

BABY, CHILDREN & PARENTAL ISSUES such as

- ◆ Baby and children growth and development
- ◆ Child conditions, allergies and infections
- ◆ Breastfeeding, bottle feeding and weaning. Teething
- ◆ Post natal depression and parental mental and physical health
- ◆ Child behaviour issues, sleeping, eating, potty training, tantrums etc
- ◆ Support with parenting, family health and relationships

YOU CAN GET ADVICE AND GUIDANCE BY GOING STRAIGHT TO YOUR NAMED HEALTH VISITOR 01803-874457 or call 111

COMMUNITY NURSING SUPPORT for those housebound patients on the Newton Abbot locality District Nurse caseload requiring help with

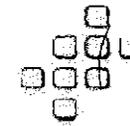
- ◆ Leg ulcers
- ◆ Dressings
- ◆ Enemas
- ◆ Catheters
- ◆ Syringe Drivers

THE LOCAL TORBAY & SOUTH DEVON HEALTH & CARE TRUST
COMMUNITY NURSING PATIENT DIRECT PHONE IS 0781123875

REMEMBER DO NOT HESITATE TO DIAL 999
FOR ALL LIFE THREATENING CONDITIONS such as

- ◆ Severe Chest pain
- ◆ Severe difficulty in breathing
- ◆ Unconsciousness
- ◆ Severe loss of blood
- ◆ Severe burns or scalds
- ◆ Choking
- ◆ Suspected stroke
- ◆ Fitting or concussion
- ◆ Drowning
- ◆ Severe allergic reactions

IF YOU ARE UNSURE PHONE NHS 111 at any time day or night for advice and guidance on which NHS service to use



**Kingskerswell & Ipplepen
Medical Practice**

PATIENT INFORMATION LEAFLET No:10

ALTERNATIVES TO BOOKING A GP APPOINTMENT

**DIRECTLY CONTACTING THE
LOCAL SPECIALIST NHS SERVICES
IN THIS LEAFLET COULD BE MORE CONVENIENT
AND WILL SAVE YOU TIME**



Kingskerswell Health Centre
School Road
Kingskerswell
Newton Abbot
TQ12 5DR

Ipplepen Health Centre
Silver Street
Ipplepen
Newton Abbot
TQ12 5QA

Telephone: **01803 874455**

Email **kkipp.enquires@nhs.net**

Website: **www.kkipp.gpsurgery.net**

MINOR AILMENTS AND CONDITIONS such as

- ◆ Coughs, colds, sore throats, blocked nose
- ◆ Earache
- ◆ Thrush and uncomplicated urinary tract infections
- ◆ Teething and Nappy Rash
- ◆ Threadworms
- ◆ Hayfever
- ◆ Athlete's Foot
- ◆ Diarrhoea
- ◆ Cold sores and mouth ulcers
- ◆ Skin rashes, Impetigo
- ◆ Eye infections

YOU WILL GET FASTER CONSULTATION AND ADVICE AND PRESCRIPTION IF YOU GO STRAIGHT TO YOUR LOCAL PHARMACY. If you use Manor Pharmacy Kingskerswell 01803 872155 they have a confidential consulting room and under the Pharmacy First Scheme you can continue to get **prescriptions exempt from charges** if you normally meet the NHS criteria for this.

MUSCULAR / SKELETAL PROBLEMS such as

- ◆ Back and neck pain
- ◆ Sprains and strains
- ◆ Whiplash disorders
- ◆ Sports injuries
- ◆ Joint pain
- ◆ Muscle pain

REFER YOURSELF STRAIGHT TO THE NHS PHYSIOTHERAPY SERVICE. They will try to offer you a same day appointment if you phone them on **01626-883765** Monday to Friday between 0830 and 1200

PODIATRY / FOOTCARE for patients AGED 60+

- ◆ Painful foot problems or foot abnormalities
- ◆ Ingrowing toenails, verrucae
- ◆ but NOT corns, calluses or nail cutting

REFER YOURSELF BY PHONING 01803-217712 between 0845 and 1545 Monday to Friday or pick up a Podiatry Assessment Form from the Health Centre Receptionist

MINOR INJURIES to adults and children aged 3+

- ◆ Lacerations, cuts, grazes, wounds
- ◆ Sprain, strain, muscle or joint injury
- ◆ Broken bone (fracture)
- ◆ Skin complaint—insect/animal/human bite or sting
- ◆ Foreign bodies like splinters
- ◆ Minor scalds and burns
- ◆ Minor head injuries from a low fall
- ◆ Localised allergic reactions and infections like infected wounds
- ◆ Minor eye injuries and infections
- ◆ Emergency contraception

YOUR GP SURGERY IS NOT CONTRACTED TO HANDLE MINOR INJURIES so please PHONE YOUR NEAREST MINOR INJURIES UNIT at Newton Abbot Hospital **01626-324500** or Totnes Hospital **01803-862622** The Minor Injuries Units are normally open 7 days a week 8am to 9pm

MENTAL WELLBEING CONCERNS for over 18yr olds

- ◆ Panic attacks
- ◆ Depression, low mood
- ◆ Anxiety, excessive worry,
- ◆ Social anxiety / shyness
- ◆ Phobias
- ◆ Post traumatic stress disorder
- ◆ Agoraphobia
- ◆ Obsessive compulsive disorder
- ◆ Health anxiety
- ◆ Bulimia

REFER YOURSELF IN CONFIDENCE STRAIGHT TO THE LOCAL SPECIALIST NHS ANXIETY & DEPRESSION SERVICE. Phone them on **01626-203500** 0900 to 1700 Monday to Friday

SEXUAL HEALTH ADVICE & TREATMENTS are available at Newton Abbot Hospital or Castle Circus Health Centre

- ◆ Concerns / tests regarding sexually transmitted diseases / vaginal discharge symptoms etc
- ◆ Contraceptive advice and implants

JUST PHONE 01803-656500 IN CONFIDENCE