

Other local health services:

Stop Smoking

The North Yorkshire NHS Stop Smoking Service offers support through one-to-one appointments, drop-in clinics and occasional group clinic courses. Stop smoking advisors can also give you information about medications on prescription to help you stop smoking and can assist you in getting a prescription. Telephone 0300 303 1603 to find out more and book your place.

Dental

Dental practices are normally open during the daytime and sometimes at weekends. If you have a problem outside these hours, you may need to be seen urgently.

If you're in pain, you can first try helping yourself by taking painkillers. If you feel the problem can't wait until normal practice hours, you can call NHS 111 for advice.

Sexual Health

Sexual health services offer confidential advice and information on contraception, sexually transmitted infections, pregnancy choices and planning a pregnancy.

We have a number of sexual health clinics across the area, many of which offer walk-in services which are available to everyone.

To find your nearest Sexual Health Clinic visit www.yorsexualhealth.org.uk



This leaflet can help you to find the best NHS health service for you - meaning you don't spend time waiting in A&E if you don't need to.

Choosing the right health service when you are unwell or injured allows busy NHS services to help the people who need them most.

For more information about local services:

www.hambletonrichmondshireandwhitbyccg.nhs.uk

 @HRW_CCG

 www.facebook.com/HRWCCG

If you would like this information in alternative formats or languages contact the CCG on 01609 767600 or email HRWCCG.HRWCCGenquiries@nhs.net

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Hambleton, Richmondshire and Whitby
Clinical Commissioning Group

Your Guide to Local Health Services

in Hambleton, Richmondshire and Whitby



www.hambletonrichmondshireandwhitbyccg.nhs.uk

Self-care



Hangover? Grazed knee? Sore throat?

Self-care is the best choice to treat very minor illnesses, ailments and injuries. A range of common illnesses and complaints, such as coughs, colds, sore throats, upset stomachs and aches and pains can be treated with a well-stocked medicine cabinet and plenty of rest.

Help stop the spread of infection: If you have sickness and diarrhoea don't go to your GP practice or hospital, instead drink plenty of fluids and call your GP practice if you are worried, especially if you have other health conditions.

For more information about self-care visit www.nhs.uk

Your Local Pharmacy



Need to talk to an expert?

Your local high street pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints, without having to wait for a GP appointment or go to your A&E.

Pharmacists can also dispense repeat prescriptions without the need to visit your GP - speak to your GP or pharmacist to arrange this.

To find your nearest local pharmacy visit www.nhs.uk

Your GP



Illness or injury that won't go away?

If you have an illness or injury that won't go away, make an appointment with your GP. They provide a range of services by appointment and when absolutely essential can make home visits.

If you need urgent medical care when your surgery is closed (and it can't wait until the morning) call your surgery number and you will receive information on how to access the care or advice you need.

To find your nearest GP service visit www.nhs.uk

NHS 111



Need medical advice quickly?

When you call NHS 111 you will speak to an adviser who will help you decide what medical help you need, tell you where you need to go to get medical help and transfer you to the service you need.

You should use the service if you urgently need medical help or advice but it's not life-threatening.

Calls to 111 are free, including from mobiles, 24 hours a day, 365 days a year.

Minor Injury Unit (MIU) and Walk-in Centre



If you have a minor injury, your GP or local Minor Injuries Unit can offer fast, convenient and expert care for minor illnesses and ailments including cuts, grazes, wounds, sprains and minor burns

Whitby and surrounding areas:
Minor Injuries Unit (no appointment necessary)
Whitby Hospital
Spring Hill
Whitby
YO21 1EE
(01947) 604851

Hambleton and Richmondshire:
Your local GP provides a minor injury service – please contact them for more details.

A&E and 999



Difficulty breathing? Heavy bleeding? Chest pains?

Accident and Emergency departments and the 999 ambulance service should only be used in a critical or life-threatening situation. Dialling 999 and stating an emergency situation will result in a response vehicle being sent to your location.

A&E departments are located in:

Friarage Hospital, Northallerton, North Yorkshire, DL6 1JG

James Cook University Hospital, Marton Road, Middlesbrough, Cleveland, TS4 3BW

Darlington Memorial Hospital, Hollyhurst Road, Darlington, County Durham, DL3 6HX