

SELF REFERRAL SERVICES AVAILABLE UNDER NHS:

You can now access multiple services without GP referrals:

SERVICES	DETAILS
EMERGENCY & TRIAGE:	HOSPITALS: Chesterfield Royal Hospital General Hospital including Accident and Emergency: Chesterfield Road, Calow, Chesterfield, S44 5BL Tel: 01246 277271 Open 24 hours Whitworth Hospital Community hospital and Urgent Treatment Centre (UTC) 330 Bakewell Road, Matlock DE4 2JD Tel: 01629 580211 Open 8am to 8pm Walton Hospital Community Hospital Whitecotes Lane, Chesterfield, S40 3HW Tel: 01246 515151 Open 24 hours
OUT OF HOURS:	IN AN EMERGENCY: CALL 999 and ask for the relevant service If the practice is closed call 111 who will triage and assess the best course of action
HOME VISITS:	AGING WELL TEAM: The Ageing Well Service is a local NHS service, operating on behalf of and as an extension of the usual registered GP practice, who remain responsible for certain elements of patient care. The service was established to improve access to timely, high quality and holistic (person-centered) care for both care home and house bound patients, as well as improving continuity of care through provision of dedicated care home clinicians. The Aging Well Team works with the following GP Practices in Chesterfield: <ul style="list-style-type: none">• Brimington Surgery• Calow & Brimington Surgery• Chatsworth Road Medical Practice• Inspire Health• Newbold Surgery

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	<ul style="list-style-type: none">• Oakhill Medical Practice• Stubley Medical Centre• The Surgery at Wheatbridge• Whittington Moor Surgery
PHARMACY SERVICES:	<p>PHARMACIES & PHARMACY FIRST LOCATIONS:</p> <p>You can search the NHS website:</p> <p>www.nhs.uk/service-search/pharmacy/find-a-pharmacy</p> <p>Enter your postcode into the search and this will generate all pharmacies within the area and their distances and contact numbers. They can then call if they are looking for a pharmacy that provides enhanced services.</p> <p>Pharmacists can suggest treatments that do not need a prescription for a range of conditions.</p> <p>Most pharmacies can also offer prescription medicine for some conditions, without you needing to see a GP or make an appointment. This is called Pharmacy First.</p> <p>Conditions they can offer prescription medicine for are:</p> <ul style="list-style-type: none">• impetigo (aged 1 year and over)• infected insect bites (aged 1 year and over)• earache (aged 1 to 17 years)• sore throat (aged 5 years and over)• sinusitis (aged 12 years and over)• urinary tract infections (UTIs) (women aged 16 to 64 years)• shingles (aged 18 years and over) <p>If you are not within these age ranges, a pharmacist can still offer advice and support decisions about self care treatment with over the counter medicines, but you may need to see a GP for treatment.</p> <p>If you go to a pharmacy with one of these conditions, the pharmacist will offer you advice, treatment or refer you to a GP or other health professional if needed. They will also</p>

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	<p>update your GP health record, but your information will not be shared with anyone else.</p> <p>Most pharmacies can provide prescription medicine for these conditions but contact them before visiting to check.</p>
HEARING:	<p>HEARING TEST:</p> <p>If you are over 55 you do not need a referral from a doctor for an NHS hearing test. This service is provided by Derbyshire NHS Audiology Services. Patients can self-refer via website or call 01332949177. They usually see you within 7 days.</p> <p>https://www.derbyshire-nhs-audiology.com/</p> <p>You can also make an appointment for a free hearing test by ringing your choice of the following providers:</p> <ul style="list-style-type: none"><input type="checkbox"/> Scrivens 0800 0275102<input type="checkbox"/> Specsavers 01246 222334<input type="checkbox"/> Chesterfield Royal Hospital Audiology 01246 514403
SIGHT:	<p>EYE TESTS & OPTOMETRIST APPOINTMENTS:</p> <p>You can arrange an appointment with Optometrist through Minor eye condition services without needing to speak to GP first. If you are experiencing:</p> <ul style="list-style-type: none">• Red eye or eyelids• Dry, gritty, or uncomfortable eyes• Eye irritation and inflammation• A lot of recent discharge from the eye or watery eye• Recently occurring flashes or floaters• Painful eye• In growing lashes• Recent and sudden loss of vision• Foreign body in the eye <p>https://primaryeyecare.co.uk/services/minor-eye-conditions-service/ Download our Minor Eye Problems leaflet to find out more.</p> <p>Please ring them to book an appointment.</p> <p>Numbers of local Opticians provide these services are: Primary Eye care: 01246 382198 Elliot &Health Limited: 01246 275847</p>

