

Health and Wellbeing Help

Feeling unwell? There are a range of NHS services on your doorstep to choose from www.cambridgeshireandpeterboroughccg.nhs.uk/your-health-and-services/

Self-care (looking after yourself)

Common conditions and minor illnesses such as colds and flu, coughs and sore throats, upset stomachs and aches and pains are generally not a serious health problem for most people. You can easily treat yourself at home with advice from a local pharmacist helping avoid unnecessary trips to your GP or A&E department. Making sure you have a well-stocked medicine cabinet can help. It might contain the following:

- painkillers such as paracetamol and ibuprofen
- cold and flu remedies
- antihistamines
- anti-diarrhoeal medicine
- oral rehydration salts
- indigestion remedies
- first aid kit including plasters and bandages thermometer
- tissues

Always check that your medication is in date and check the dose is correct for the person taking it.

Your local pharmacy (chemist)

Your local high street pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints, without having to wait to see your GP or go to the Emergency Department (A&E). Some of the things pharmacies can help with include:

- aches
- skin conditions
- flu jabs
- stopping smoking
- pains
- emergency contraception
- coughs
- medicines advice
- hay fever
- colds
- diarrhoea
- allergies

You can talk to your pharmacist in confidence, even about the most personal symptoms, and you don't need to make an appointment. It is possible to walk into any pharmacy and ask to speak with the pharmacist. They may be able to spend some time with you or offer you an appointment for a consultation.

Discussions with your pharmacist can take place in person or by phone.

Your nearest pharmacies are:

Willingham Pharmacy - 52 Long Lane, CB24 5LB Tel: 01954 261787

Over Pharmacy - 1 Drings Close, Over, CB24 5NZ Tel: 01954 231550

Tesco Pharmacy, Viking Way, Bar Hill, CB23 8EL Tel: 0345 6779031

For details of opening hours, visit: www.nhs.uk/service-search

NHS 111

Call NHS 111 when you need medical help or advice urgently but it's not a life-threatening situation. It's open 24 hours a day, seven days a week and is free to call from a landline or mobile phone. Calling NHS 111 will connect you to a team of fully trained advisers who are supported by experienced nurses and paramedics. They will ask you questions to assess your symptoms and give you the healthcare advice you need or direct you to the most appropriate and available local service. If an ambulance is needed the NHS 111 call adviser will arrange for one to be sent immediately.

If you need to see a GP and it's the evening or weekend, you should call 111 to access the GP out of hours service. Even if your GP practice is closed, it doesn't mean A&E is the only other option.

Mental Health

NHS 111 in Cambridgeshire also offers a unique service for those experiencing a mental health crisis. Call NHS 111 and select option 2 if you need urgent help. You can speak to specially-trained mental health staff who will discuss with you your mental health care needs. The main provider of NHS mental health care is Cambridgeshire and Peterborough NHS Foundation Trust www.cpft.nhs.uk .

For other local mental health services visit

www.cambridgeshireandpeterboroughccg.nhs.uk/your-health-and-services/mental-health-services/ .

GP services

When you move to a new area it's important that you register with a GP practice as soon as possible. You can choose which GP practice to register with and it's important that everyone in your family registers. Visit the GP practice to get a registration form to fill in. Your medical records will then be transferred across from your old GP practice.

You can make an appointment with your GP practice for medical advice, examinations and prescriptions. Some things GPs can help with are:

- flu jabs
- persistent ear pain
- persistent back ache
- persistent vomiting or diarrhoea
- allergic reactions
- long-term conditions
- counselling
- emotional problems

If you need to see a GP urgently when your practice is closed, you can call 111.

Your nearest GP surgery is Willingham Medical Practice who would like to welcome you as Northstowe residents and invite you to register at either the branch or main surgery as soon as you can:

Longstanton Branch - Magdalene Close, CB24 3EG. Tel: 01954 207600

Main Willingham Surgery - 52 Long Lane, CB24 5LB. Tel: 01954 260230

For full details of services including opening times for both surgeries, see www.willinghammedicalpractice.nhs.uk .

For other nearby GPs, visit: www.nhs.uk/service-search

Emergencies and A&E

In case of an emergency call 999. For urgent medical help and advice call NHS 111, any time of the day or night. A&E is for anything that is life-threatening or an emergency. This would include things like choking, blacking out, blood loss that won't stop, stroke, loss of consciousness, anaphylaxis or severe allergic reactions or overdose.

Your nearest Hospitals:

Addenbrookes Hospital (incl. A&E) - Hills Road, Cambridge CB2 0QQ

Tel: 01223 245 151

Hinchingbrooke Hospital (incl. A&E and maternity) - Hinchingbrooke Park,

Huntingdon PE29 6NT Tel: 01223 416 416

Rosie Hospital (Maternity) - Hills Road, Cambridge CB2 0SW

For full details of facilities and services, visit: www.nhs.uk/service-search

Dental services

It's a good idea to register with a dentist and have a check up regularly. If you need emergency dental help you can call NHS 111 or call the service directly on 01223 723093. The emergency dental service is based at: Cambridgeshire Community Services NHS Trust Dental Department, Brookfields Health Centre, Seymour Street Cambridge CB1 3DQ. You will need to contact individual practices for availability of NHS places.

Your nearest dental practices:

Longstanton Village Dental Practice – 37 High Street, Longstanton

Tel: 01954 782181 www.longstanton-dental-practice.co.uk

Bar Hill Dental Practice - Hanover Close, Bar Hill, Cambridge, CB23 8EH

Tel: 01954 781616 www.cambridgedentist.co.uk

For other nearby dentists and for details on all other local health services, see www.nhs.uk/service-search