

Health matters - Can I help myself?

If you are not feeling well or are ill it is important you know what is available in Wandsworth.

GPs in Wandsworth

Whether you are feeling unwell or on top of the world, you should register with a local GP. Your local GP surgery can treat you for a wide range of illnesses, like infections, mental health concerns, vaccinations or sprains. If you live in Wandsworth and need to register with a GP call the find-a-doctor helpline on 0208 335 1330. www.wandsworth.nhs.uk/gettherighttreatment/Doctors

Dentists in Wandsworth

You do not need to be registered with a dentist in Wandsworth, and there are plenty of dentists offering NHS services. For help finding a dentist in Wandsworth close to you, call the find-a-dentist helpline on 0300 1000 897. www.wandsworth.nhs.uk/gettherighttreatment/Dentists

Try a local pharmacist

As well as providing you with medicines, either over the counter or via a prescription, your local pharmacist can also give you advice on things like healthy eating, sexual health and giving up smoking. You don't need an appointment and it is totally confidential. Some pharmacists have private consultation areas. www.wandsworth.nhs.uk/gettherighttreatment/Pharmacists

Out-of-hours care

If you are a Wandsworth resident call Harmoni, Wandsworth's NHS out-of-hours service, to talk to a qualified nurse, doctor or dentist on 0845 602 6292. You do not need to be registered with a GP to use this service.

Walk-in centres

Walk-in centres offer free, fast and convenient access to a range of NHS services. You can see an experienced nurse for advice, assessment and treatment for things like skin complaints, cuts and bruises, minor infections and simple fractures. If you're not sure whether your problem is best treated at a walk-in centre, call either your local centre or NHS Direct on 0845 46 47 for advice. www.wandsworth.nhs.uk/gettherighttreatment/wic

Health centres and clinics

These offer more specialist healthcare like physiotherapy, family planning, counselling and podiatry. Your GP will usually refer you to these services if you need them but many health centres offer drop-in clinics for some services, like sexual health.

www.wandsworth.nhs.uk/gettherighttreatment/healthcentres

Choosing your clinic or hospital

If you are referred to a specialist by your GP you can choose to go to any clinic or hospital in England that provides the treatment you need. As well as having more places to choose from, making an informed choice is now easier as you can access clear, accurate and independent information from a number of sources.

www.wandsworth.nhs.uk/gettherighttreatment/hospitals

Emergencies

An emergency is a critical or life threatening loss of consciousness, severe chest pain, heavy blood loss or serious accidents. In an emergency visit your local Accident & Emergency (A&E) department, or dial 999 or 112. If you have flu-like symptoms or are suffering from diarrhoea and vomiting, stay at home and call your GP, NHS Direct or Harmoni, Wandsworth's out-of-hours service.

www.wandsworth.nhs.uk/gettherighttreatment/emergency

Sexual health services in Wandsworth

There are two types of sexual health service - Reproductive and Sexual Health (formerly known as Family Planning) and Genito-Urinary Medicine (GUM). These clinics are open access and are for anyone, whatever age, with a sexual health issue. Clients do not have to be resident in Wandsworth to access services. There are some dedicated young people's clinics – called the POINT clinics – which offer services for young people only.

www.wandsworth.nhs.uk/Stayinghealthy/sex

The Courtyard Clinic

The Courtyard Clinic part of the St Georges hospital NHS Trust, is located in Tooting London and is an open access sexual health centre offering free, confidential and non-judgemental services. No GP referrals or appointments are necessary for most clinics as they are provided on a walk-in basis

Services include

- Advice, screening and treatment of sexually transmitted infections (STIs)
- HIV testing and counselling, including same-day HIV testing
- Emergency contraception & advice on contraception
- Sexual health advice and information
- Hepatitis screening and vaccination for those at risks
- Dedicated telephone results line
- Comprehensive HIV outpatient medical care
- Safer sex information and provision of free condoms
- Designated walk-in under 18's clinic

For more information check out <http://www.courtyardclinic.nhs.uk>

If you are living with HIV, you can also check out the following site:
<http://www.cycinfo.net/>

Other useful links

Health news www.wandsworth.nhs.uk/NEWS

Get the right treatment in the right place

www.wandsworth.nhs.uk/gettherighttreatment

NHS Direct www.nhsdirect.nhs.uk

NHS Choices www.nhs.uk