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	<p>Specsavers: 01246222334</p> <p>Vision Express: 01246 277432</p> <p>Boots Opticians (Chesterfield):01246204693</p>
DENTAL:	<p>If you require an urgent dental appointment but do not have a registered dentist you can go to the NHS Dentist website:</p> <p>https://www.nhs.uk/service-search/find-a-dentist</p> <p>The website will ask for your postcode and provide you with dental practices in and around the area with the distance. This will also give you details of practices that are currently taking on NHS patients. It is simply a case of calling the practices in the list to request an urgent/NHS patient appointment up to the distance you would be prepared to travel.</p>
PHYSIOTHERAPY:	<p>MUSCULOSKELETAL PHYSIOTHERPY SERVICES:</p> <p>The Musculoskeletal Outpatient Physiotherapy Service provides assessment and treatment for various conditions, including:</p> <ul style="list-style-type: none">• Acute fractures and soft tissue injuries,• Joint pain• Arthritis• Spinal conditions• Post-operative rehabilitation. <p>The service consists of adult, pediatric, rheumatology and occupational health (staff) physiotherapy. Please fill the form to self-refer yourself to service:</p> <p>https://www.chesterfieldroyal.nhs.uk/all-services-and-wards/physiotherapy-services/musculoskeletal-and-rheumatology-services</p> <p>ZOOM PHYSIOTHERAPY:</p> <p>Now for musculoskeletal problems you don't need to go out or wait for long. Zoom Physio is an immediate solution to your musculoskeletal issues via web, app & video.</p>

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	<p>Complete online registration and receive your personalized plan within 48hrs created by specialized physiotherapist team. https://www.zoomphysio.co.uk/</p> <p>PELVIC HEALTH PHYSIOTHERAPY: (Women's and Men's Health)</p> <p>The pelvic health Physiotherapy team provides specialist assessment and rehabilitation of pelvic health for people of any gender.</p> <p>They provide treatment for bladder, bowel and pelvic floor issues including urinary or anal incontinence, pelvic organ prolapses (including pessary fitting), sexual pain or difficulties, persistent pelvic pain (including vaginal, vulval, bladder and testicular pain) and recovery from pelvic cancer or surgery.</p> <p>The team also support the management of pregnancy-related conditions such as pelvic girdle, back pain, and perinatal pelvic health problems in pregnancy and up to a year after giving birth.</p> <p>Please fill the form to self-refer yourself to service: https://www.chesterfieldroyal.nhs.uk/all-services-and-wards/physiotherapy-services/pelvic-health-physiotherapy</p> <p>MSK App:</p> <p>The MSK app has been developed to offer support and guidance on how to manage a Musculoskeletal (MSK) condition or injury. This can relate to any injury, disease or problem with muscles, bones or joints.</p> <p>Clinical guidance and exercise videos can be of benefit to anyone with an MSK condition/injury.</p> <p>The MSK app is available on Google Play and Apple devices.</p>
CONTINENCE CLINIC:	<p>INCONTINENCE CONCERNS (ADULTS ONLY)</p> <p>For assessment re: incontinence or to obtain incontinence pads, please contact the Continence service. Continence Service: 01773 546960</p>

