



# *Community Nursing Outreach @ the Hub*



*Middlefield Community Project,  
Manor Avenue, Aberdeen  
AB16 7UR  
Telephone: 01224 558928*

***Information for  
patients and carers***



## ***Who is the Community Nursing Outreach Team?***

The CNO Team offers a range of services that can help with queries and concerns you may have about your health and wellbeing.

The small team includes Advanced Nurse Practitioners, Senior Community Nurses, and a Link Practitioner.

Your GP and other health and social care professionals know what the team can offer, and work alongside the team to ensure that your needs are met.

## ***Who can access the CNO Team?***

The team is available at The Hub to any adult aged 18 years and over living in Middlefield, Cummings Park, Heatheryfold and Northfield, and who is registered with a GP practice in Aberdeen City.

**All consultations are confidential.**

Access to Language Line (telephone interpretation service) is available.

The building is fully accessible, including accessible toilets.

## ***What health and social care services are offered by the CNO Team?***

### **Nursing interventions**

The Advanced Nurse Practitioners and Senior Community Nurses offer the following:

- Minor illness (out-with Community Pharmacy).
- Minor injury and treatment (such as minor burns and scalds, sprains, cuts and wounds).
- Complex wound care (such as leg ulcers, infected wounds)
- General health and lifestyle checks (for example, measuring blood pressure, weight, cholesterol levels, diabetes risk assessments)
- Review of long term conditions (such as asthma, COPD, diabetes, arthritis, heart disease)

### **Link Practitioner**

Link Practitioners have the time to have meaningful conversations with you, helping you to identify and prioritise issues that are affecting your quality of life.

They can refer you to services providing expert advice and practical support, for example:

- Advice on money, benefits, debt management and budgeting
- Information on how to access local activities and social groups
- Advice on care services and carer support groups

- Opportunities for volunteering
- Access to work, education and training
- Housing and homelessness

### ***What health and social care services are NOT offered by the CNO Team?***

The CNO Team does not:

- Replicate a GP practice nor take on the role of a GP.
- Assist in speeding up appointments made with GP practices or other services.
- Offer vaccinations.
- Offer mental health assessments.
- Offer a nursing service to children and young adults under 18 years of age.

### ***What other health and social care services are offered at The Hub?***

#### **Counselling services**

A counselling service is offered to people experiencing problems like:

- Anxiety and depression
- Bereavement and loss
- Relationship and other personal issues
- Drug and /or alcohol dependency
- Eating disorders and /or body weight issues

One-off or longer term regular appointments can be arranged for anyone who wishes to explore and resolve issues they may have.

### **Fit like? Family Wellbeing Hub**

The 'Fit like Hub' is a group of services working together to support children and young people's mental wellbeing.

The services work with families offering practical and emotional support with the following:

- Financial and benefits
- Family relationships and communication
- Coping with daily pressures
- Promoting positive emotional and mental wellbeing
- Talking about traumatic things that have happened

Contact: [Fitlikehubs@aberdeencity.gov.uk](mailto:Fitlikehubs@aberdeencity.gov.uk)

### **Pre-school Vaccination Clinic**

The Vaccination Team deliver pre-school vaccinations as per Scottish immunisation schedule. These are by appointment only.

**This leaflet is also available in large print.  
Other formats and languages can be  
supplied on request. Please call Quality  
Development on 01224 554149 for a copy.  
Ask for leaflet 2108.**

Feedback from the public helped us to develop this leaflet.  
If you have any comments on how we can improve it,  
please call 01224 554149 to let us know.