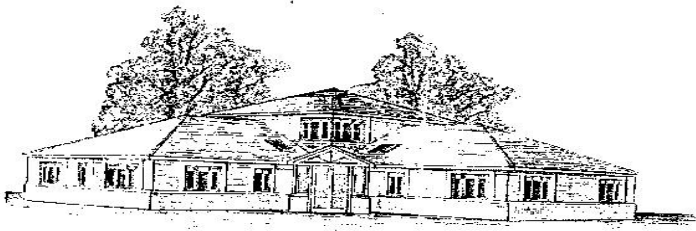


St James Surgery



St James Surgery
Gains Lane, Devizes SN10 1QU
Phone 01380 711 879 Fax 01380 736 581
E-mail: sjs.ooh@nhs.net
www.stjamesurgerydevizes.co.uk

POSSIBLE ALTERNATIVES TO BOOKING A GP APPOINTMENT

GP surgeries provides advice on a number of issues in relation to 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?

THERE IS NO NEED TO SEE YOUR GP FIRST

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

IF YOU ARE NOT SURE..

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

www.nhs.uk/symptomchecker

MINOR AILMENTS AND CONDITIONS

You can get rapid advise and treatment from your local pharmacy.

The pharmacist may be able to prescribe medicines for these conditions (normal charges and exemptions apply):

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

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

BOOTS

14-15 The Brittox, Devizes, SN10 1AJ
Tel: 01380 772 964 (Option 3)
Mon - Sat 08.30 - 17.30 Sunday 10.00—16.00
Lunch 13.30 - 14.30

MORRISONS

5-16 Estcourt Street, Devizes, SN10 1LA
Tel: 01380 720 615
Mon - Sat 09.00 - 19.00 Friday 09.00 - 20.00
Lunch 13.00 - 14.00

ROWLAND

1 Little Brittox, Devizes, SN10 1AR
Tel: 01380 723 804
Mon - Sat 09.30 - 17.30
Lunch 13.00 - 13.20

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

MENTAL WELLBEING CONCERNS - for over 18 year olds

You can refer yourself straight to the local specialist NHS anxiety and depression service if you are struggling with:

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

Telephone: AWP LIFT Psychology

01380 731 335 Devizes - Kennet & North Wilts

01793 836 836 Swindon

01722 820 267 Salisbury - South Wilts

Visit www.lift.awp.nhs.uk for other addresses and opening times.

They will also let your GP know.

MINOR INJURY UNITS - for Adults and Children aged 3+

Minor injury units (MIUs) are able to help if you suffer:

- Minor cuts and lacerations, including:
 - * Minor scalds and burns
 - * Broken bone (fracture)
 - * Cuts, grazes, wounds
 - * Foreign bodies e.g. splinters
- Minor head injuries from a low fall
- Muscle or joint injury, sprain, strain
- Skin complaint—inset/animal/human bite or sting
- Localised allergic reactions and infections
- Minor eye injuries and infections e.g. wounds

Emergency contraception is also available

Telephone your nearest MIU:

CHIPPENHAM HOSPITAL, Tel: 01249 456 403

Rowden Hill, Chippenham, SN15 8PH

Open from 07.00am until 01.00am - seven days a week

Visit the website: - [Chippenham Minor Injuries Unit](#)

TROWBRIDGE HOSPITAL, Tel: 01225 711300

Adcroft Street, Trowbridge, BA14 8PH

Open 24 hours per day

Visit the website: - [Trowbridge Minor Injuries Unit](#)

PODIATRY/FOOT CARE for Patients Aged 60+

You can refer yourself for podiatry and foot conditions, including:

- Painful foot problems or foot abnormalities
- Ingrowing toenails, verruca's
(but not corns, calluses or nail-cutting)

Telephone: 01249 456 635

or pick up a Podiatry Assessment Form from the receptionist at the surgery.

SEXUAL HEALTH ADVISE & 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

Ask at reception for a leaflet or go to the following site for further information visit:

There are numerous clinics where you can attend.

<http://www.nhs.uk/Sexual-health-information-and-support/>

ALCOHOL & DRUG ADVISORY

Telephone: TURNING POINT - Trowbridge: 01225 718 980

MUSCULAR / SKELETAL PROBLEMS

You can be referred by your GP for conditions including:

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

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

Chippenham Birthing Centre:

Appointments Line: 01249 456 467

Open Mon-Fri 09.30—12.30

Enquiries: 01249 456 434

Available 24 hours

COMMUNITY NURSING SUPPORT

If you are a housebound patient registered at this surgery and on the District Nurse caseload, you can get direct help with :

- Wound care
- End of life care
- Continence assessment
- Equipment assessment
- Care at home after hospital discharge

Telephone: 01380 732525

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