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PODIATRY:	FOOT RELATED PROBLEMS: For any foot related problem, you can self-refer to your nearest Podiatry service by filling online form: https://dchs.nhs.uk/our-services-and-locations/a-z-list-of-services/community-podiatry The community podiatry service provides assessment, diagnosis, and treatment to a range of patients with lower limb and foot problems, including. <ul style="list-style-type: none">• People with long term conditions such as diabetes, vascular disease, amputees, connective tissue disorders, stroke, Parkinson's disease• People with multiple and complex needs e.g. dementia, falls.• People with biomechanical problems e.g. gait /postural problems• People require wound care to the foot.• People requiring nail surgery.• People with severe foot and ankle problems and conditions. If any queries, please contact: dchst.therapydirect@nhs.net or via phone: 01246 515635
SEXUAL HEALTH:	SEXUALLY TRANSMITTED INFECTIONS /GUMS CLINIC: If you are concerned, you may have an STI. Please call and book an appointment with Sexual Health Services based at Wheatbridge Surgery, Contraception and Sexual Health Service 08003283383
PREGNANCY:	TERMINATION OF PREGNANCY: Women Health Unit at Chesterfield Royal Hospital are now accepting Self-Referral for Termination of Pregnancy. You can call and refer yourself by ringing 01246 512424 between 8am -4pm Monday to Friday. EARLY PREGNANCY ASSESSMENT UNIT: The Pregnancy Assessment Unit is part of the Maternity services at Chesterfield Royal Hospital, which offers help

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	<p>and support for those who might be experiencing problems in pregnancy from 16 weeks.</p> <p>You can self-refer to the unit or through their GP, midwife, hospital doctor, or Emergency Department staff if you have:</p> <ul style="list-style-type: none">• vaginal bleeding in pregnancy• pain in pregnancy.• previous ectopic or molar pregnancy with a new pregnancy• a new pregnancy and under the care of the recurrent miscarriage clinic. <p>Once you have been referred you will be contacted by a member of staff who will initially offer a triage assessment over the phone. If an appointment is necessary, you will be offered a time to attend the unit for an assessment by a nurse or doctor.</p> <p>Pregnancy Assessment Unit Chesterfield royal Hospital: 01246 516146</p> <p>COMMUNITY MIDWIFERY BASE:</p> <p>If you are pregnant, you no longer need a GP to verify it - you can contact the Midwives directly and make your first appointment for when you are between 8-10 weeks pregnant.</p> <p>Midwifery Base: 01246 206161</p> <p>PERINATAL MENTAL HEALTH:</p> <p>Struggling with your mental health in pregnancy or as a new Mum. The Community Perinatal Mental Health Team can offer you an assessment and tell you about the help you can access from the 12th week of pregnancy, up until your baby is two years old.</p> <p>Perinatal MHT 01246 216523 or email: dhcft.perinatalcmht@nhs.net</p>
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	https://www.derbyshirehealthcareft.nhs.uk/services/mental-health-and-emotional-wellbeing/perinatal-mother-and-baby-services/perinatal-self-referral
MENTAL HEALTH:	<p>CRISIS TEAM:</p> <p>The service is aimed for those individuals at risk of hospital admission to an adult acute psychiatric ward. Individuals presenting with an acute psychiatric crisis of such severity that without the involvement of a crisis intervention/home treatment team, hospitalisation would be necessary.</p> <p>Derby City and South Derbyshire - Telephone: 01332 623900 (24 hours, Monday to Sunday) please ask to be put through to the Derby City and South Derbyshire Crisis Resolution and Home Treatment Team</p> <p>Chesterfield - Telephone: 01246 512831 (24 hours, Monday to Sunday); or 01246 277271 (10pm - 8am, Monday to Sunday if no answer on the main number)</p> <p>High Peak and North Dales - Telephone: 01298 814784 (8am - 10pm, Monday to Sunday); outside of these hours please contact the Chesterfield Crisis team on 01246 277271 and ask for the Crisis team.</p> <p>HARTINGTON UNIT:</p> <p>Chesterfield Royal Hospital – 01246 512563</p> <p>The Hartington Unit is the hospitals main inpatient service for Chesterfield and North Derbyshire residents with acute mental health needs. The Hartington Unit consists of three adult (and older adult) acute inpatient wards an outpatient service, occupational therapy team and a crisis resolution and home treatment service as well as the psychiatric liaison team for the North of Derbyshire.</p> <p>SOCIAL SUPPORT SERVICES:</p> <p>If you or a family member needs support with care needs, please contact: 'CALL DERBYSHIRE' to see what support is available to you. 'CALL DERBYSHIRE' 08456058058 or Visit https://www.derbyshire.gov.uk/social-health/social-care-contacts/contacting-social-care.aspx</p>

