

Where should I go for treatment?

Choosing the right NHS service is important to make sure you get the right care in the fastest time possible, but sometimes it's difficult to know where to go.

NHS Direct This free, 24 hour telephone service will give you advice and direct you to the most appropriate medical service in the area. Please call 0845 4647 (charged at local rates) or visit www.nhsdirect.nhs.uk

Pharmacy Your local pharmacist can give you advice about a range of conditions. Please see inside this leaflet for more information

GP Surgery The Surgery will give you advice and treatment for a wide range of conditions including management of long-term illness and help with lifestyle

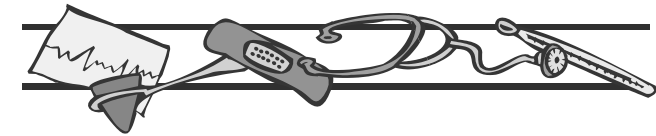
Minor Injuries Unit The Minor Injuries Unit can help with fractures, minor burns, sprains and minor cuts. You don't need an appointment and will be seen in priority order. Your nearest minor injuries unit is at Glastonbury

Accident and Emergency and 999 These services are for medical emergencies, serious breaks and burns and other life-threatening conditions.

If you have any ideas how we can improve this leaflet, please contact the surgery

CHEDDAR
MEDICAL
CENTRE

NHS and Other Free Services



This leaflet explains what other services are available free or through the NHS and how you can access them



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Services available at your local pharmacy under the Minor Ailments Scheme

There are several things your local pharmacist can help you with without you having to see your doctor. These include:

- Cystitis
- Impetigo
- Hay Fever
- Conjunctivitis
- Thrush
- Athletes Foot
- Ringworm
- Earache
- Headaches
- Fever
- Cough
- Sore Throat
- Morning After Pill (some chemists only)

If the pharmacist thinks you should see a doctor they will refer you on to us.

Services available free or on the NHS and how to access them

Care Direct (Social Services for the elderly) Please call 0845 345 9133 for more information

Cheddar Valley Cancer Support This patient-lead group meets on alternate Fridays at the Bath Arms in Cheddar and offers support to those affected by cancer. Visit www.cheddarvalleycancersupport.co.uk for more information

Citizens' Advice This service can help with a wide range of non-medical problems. Visit www.citizensadvice.org.uk for more information or call 01278 455236

Counselling You will need to see your doctor for a referral

Dementia Advice Contact the Alzheimer's Society on Somerset on 01935 473597 or call the Dementia Helpline on 0845 300 0336

Gov Website (formerly Direct Gov) This website provides information about a wide variety of government schemes, including carers' support, driving standards, housing and benefits, assistance with health costs, European health insurance card and much more. Access it at www.gov.uk

Hospital Transport If you cannot get to your hospital appointment there is transport available. This service is very limited,

however, and strict criteria apply. Please see reception for a leaflet or call 01278 727444

Integrated Care for Children (physiotherapy, occupational therapy, speech and language) Please see your doctor for a referral or call 0303 033 3002 for more information

NHS Direct This service can help with medical advice. Visit www.nhsdirect.nhs.uk or call 0845 4647

Patient Advice and Liaison Service This service is for any problems you might encounter accessing NHS services. Each hospital must have an assigned PALS officer

Physiotherapy You will need to see your doctor for a referral

ProActive Gym You will need to see your doctor for a referral

Podiatry This is a self refer service. Please ask at reception for a leaflet

Sexual Health Clinics held at Musgrove Park Hospital (call 01823 344888) and Weston General. Please ask at reception for an information leaflet

Somerset Direct Children and Young People's Service Information and advice for anyone involved with parenting or caring for children. Call 0845 345 9122 for more information

Turning Point (Alcohol and drug rehabilitation) This is a self-refer service based at Bridgwater. Please call 01278 456561 for more information