

The Orchard Practice
Orchard Gardens
Chessington
KT9 1AG



The Orchard Practice
www.orchardpracticechessington.co.uk

Tel: 020 8397 9494

Fax: 020 8974 1017

Email:

kinccg.orchard@nhs.net

Possible alternatives to booking a GP appointment

Your GP surgery can provide a huge range of advice, examinations, treatment, vaccinations, prescriptions and other routine healthcare; but did you know there are lots of other local NHS services that you can go to directly for help?

No need to see your GP first.

This guide sets out the main services that are available locally and how you can contact them.

Babies, children & parenting

You can go straight to your named health visitor for advice and guidance on issues such as:

- Growth and development of your baby / child
- Childhood conditions, allergies and infections
- Breastfeeding, bottle feeding and weaning
- Teething
- Post-natal depression and parental mental and physical health
- Child behaviour issues e.g. sleeping, eating, tantrums
- Support with parenting, family health and relationships Phone: **020 8408 8512**

Community nursing support

If you are a housebound patient on the Surbiton and Chessington District Nurse caseload, you can get direct help with:

- Wound Care
- End of Life Care
- Care at home after hospital discharge
- Continence Assessment
- Equipment Assessment
- Fitting or concussion

Call 020 8339 8135 between 08.30 and 17.00, or access the Twilight nurses between 19.00 and 23.00.

Life-threatening conditions

Don't forget: Always dial 999 for life-threatening conditions such as:

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

And if you aren't sure...

For advice on health conditions and the availability of local services, you can dial **NHS 111** at any time day or night

Minor Ailments and Conditions

You can get rapid advice and treatment from your local pharmacy. The pharmacist may be able to prescribe medicines for these conditions (normal charges and exemptions apply).

Just drop in to your local pharmacy and ask to see the pharmacist.

- Ear Ache
- Diarrhoea
- Hay fever
- Thrush and uncomplicated urinary tract infections
- Athlete's foot
- Teething and nappy rash
- Cold sores and mouth ulcers
- Coughs, colds, sore throats, blocked nose
- Threadworms
- Skin rashes, impetigo
- Eye Infections

If you have difficulty finding a pharmacy, you can use the NHS Choices website, www.nhs.uk or dial 111.

Sexual health advice & treatments

You can get help if you have concerns or:

- Need contraceptive advice and implants
- Need tests for sexually-transmitted diseases
- Have symptoms such as vaginal discharge

The local sexual health clinic is at The Wolverton Centre at Kingston Hospital. No appointment or referral necessary, either attend a walk in clinic or telephone the number below to make an appointment.

The Wolverton Centre for Sexual Health
Kingston Hospital NHS Trust
Galsworthy Road
Kingston
KT2 7QB

Tel: 020 8974 9331

Kh-tr.wolvertonappointments@nhs.net
www.sexualhealthkingston.co.uk

Useful Medications

Here is a list of useful medicines and dressings with a description of their uses. All are quite cheap and worth stocking at home in readiness for minor illnesses. Keep them in a box or cupboard with a lock – or store them well out of the reach of children. Remember that your local chemist can give you advice about medicines.

Paracetamol or Ibuprofen Tablets: For adults and children over 16 years. Good for headaches, colds, sore throats and painful bruises. Ibuprofen should be avoided if you have asthma or have been diagnosed with a stomach ulcer.

Paracetamol Mixture: For relief of pain or fever in young children.

Junior Nurofen: For relief of pain or fever in children can be used in conjunction with paracetamol if it is either ineffective or not effective enough. Please note Junior Nurofen can only be used every 6-8 hours up to 3 times a day.

Menthol Crystals: Add to hot water to make steam inhalations for treating catarrh and dry or painful coughs

Antiseptic Solution: One teaspoon diluted in warm water for cleaning cuts and grazes.

Calamine Lotion: For dabbing (not rubbing) on insect bites and stings and sunburn.

Dressing Strips: For minor cuts

3" Wide Crepe Bandage: To keep dressings in place. To support sprained or bruised joints

Gauze Swabs: For cleaning cuts and grazes

Ear Thermometer: To measure body temperature

Tweezers: For removing splinters