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COUNSELLING & THERAPY SERVICES:	TALKING THERAPIES: <p>A common treatment for mental health issues are , including counselling and cognitive behavioural therapy (CBT).</p> <p>Around 600,000 adults are benefiting from psychological therapies in England every year. These therapies involve talking to a wellbeing practitioner or therapist, either one-to-one, in a group or with family and friends.</p> <p>The NHS has more information about the benefits of talking therapies. You can either self-refer to these services, or your GP will refer you. All 4 providers offer exactly the same service across Derbyshire so who you are referred to is entirely your choice.</p> <p>Talking therapy providers in Derbyshire:</p> <ul style="list-style-type: none">• Insight Healthcare tel: 0300 555 5582• Talking Mental Health tel: 0300 123 0542• Trent Psychological Therapies Service tel: 01332 265 659• Vita Minds tel: 0333 0153 496 <p>NHS Derby and Derbyshire Clinical Commissioning Group have up-to-date information about the 4 providers and the Talking Therapies service across Derbyshire.</p> SAIL – Sexual Abuse and Incest Line: <p>SAIL is a registered charity based in Chesterfield. We offer free, specialist counselling for adults aged 18 and over in Derbyshire who have experienced childhood sexual abuse, incest or sexual violence. Our Independent Sexual Violence Advisor (ISVA) service offers practical and emotional support to anyone aged 18+ who has experienced rape, sexual assault, abuse or sexual violence at any point in their life, including childhood sexual abuse.</p> <p>12 Soresby Street Chesterfield Derbyshire S40 1JN Office: 01246 556114 ISVA Email: isva.sailderbyshire@outlook.com Free Helpline: 0800 028 2678 (see website for opening hours) Helpline Email: helpline.sailderbyshire@outlook.com Appointments Line: 01246 559889 (answer machine available) Online: www.sailderbyshire.org.uk</p>
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	Facebook: sail.derbyshire.1 Twitter: @SAILCounselling
LIFESTYLE ADVICE:	WEIGHT LOSS/GETTING ACTIVE/STOP SMOKING: You can self-refer to the Live Life Better Derbyshire Programme. Live Life Better 0800 0852299 / 01629 538200 or online at: Live Life Better WEIGHT LOSS SERVICE: This service is for anyone over 16 years old & with a Body Mass Index (BMI) over 25. Calculate your BMI here. The service supports you to set and achieve your own weight loss targets and to maintain this weight loss long term. It is different to other weight loss programmes as it focuses on what's happening in both the body and the mind to help you achieve long-term weight loss and wellbeing. The Service is provided by Live Life Better Derbyshire at various locations across Derbyshire. Patients can self-refer into this service by calling 0800 085 2299 or by completing the online form See their website for further information. For healthy recipes please visit www.slimmingworld.co.uk/recipes . www.nhs.uk/change4life STOP SMOKING CLINIC: This service is for anyone over 12 years old & provides support, help and advice for you to successfully stop smoking for good. The fully trained Stop Smoking Advisers can support you through your quit attempt with tips, advice and stop smoking products or medication on prescription. The Service is provided by Live Life Better Derbyshire at various locations across Derbyshire. Patients can self-refer into this service by calling 0800 085 2299 Or by completing the online form. See their website for further information.

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