

St Katherines Surgery Signposting Handout

Did you know you can self-refer to these local services without needing to see the GP or nurse?

Pharmacy First		
<p>Seeing your local pharmacist may save you a trip to the GP. Pharmacists are trained to assess and treat a number of common problems.</p>		
<ul style="list-style-type: none"> 1. Hay Fever 2. Head Lice 3. Sore Throat 4. Teething Pain 5. Conjunctivitis 6. Earache 	<ul style="list-style-type: none"> 7. Insect bites/stings 8. Toothache 9. Warts/Verrucae 10. Fever 11. Constipation 	<ul style="list-style-type: none"> 12. Vaginal Thrush 13. Athletes Foot 14. Diarrhoea 15. Threadworm 16. Haemorrhoids
<p>Community Link Worker(Social Prescriber) Rachael Cordy-Jones</p> <p>Speak with our receptionists about booking an appointment for help with accessing support for social, practical and emotional needs.</p>		
<p>WISH (Wellbeing Information and signposting for Hereford) https://www.wisherefordshire.org/ For all information about resources to help with your health and wellbeing</p>	<p>Physiotherapy Pick up self referral form from GP reception</p>	<p>Stop Smoking https://www.nhs.uk/smokefree</p>
<p>Stress, Anxiety or Depression Contact Lets Talk 0800 073 2200 www.talk2gether.nhs.uk</p>	<p>Adult Social Care Assessments for help, equipment and more 01432 260101</p>	<p>Drug and Alcohol Problems Contact Addaction : 01432 802487 https://www.addaction.org.uk/services/addaction-herefordshire</p>
<p>Young People Counselling Via school ,GP or contact: CLDTrust 01432 269245 info@thecldtrust.org https://www.thecldtrust.org/the-cld-trust/</p>	<p>Ledbury Health Visitors 01531 637601</p> <p>Children’s Centre @Ledbury Primary School Drop in Monday 09.30-11.30</p>	<p>Sexual Health Integrated Sexual Health (iSH) 29-30 Commercial Rd, Hereford, HR1 2BG Simply come to the walk-in clinic or call 01432 266908 for appointments.</p> <p>national sexual health helpline free on 0300 123 7123</p>
<p>Hearing Assessment(over 55’s) Ask at surgery for a referral form (may need treatment for earwax prior to assessment-see pharmacist)</p>	<p>Nail Cutting Service</p> <p>Service provided by AgeUK 0333 0066 299 or email contact@ageukhl.org</p>	<p>Dental Problems</p> <p>Contact your registered dentist or Dental Access Centre:</p> <p>Gaol Street Dental Access Centre</p> <p>Tel: 01432 378 920 Address: Gaol Street Clinic, Gaol Street, Hereford, HR1 2HU</p> <p>Out of Hours call 111</p>
<p>Eye Conditions New onset eye symptoms can be seen by local opticians who can assess, diagnose and treat many eye conditions.</p>	<p>Boots Opticians Millers Optometrist Margaret Matteo Opticians Specsavers Opticians</p>	<p>9 The Homend, HR8 1BN 27 High Street, HR8 1DS 6 New Street, HR8 2DX 3, The Homend</p>
<p>Healthy Lifestyle:</p>	<p>See WISH for details on Healthy Living Network</p>	

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