by visiting www.nhslothian.scot.nhs.uk/wastedmedicines

Helping patients to breathe more easily

PATIENTS with chronic respiratory problems in Edinburgh are benefitting from the introduction of customised treatment plans to help them stay well.

By offering personalised exercise sessions and advice on how to control their symptoms, NHS Lothian’s chronic obstructive pulmonary disease (COPD) service aims to improve the lives of hundreds of patients across Edinburgh who have chronic breathing difficulties.

COPD is the umbrella term used to describe a variety of illnesses, including chronic bronchitis, emphysema and chronic obstructive airways disorders.

People with COPD have permanently damaged lungs and find it difficult to breathe most of the time. Many sufferers feel unable to exercise or even do activities such as housework or gardening while others have had to give up work.

The programme offers patients 12 sessions over a six-week period and aims to improve their symptoms. During this time, patients take part in a range of exercise programmes, designed to increase fitness, improve muscle strength and reduce breathlessness.

Physiotherapy helps to clear mucus from the lungs and teaches people exercises they can do every day.

The programme also provides educational sessions to teach people how to cope with breathlessness and offers advice on stopping smoking, healthy eating and medication.

Susan McNarry, respiratory physiotherapist, said: “By promoting healthy eating and physical activity, NHS Lothian can help people avoid some of the debilitating symptoms associated with COPD, such as breathlessness, wheezing and coughing.”

David Akers, a patient with COPD, said: “This programme has taught me how to control my breathlessness. By doing this I am able to take regular exercise which has given me the confidence to live an active life.”

GET IN SHAPE FOR THE NEW YEAR WITH EDINBURGH LEISURE

FANCY getting in shape for the new year? We’ve teamed up with Edinburgh Leisure to offer one lucky reader 12 months’ free fitness membership. With 11 swimming pools, 16 gyms and more than 450 fitness classes per week, there’s plenty to choose from to kickstart your new year’s resolution.

To be in with a chance of winning this prize, simply tell us which word or phrase from the list is missing from the word search.

CALORIES • ENERGY • EXERCISE • FITNESS • FRUIT • GYM • PROTEIN • JOGGING • NUTRITION • STRENGTH • VEGETABLES • WATER • WELLBEING

The missing word is _______________________________________________________.

Send your answer to communications department, NHS Lothian, 148 Pleasance, Deaconess House, Edinburgh EH9 9BS by Friday 30 January 2009. The first correct entry drawn out of the hat will win.

THE next time you visit your local pharmacy, stop and think about which medicines you actually need before you order them.

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EXCELLENCE IN HOSPITAL CARING

HELPING patients throughout their treatment

NHS Lothian’s annual report celebrates a partnership and a year of achievement

Making every penny count

During 2007-2008, we maintained our annual review at Livingston Football Club. West Lothian. This event was open to the public and provided Nicola Sturgeon, the cabinet secretary for health and wellbeing, the opportunity to publicly comment on performance in health.

In her letter to us following the launch of the annual review, NHS Lothian has had a very good and positive year and is doing well in tackling the challenges ahead.

Partnership working is key to providing excellence in healthcare and that’s the theme of our annual report 2007-2008. Excellence in Partnership.

It shows how we are providing more healthcare where people tell us they want it – closer to their homes in community settings, or at home. And it shows how – when people need hospital treatment – we are giving them with a quicker and more personalised service.

These pages summarise our work in our annual report, which you can find on our website at www.nhslothian.scot.nhs.uk

About NHS Lothian

NHS Lothian is responsible for planning and delivering healthcare services for the people of Lothian. There are just a few key areas of what we do:

• Over one year, there are more than four million patient contacts across NHS Lothian, more than ‘15 per cent of them in primary care settings.
• We provide over £570 million in emergency admissions across Lothian.
• NHS Lothian has an annual budget of £1.1 billion.
• NHS Lothian has about 20,000 members of staff, including 10,000 nurses, almost 1,000 hospital doctors and just over 500 general practitioners.
• There are more than 640 GPs working across 52 GP practices across Lothian.

Improving health and tackling inequalities

People’s access to healthcare should be unaffected by their income, their housing or where they live. NHS Lothian and our Stop Smoking services to set quit dates and 1,486 Lothian used our free stop smoking courses across the region.

