

## ASK ACCESS

For anyone looking to be connected quickly with the right community service to help them feel and live better.

## ASK ACCESS

☎ 0141 280 0129  
🌐 [askaccess@wdcvs.com](mailto:askaccess@wdcvs.com)



- Self Directed Support Information
- Adult Carer Assessment and Support Plans
- Learning opportunities
- Stress Management
- Emergency Planning
- Advocacy
- Emotional Support
- Shortbreaks
- Money Matters
- Support Groups

## Carers Centre

☎ 0141 941 1550  
🌐 [www.carerswd.org](http://www.carerswd.org)



## Muscle or joint problems

Get advice and information to help your muscle, joint or back problems from [www.nhsinform.scot/injuries](http://www.nhsinform.scot/injuries)  
🌐 [www.nhsggc.org.uk/your-health/health-services/msk-physiotherapy/](http://www.nhsggc.org.uk/your-health/health-services/msk-physiotherapy/)

## Physiotherapy

NHS MSK help APP free from iTunes, or google play store



- Foot pain causing a reduction in daily activities
- Skin conditions: painful corns, callus etc
- Nail conditions such as ingrown toenails
- Non healing cuts / foot wounds, inflammation, swelling and pus

## Podiatry

Direct access  
☎ 0141 347 8909  
Monday-Friday 8am-8pm  
Saturday 9am-1pm  
✉ [HP.Appointments@ggc.scot.nhs.uk](mailto:HP.Appointments@ggc.scot.nhs.uk)

## Sandyford

- Sexual Health Information
  - Emergency Contraception
  - Termination of Pregnancy Services
  - Rape or Sexual Assault
  - Exposure to HIV
  - Gender Identity
- 🌐 [www.Sandyford.scot](http://www.Sandyford.scot)

## Sandyford

☎ 0141 211 8130  
(Sexual Health)



- 1:1 Practical and Emotional Mental Health Support
- 1:1 Guided Self Help (CBT based)
- 1:1 Person Centred Counselling
- 1:1 Peer Support
- Bereavement and Loss Support
- Group Support and Classes
- Social Event

## Stepping Stones

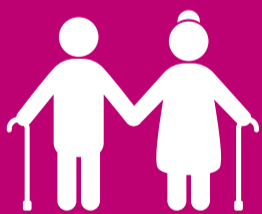
☎ 0141 941 2929  
🌐 [www.stepstones.org.uk](http://www.stepstones.org.uk)



- Support people with dementia, their families, relatives and friends Information & Advice
- Community activities for people with dementia and carers
- Peer Support Groups
- Help you find the dementia support that you need
- Connect you to local groups and services
- Help your local community be more dementia friendly
- Help you influence the policies and services that affect you

## Alzheimer's Dementia Centre / Advisor

☎ 0141 410 5304



- Care at Home
- Support within the home
- Daycare Independent Living
- Mobility - getting around
- Rehabilitation Exercise Programmes Equipment Provision
- Nursing care
- Respite
- Mobility and Falls prevention advice
- Support for Carers
- Arranging packages of care and community alarms
- Healthy Living

## West Dunbartonshire Community Older Peoples Team

Clydebank  
☎ 01389 811760  
Dumbarton & Alexandria  
☎ 01389 776 499

An online tool that shows equipment and solutions that can make people's lives easier. It provides advice and guidance to help individuals with their health, home and daily activities.

## AskSARA

🌐 [www.livingmadeeasy.org.uk](http://www.livingmadeeasy.org.uk)

## 111

When your GP, Dentist and local pharmacy are closed, and you are too ill to wait for them to re-open, call ☎ 111 free

Visit 🌐 [nhsinform.scot](http://nhsinform.scot) for advice and information on:

- Common Symptoms
- Self Help
- Where to go if you need further medical care
- Details of Health & Wellbeing Services near you through the Scotland Service Directory

## NHS 24