

Just a little reminder to give blood at 41 Lauriston Place.



Please drop by and help save a life today.

Blood Donor Centre, 41 Lauriston Place, Edinburgh

Mon and Fri: 10am - 4.00pm

Tues, Wed and Thurs: 12pm - 7.30pm

Sat: 10am - 1.00pm

0845 90 90 999

www.scotblood.co.uk

GIVE BLOOD

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Right care, Right time, Right place...



NHS Lothian works 'round-the-clock' to make sure you have access to healthcare whenever you need it. For your good health, and to help us help you, please remember:

- **Hospital Accident & Emergency 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.
- **Emergency ambulances and 999 calls:** If at any time you think you need an ambulance for a life-threatening condition, call 999.
- **For minor ailments and injuries** – call your GP practice or go to the Minor Injuries Clinic at the Western General Hospital, Edinburgh. Clinic staff treat adults and children over one year for a wide range of conditions, including minor cuts and burns, infections and stings, suspected sprains and small bone breaks (from shoulder to fingers and knees to toes). Open 8am to 9pm every day. No appointment necessary. For enquiries, phone 0131 537 1330/1331.
- **Remember your community pharmacist:** For expert health information and advice, ask at your local pharmacy, where highly trained staff are providing even more services to protect your health and treat minor ailments.
- **NHS 24 and NHS Lothian out-of-hours services:** If you need urgent medical advice 'out of hours' (at weekends, nights, or on public holidays) that cannot wait until your GP practice opens, phone **NHS 24** on **08454 24 24 24**. If you need to be seen 'out-of-hours', an appointment will be made for you at the most convenient Out of Hours Centre.

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