Teams run free stop smoking services to set quit dates and 1,486 Lothian used our free stop smoking courses across the region. NHS Lothian and our Stop Smoking programme is helping patients and staff to improve the way we plan and deliver health services. It is based on the principles of “Keirns” – a Scottish word meaning “charge for the better” or “improvement”.

For more information on this please see the NHS Lothian annual report 2007-2008.

Improving services

We strive to improve our patients get the best treatment, which means making the best use of our time and resources.

During the year, we stepped up our efforts to spread the word about NHS Lothian. The NHS Lothian and our Stop Smoking programme is helping patients and staff to improve the way we plan and deliver health services. It is based on the principles of “Keirns” – a Scottish word meaning “charge for the better” or “improvement”.

For more information on this please see the NHS Lothian annual report 2007-2008.
NHS Lothian welcomes a national first

The first specialist mental health service in Scotland for the deaf community has been launched in Lothian.

NHS Lothian’s Deaf Community Mental Health Service has been developed in partnership with Deaf Action and the deaf community. This pioneering partnership is the first specialist mental health service in Scotland aimed at meeting the needs of the Deaf community (deaf, deafblind and deafened people).

Linda Irvine, mental health and wellbeing strategic programme manager, NHS Lothian, said: “This innovative service is aimed at supporting our deaf community, by recognising that deaf people have special needs when it comes to accessing appropriate mental health care.

“Through effective partnership working, this service will allow NHS Lothian to continue to develop and deliver appropriate and accessible care for deaf people with mental health problems.”

Liz Scott Gibson, director of Deaf Action, added: “For too long, people who are deaf have been marginalised from mental health care services. For many, the inability to communicate easily with health care professionals has caused additional distress.

“This new and unique initiative is to be welcomed as a positive response to the challenge of ensuring that deaf people are no longer excluded from receiving the support and treatment they need.”

People from the deaf community can be referred to the service by a wide range of health and social care professionals, such as GPs and Deaf Action social workers. This service aims to raise awareness among the Deaf community on mental health issues.

WINNING TEAM: the speech and language therapy team, Anne Leslie, Ann Lurie, Shirley Duffy and Jayne Graham, pick up their award

Staff are rewarded for going the extra mile for sick children

Health workers at the Royal Hospital for Sick Children have picked up two prizes at the Scottish Health Awards.

The awards, presented at a dinner in Edinburgh, aim to recognise and reward Scotland’s most committed and caring NHS workers who are prepared to go the extra mile.

Ann Lurie and the team of speech and language therapists at the Royal Hospital for Sick Children received the Therapists Award, while Dr Zoë Dunhill, a retired clinical director at the hospital, collected the Women and Children’s Services Award.

The team of speech and language therapists received their award for their commitment and expertise in setting up social communications groups for children with Asperger’s syndrome in the Lothians.

Dr Dunhill, a retired clinical director at the Royal Hospital for Sick Children, received her award after the chair of the family council at the hospital nominated her for the accolade.

“T o be nominated by the family council shows the level of praise and respect shown to the service and is a tribute to Zoe’s commitment.

“I am pleased that our speech and language therapy team at the Royal Hospital for Sick Children has been recognised for its work with children who have Asperger’s Syndrome.

“The commitment to setting up Social Communication Groups shows the team’s dedication to providing the help and support that these children need.”

WINNING TEAM: the speech and language therapy team, Anne Leslie, Ann Lurie, Shirley Duffy and Jayne Graham, pick up their award

“I would like to congratulate both Ann Lurie and the team of speech and language therapists and Dr Zoë Dunhill on winning awards for their commitment to helping sick children and their families” Nicola Sturgeon, cabinet secretary for health

Nicola Sturgeon said: “All the winners of this year’s Scottish Health Awards have made a special contribution to healthcare.

“I would like to congratulate Ann Lurie and the team of speech and language therapists and Dr Zoë Dunhill on winning awards for their commitment to helping sick children and their families.

“This is another great opportunity to say thank you to all those in the NHS who, every day, go that extra mile to help people in Scotland.”

