

## 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 01258 459127

## Community nursing support

If you are a housebound patient on the Blandford 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

Call 01258 450717 between 8.30am-5pm Monday-Friday.

Outside these hours you need to call 111.

## 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
- Choking
- Suspected stroke
- Fitting or concussion
- Drowning
- Severe burns or scalds
- Severe allergic reactions

[www.whitecliffpractice.co.uk](http://www.whitecliffpractice.co.uk)



Whitecliff Surgery, Whitecliff Mill Street  
Blandford Forum, Dorset, DT11 7BH

Dr Evans,  
Dr Ford, Dr Nixon,  
Dr Berry, Dr Slater,  
Dr Sword, Dr Nankervis  
& Mrs. C. Tilley



Child Okeford Surgery, Upper Street  
Child Okeford, Dorset, DT11 8EF

# WHITECLIFF GROUP 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.**

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

### And if you aren't sure...

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

**Blandford 01258 452501**

**Child Okeford 01258 860687**

**Email: [secretary@gp-J81019.nhs.uk](mailto:secretary@gp-J81019.nhs.uk)**

**Website: [www.whitecliffpractice.co.uk](http://www.whitecliffpractice.co.uk)**

## Minor ailments and conditions

You can get rapid advice and treatment from your local pharmacy. The pharmacist may be able to recommend over the counter medicines for these conditions:

- Athlete's foot
- Diarrhoea
- Skin rashes, impetigo
- Eye infections
- 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

**Just drop in to your local pharmacy and ask to see the pharmacist. If you have difficulty finding a pharmacy, you can use the NHS Choices website, [www.nhs.uk](http://www.nhs.uk), or dial 111.**

## Muscular/skeletal problems

You can refer yourself straight to the NHS physiotherapy service for conditions including:

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

**Call 01258 394013 or collect a self-referral form from the receptionist at the surgery.**

## Sexual health advice & treatments

You can get help if you have concerns:

- Need contraceptive advice and implants
- Need tests for sexually-transmitted diseases
- Have symptoms such as vaginal discharge

**There are clinics at Blandford Hospital on Tuesdays & Thursdays. Please telephone 01305 762682.**

## Minor Injuries (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
- Foreign bodies eg splinters
- Minor head injuries from a low fall
- Muscle or joint injury, sprain, strain
- Skin complaint - insect/animal/human bite or sting
- Localised allergic reactions and infections
- Minor eye injuries and infections e.g. wounds
- Emergency contraception is also available

**Your nearest MIU is at Blandford Hospital on 01258 394032**

## Fit for work

Fit for Work is free and helps employees stay in, or return to, work. Whether you work for yourself or an organisation, you can access expert and impartial advice delivered by a team of occupational health professionals. **You can contact [www.fitforwork.org](http://www.fitforwork.org) or telephone 0800 032 6235.**

## 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
- Obsessive compulsive disorder
- Post traumatic stress disorder
- Social anxiety/shyness
- Phobias
- Agoraphobia
- Health anxiety
- Bulimia

**Call 01305 367051 Mon-Fri 9am-5pm. They will also let your GP know.**

## Podiatry/foot care for patients aged 60+

Unless your condition is unlikely to affect your health or mobility, you may not be eligible for NHS treatment. Alternatively **Prama Care** provide a fee paying toenail cutting service and can be contacted on **01258 459772**.