

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: 01865 903 077

Community nursing support

If you are a housebound patient on the Oxford City District Nurse caseload, you can get direct help with:

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

Call local the Community Nursing team on 01865 903 075.

Life-threatening conditions

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

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

And if you aren't sure...

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

King Edward Street Medical Practice

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.



King Edward Street Medical Practice
9 King Edward St
Oxford
OX1 4JA

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

Telephone: **01865 242657**

Email: **kingedwardst.reception@nhs.net**

Website: **www.kingedwardst.nhs.uk**

Minor ailments and conditions

You can get rapid advice and treatment from your local pharmacy. Under the Pharmacy First scheme, the pharmacist can also prescribe medicines for these conditions (normal charges and exemptions apply):

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

Minor injuries

 to adults and children aged 3+

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

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

Emergency contraception is also available.

Phone your nearest **MIU** between 10am-10:30pm, 7 days a week:

- Abingdon Community Hospital – 01865 903 476
- Witney Community Hospital – 01865 903 659

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
- Post traumatic stress disorder
- Phobias
- Agoraphobia
- Health anxiety
- Bulimia

Please contact **Talking Space** on 01865 325 777 or visit www.talkingspaceoxfordshire.org

Podiatry/foot care

 for patients aged 50+

Your GP will need to refer you for major podiatry and foot conditions but **Sole Mates** is a simple foot care service offered by Age UK Oxfordshire – it is not a medical service, it provides basic footcare such as toenail cutting. Volunteers and Nail Cutters spend time with you while they trim your toenails and finish with a relaxing, gentle foot rub. Sole Mates can visit you in your own home every 6 to 8 weeks, dependent on your needs. There is a fee of £15 per treatment

Please call 0333 577 1044 or email solemates@ageukoxfordshire.org.uk or visit www.ageukoxfordshire.org.uk

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

Oxfordshire Sexual Health Service runs a number of clinics throughout Oxfordshire, including at the Churchill Hospital and the Rectory Centre on Rectory Road in East Oxford.

- Churchill Hospital – 01865 231 231
- Rectory Centre – 01865 226969

For other numbers and clinic times visit www.sexualhealthoxfordshire.nhs.uk