Professor James Barbour, chief executive, NHS Lothian, said: “It is fantastic that the work done by NHS Lothian staff has been recognised with two prizes at the Scottish Health Awards.

“I am delighted that Zoe Dunhill’s contribution to the development of children’s services in Lothian has been recognised in this way.

“To be nominated by the family council shows the level of praise and respect sh own to the service and is a tribute to Zoe’s commitment.”

Name your newspaper!

This is the first issue of NHS Lothian’s quarterly newspaper for the public, which provides local news about healthcare in your community. For the first issue, we have called it Health Link, but we want you to give the newspaper a name. There’s £50 worth of John Lewis vouchers up for grabs for the person who comes up with the best suggestion.

Send your suggestion, along with your name, address and contact telephone number, to: Communications Department, NHS Lothian, 148 Pleasance, Deaconess House, Edinburgh EH8 9RS, or alternatively email it to lothian.communications@nhs.net by Friday 30 January 2009.
50TH PATIENT LEAPS TO RECOVERY

AN INNOVATIVE abstinence programme has celebrated the graduation of its 50th patient since its launch in September 2007.

The Lothians and Edinburgh Abstinence Programme (LEAP), is a programme for people dependent on substances who want to get clean and stay clean.

Vernon, Sean, Ryan and Ben are the latest patients to complete the three-month programme, which is the first of its kind in Scotland, and were presented with certificates at a graduation ceremony at the end of October.

Speaking at the ceremony, Dr David McCartney, clinical lead of LEAP, NHS Lothian said: “Today is a very special day for our four graduates. “It marks the end of their treatment process and a key point in their recovery.

“I am especially thrilled as today represents our half century in terms of graduating patients. We have now seen the 50th patient graduate, which is a milestone for the team here at LEAP.

“I take my hat off to all 50 graduates who have completed a tough and lengthy therapeutic programme and in doing so have turned their lives around.

“This really shows that people can recover from addiction.

“We are now looking forward to the next 50.”

Vernon Slater, the 50th patient to graduate from the programme, said: “LEAP really has changed my life for the better. The project taught me so much. Before I came to LEAP I had low self-esteem and I thought I was worthless. I don’t think that anymore.

“This project has given me a real sense of belief in myself. The project also taught me so much about the illness of addiction.

“I think that LEAP is an amazing project and I am grateful to all the staff for the wonderful treatment and support that I have received.

“I have never been so positive about being clean and I am now looking forward to a new life.”

LEAP is a three-month, community-based, intensive day programme with supported accommodation provided by the City of Edinburgh Council.

HOSPITAL GUIDE IS SHORTLISTED

AN information booklet which helps prepare patients for a visit to hospital has been shortlisted for an award.

The booklet, called “Going to hospital: a guide for patients and relatives”, is shortlisted in the Best Publication category in the CIPR Scotland PRide awards 2008.

It aims to prepare patients for a visit to hospital, with separate sections for inpatient and outpatient information.

It also includes a list of useful contacts, which is why we suggest people keep it in their homes as a handy reference guide.

SECONDARY BREAST CANCER CARE TO BE TRANSFORMED IN LOTHIAN

NHS Lothian has become the first health board in Scotland to appoint an exclusive secondary breast cancer care nurse.

We will employ the full-time specialist, dedicated to improving care for women with secondary breast cancer, to revolutionise services north of the border.

Secondary breast cancer is when the cancer that started in the breast spreads to another part of the body.

The nurse will take up post early in the new year to help patients manage their complex needs, including health fears and financial worries, which are often very different from a first-time diagnosis.

NHS Lothian is the only health board in the country and one of only a handful in the UK to have implemented such major service change to improve care for its patients.

Emma Bennett, lead breast care nurse at the Western General Hospital, Edinburgh, said the secondary breast cancer care nurse would make a real difference to the lives of hundreds of women.

She added: “Our new system will be up and running early next year to ensure women with a secondary diagnosis receive the level of care and support they deserve.

“We listened to women with secondary breast cancer to discover exactly what they wanted, needed and expected from their health service to allow us to tailor a system designed solely for them.”

New research shows that many women are not receiving enough support when they receive a secondary diagnosis.

But NHS Lothian is determined to tackle the problem and has already begun transforming the service in Scotland.

