

Pelaw Medical Practice

Patient Self Help Services

There are a number of services that provide NHS health care that are available without needing to see a doctor first.

They are useful if you know what your problem is and what help you want.

Tyneside Integrated Musculoskeletal Service (TIMS)

NHS Physiotherapy and other musculoskeletal services are available for back, neck, joint and general muscle problems.

This service is for people aged 16 and over:

Further information can be found at www.tims.nhs.uk

The website includes lots of information and links to other helpful organisations. There is a leaflet available from reception.

Self-referral is best done via the website. You will need your NHS Number. If you do not have access to the internet you can telephone 0191 445 2643

Changing lives

Changing lives is a national, registered charity which provides specialist support services for vulnerable people and their families.

Through their pioneering and innovative work they support people to make positive, lasting changes in their lives. They can work with people experiencing homelessness, addiction and a range of other problems by reaching out to local communities.

They offer specialist support services for women and families and provide employment opportunities for our clients, all supported by our successful social enterprises.

Further information can be found at:

www.changing-lives.org.uk/contact-us/ you can self-refer by calling 0191 273 8891

Urgent care team (UCT)

The urgent care team are a nurse led team, providing urgent care to patients in their own homes as well as in nursing and residential care homes. The UCT are available 24 hours a day, every day including bank holidays. They provide help for the elderly and other people unable to attend a GP surgery, Walk in Centre or Casualty with problems such as COPD, chest infections, falls, stomach pains, diabetes and low blood sugar, urine infections, diarrhoea and vomiting, minor injuries and coughs/colds/sore throat.

The team provides treatment and when necessary arrange services to support patients at home, in order to reduce unnecessary visits and admissions to hospital.

The nurse can be contacted directly by calling 07908 414 673

Gateshead Carers Association

Gateshead Carers Association aim to relieve some of the pressure carers experience by providing a range of personalised support. They can offer advice, drop in's, forums, activities, funding, a carers voice, benefits advice and information for carers living and working in Gateshead.

Further information is at www.gatesheadcarers.com or you can talk in confidence by calling 0191 4900121. For young carers – Crossroads 01207 549780, youngcarers@carerstrusttw.org.uk

Community Link Worker (Brenda Johnston)

Brenda can give advice and support with a variety of social, housing, community, voluntary and health issues. She can work with people of all ages to *make* our community a happier, healthier and more welcoming place to live.

Brenda can be contacted on 0749 554 1673



Think Pharmacy First

Many minor conditions can be treated by your local pharmacist if they display the Think Pharmacy First Logo. If you do not normally pay for your medicines, then you do not need to pay with Think Pharmacy First – you can get them free

and over the counter from your local pharmacist without the need to see your GP.

More information is available at

<https://www.newcastlegatesheadccg.nhs.uk/think-pharmacy-first/>

Emotional Wellbeing Team

The Emotional Wellbeing Team is part of the Child and Adolescent Mental Health Service (CAMHS) provides emotional support for children and their carers.

The aim of the team is to work with children and young people aged 4-18 and their families in Gateshead to develop and encourage emotional health and wellbeing.

They work with any child or young person who has experienced low mood, anxiety and depression, eating distress, self-harm, bereavement and loss, relationship difficulties or bullying.

Children, young people and parents/carers can self-refer by calling 0191 2834560. A leaflet is available to download at www.gasthealth.nhs.uk/stft-leaflets/leafletpotfolder/6245.pdf

Kooth – online counselling and wellbeing support for young people.

Kooth is an online service for young people aged 11-18 years old. Kooth isn't just counselling – there are forums, self-help tools, messaging, articles, online games, blogs and more.

Young people can sign themselves – no referral needed. Open 365 days a year: out of hours service 12-10pm weekdays and 6.00pm-10pm weekends.

Further information can be found at www.kooth.com

Gateshead Talking Therapies.

Gateshead Talking Therapies can offer help with stress, low mood, anxiety, depression and other emotional problems. They offer a variety of individual and group therapies depending on what you need.

Further information can be found at: www.gatesheadtalkingtherapies.nhs.uk or you can self-refer by calling 0191 2832541.

Evolve – Drug and Alcohol Service for all adults in Gateshead

If you or someone you know is concerned about drugs and/or alcohol, Evolve can support you to get the help needed. They provide alcohol awareness courses, support groups, brief interventions, separate women's service, referrals, advice, support, information and assessments. Regular drop-in sessions are held at:

47 Jackson Street, Gateshead, you can self-refer by calling 0191 594 7821.

Sexual Health Clinics

The sexual health clinic provides contraception, sexual health screening/testing, treatment and follow up. Some clinics are specifically for under 25's. There are various clinics across Gateshead.

Further information can be found at www.gatesheadsexualhealth.co.uk, you can self-refer by calling 0191 283 1577.

Termination of Pregnancy.

There are self-referral services at the Queen Elizabeth Hospital, Gateshead and the RVI, Newcastle for termination of pregnancy.

You can self-refer be calling:

Queen Elizabeth Hospital: Nurse Practitioner 0191 445 2146 or Women's Health Clinic 0191 445 2742. Monday-Friday 09.00am-16.30pm

Royal Victoria Infirmary: 0191 282 9300

Further information at http://www.newcastle-hospitals.org.uk/services/gynaecology_services_termination_of_pregnancy.aspx

X-RAY Telephone Number: 0191 4452491

.....

You can now order your repeat prescriptions and book appointments on line, please ask reception for your log in details.

Please note: Coils and implants (removal and insertion) This service is available via a referral from us to Pelaw Medical Practice or Wrekenton Health Centre

FACT – fighting all cancers, telephone 0191 4420833, www.fact-cancersupport.co.uk, email: info@fact-cancersupport.co.uk

Our Gateshead – www.ourgateshead.org – Gateshead Community Website