

Consumer Advice Shop

Bridgewater House, Irvine



Looking for health advice while you shop? Then why not come along to the Consumer Advice Shop for information about a different topic every Wednesday?

First Wednesday of the month - 9am to 1pm: KA Leisure

Blood pressure, height, weight, waist circumference, BMI, body fat and lung function and general fitness advice.

Second Wednesday - 11am to 1pm: Free eye checks

An eye examination is an important health check. Not only does it allow us to see whether or not you need glasses, it also lets us check for eye diseases which may be hidden. Come in today for a screening eye test and to find out if you have any problems that you may not even know about.

Third Wednesday - 10am to 1pm: CEiS and Working for Families project

The Community Employment Service (CEiS) offers North Ayrshire residents a complete and comprehensive facility for jobseekers and those hoping to access training opportunities.

The Working for Families project supports parents in North Ayrshire with childcare costs to encourage them to enter employment or to help them stay in employment.

Fourth Wednesday – 2pm to 4pm: North Ayrshire PPF

The Public Partnership Forum (PPF) is for anyone who has an interest in health. By being part of the PPF you will be kept informed about health matters locally and nationally and be given the opportunity to influence how health services are delivered, designed and planned.

Oral health products available to buy

NHS Ayrshire & Arran's Oral Health Promotion Team offers a wide range of services which aim to improve the oral health of our communities, including access to reduced cost dental products such as toothbrushes, toothpaste, floss and two minute timers.



Visit our website: www.nhsayrshireandarran.com

All our publications are available in other formats