The new post is part of a wide-ranging investment package from NHS Lothian designed to improve breast cancer care services across the area.

The specialist will be based at the Western General Hospital and will also work with patients being treated at St John’s Hospital in Livingston.

ACCESSING SERVICES FOR ALL

NHS LOTHIAN is on track to become a more inclusive health provider and employer.

The equality and diversity strategy, laid down in 2007, set ambitious targets for the health board, but it has already been upgraded.

Within the last few months, scores of staff have undergone better training to help them understand how to tailor care to different types of people from varying backgrounds.

More effective interpreting services have also been introduced to make sure deaf patients or those who speak different languages understand the healthcare system in NHS Lothian and the treatment they are being offered.

James Glover, head of equality and diversity at NHS Lothian, said that despite the great strides already made, there was no room for complacency.

He added: “We know there is no such thing as a ‘one size fits all’ health service and that is why we are committed to ensuring we provide care for all types of individuals.”
Your good health this winter

Every winter, more people make use of their local NHS services. We have plans in place to ensure we manage the extra demand on our services and that we provide the best service we can to patients over the winter months.

To help us help you this winter, please remember:

- GP practice closures: During the festive season, GP practices will be closed for four days from Thursday 25 December to Sunday 28 December (reopening Monday 29 December). GP practices will also be closed for four days from Thursday 1 January to Sunday 4 January (reopening Monday 5 January).
- Pharmacy closures: Most pharmacies will be closed on the festive public holidays too. For pharmacy opening times, see the NHS 24 website at www.nhs24.com.
- GP practice closures: During the festive season, GP practices will be closed for four days from Thursday 25 December to Sunday 28 December. (Reopening Monday 5 January).

1 January to Sunday 4 January

December (reopening Monday 29 December)

December (reopening Monday 130/132)

■ Flu jab: If you are eligible for a free flu vaccination and haven’t had your jab yet, there’s still time to make an appointment. Everyone over the age of 65 is eligible for a free flu jab, as are those in “at risk” groups, such as people with severe asthma or diabetes, or who have a serious heart, lung or kidney disease. Contact your GP practice for details. If you do not qualify for a free jab, you are able to purchase one.

■ Your local pharmacist – healthcare right up your street: For expert health information and advice, ask at your local pharmacy. Your community pharmacies are changing, with highly trained staff providing even more services to protect your health and treat minor ailments. For pharmacy opening times over the festive season, visit the NHS 24 website at www.nhs24.com.

■ A&E services: Hospital accident & emergency (A&E) services are for urgent and emergency situations only. A&E is not an alternative to your GP so please don’t go to A&E if your doctor can’t see you immediately or when your GP surgery is closed.

■ Minor injuries clinic: For minor ailments and injuries (such as minor cuts and burns, infections, stings, suspected sprains and small bone breaks) go to the minor injuries clinic at Edinburgh’s Western General Hospital (for adults and children over one year). Open every day of the year from 8am to 9pm. No appointment necessary. Phone 0131 537 1300/132.

■ NHS 24 and out-of-hours care: If you need urgent medical advice that cannot wait until your GP surgery opens, phone NHS 24 on 08454 24 24 24. If you need to be seen out of hours (between 6pm and 8am, at weekends, or on public holidays), an appointment will be made for you at the most convenient out-of-hours centre. Patients are seen by appointment only in out-of-hours centres.

■ Remember: If you think you need an emergency ambulance for a life-threatening condition, call 999.

Simple steps to avoid catching winter bugs

Many of us are susceptible to germs at this time of year, but a few simple precautions can help you beat the bugs. The best way to avoid colds is to make sure you are in good shape, physically and mentally, by eating healthily, drinking plenty of water, getting the sleep you need and exercising to build up your body’s natural defences.

To reduce your risk of catching and spreading infections, such as a cold:

- Wash your hands often.
- Avoid people with colds.
- Clean surfaces you touch with a germ-killing disinfectant.
- Don’t touch your nose, eyes or mouth. Germs can enter your body easily by these paths.
- Keep them in their original labelled container. Always follow instructions on the box or label. If you are unsure or taking other medicines prescribed by your doctor, check with your local pharmacist first.
- Keep a supply of remedies at home. Paracetamol (paracetamol suspension – preferably sugar-free – for children), ibuprofen or aspirin all help to reduce raised temperatures and relieve the aches and pains associated with coughs, colds and flu. If you have a cough, cold or flu, drink plenty of water or other non-alcoholic liquids to replace fluids lost in sweating and keep warm and rest as much as you can. Do not give aspirin to children under 16 years.
- Have a thermometer handy to check your child’s temperature if they become unwell.
- Check medicines are up to date and

Festive eating - DOs and DON’Ts

If you’re cooking poultry such as turkey as part of your festive celebrations, follow these simple steps to stay food safe.

Defrosting

- Make sure frozen poultry is properly defrosted before you cook it. If it is partially frozen, recommended cooking times won’t be long enough to cook it thoroughly and kill harmful bacteria.
- When you think it is defrosted, test the thicker parts with a fork and make sure there are no ice crystals in the cavity. Wash your hands thoroughly after handling raw turkey, giblets or other meat.

Preparation

- To try to avoid bacteria spreading from your raw meat to other foods or worktops, remember to:
  - Wash hands with warm water and soap, and dry thoroughly after touching raw poultry.
  - Do not wash your turkey (this is because bacteria can splash on to worktops).
  - Always clean worktops, chopping boards, dishes and utensils thoroughly after they have touched raw turkey.
  - Store raw poultry at the bottom of the fridge so that it can’t drip on to other foods.

Cooking

- To check the poultry is cooked:
  - Make sure the meat is piping hot all the way through.
  - When you cut into the thickest part none of the meat should be pink.
  - Juices should run out clear.

Leftovers

- Keep cooked meat and poultry in the fridge. Ideally, eat leftovers within 48 hours.

Emergency dental care

Registered patients

If you are registered with an NHS dental practice and have attended a practice within the last three years for an examination or treatment, you are a registered patient of the dentist who saw you. This is the dentist you should contact to access urgent dental care, by telephoning the practice. If the practice is closed, a telephone answering service will explain the practice’s arrangements for accessing care.

If you are a patient of the Lothian Community Dental Service, you should contact the dental clinic that you would normally attend to arrange all urgent dental care. Again, a telephone answering service will explain arrangements for accessing care when the clinic is closed.

Unregistered patients in Edinburgh, East Lothian and Midlothian

If you are aged 16 years and over, and are not registered with a NHS dentist and need urgent dental care, go to Chalmers Dental Centre, 3 Chalmers Street, Edinburgh, Monday-Thursday 9am-4.45pm and Friday 9am to 4.15pm.

Child patients under 16 who are not registered with an NHS dentist and need urgent dental care should attend the children’s department, Edinburgh Dental Institute, Level 3, Lauriston Building, Lauriston Place, Edinburgh, Monday-Friday 9am-11am and 2pm-3pm.

If you need urgent dental care outside normal working hours (Monday to Friday 5pm-8am and at weekends and public holidays) and are not registered with an NHS dentist, call the Lothian Dental Advice Line on 0131 536 4800.

Unregistered patients in West Lothian

If you are not a patient of a dentist and need urgent dental care, contact local dental practices Monday to Friday 8am-5pm. If you need urgent care out of hours (between 5pm and 8am, at weekends or on public holidays), call NHS 24 on 08454 24 24 24.

For more details and information on defrosting and cooking times, visit the Food Standards Agency website at www.eatwell.gov.uk.

If the information you’re looking for is not on the website’s home page, use the search icon, keying in the words “Safer Christmas eating”.

- For more details and information on defrosting and cooking times, visit the Food Standards Agency website at www.eatwell.gov.uk.

If the information you’re looking for is not on the website’s home page, use the search icon, keying in the words “Safer Christmas eating”.

If you are eligible for a free flu vaccination, don’t go to A&E if your doctor can’t see you immediately or when your GP surgery is closed. Minor injuries clinic: For minor ailments and injuries (such as minor cuts and burns, infections, stings, suspected sprains and small bone breaks) go to the minor injuries clinic at Edinburgh’s Western General Hospital (for adults and children over one year). Open every day of the year from 8am to 9pm. No appointment necessary. Phone 0131 537 1300/132.