



Leckhampton Surgery, 17 Moorend Park Road, GL53 0LA

www.leckhamptonsurgery.co.uk

Working Together for Your Health

Contact details for alternative medical services:

Medical Emergency

If you have a medical emergency Call **999** or attend Accident and Emergency

Urgent Medical Advice

For urgent medical advice you can phone **111** or visit their website at

<https://111.nhs.uk/>

Minor Ailments and Medication Queries

Your local local pharmacy may be able to help you self treat minor ailments or help with questions about your medications

<https://www.nhs.uk/nhs-services/prescriptions-and-pharmacies/pharmacies/how-your-pharmacy-can-help/>

Minor Injuries

For minor Injuries call the telephone triage line on 03004217777

<https://www.ghc.nhs.uk/our-teams-and-services/miuis/>

GP walk-in centre

There is a GP walk in service in place at Gloucester Health Access Centre but it's best to call first 01452 336 290

Urgent Eye Problems

You can arrange an NHS funded optician appointment for urgent eye problems using

<https://primaryeyecare.co.uk/>

Contact details for alternative mental health services:

Mental Health Emergency

If you are feeling suicidal or have a mental health emergency you can contact the Crisis team directly 24hours a day, 7 days a week on

0800 1690398 (option 3 for Cheltenham)

<https://www.ghc.nhs.uk/crisis/>

Samaritans

Can offer support via phonecall or text conversation 24 hours a day, 7 days a week
116 123

<https://www.samaritans.org/scotland/how-we-can-help/contact-samaritan/>

Let's talk

You can self-refer to let's talk for talking therapy such as CBT

0800 073 2200

<https://talk2gether.nhs.uk/>

Teens in Crisis (TIC+)

You can self refer to TIC+ who are funded to provide support to local young people

<https://www.ticplus.org.uk/>

Adult Community Services:**Adult Social Care**

If you are struggling with care issues you can self refer to the adult social care help desk

01452 426868

Out of Hours Emergency – 01452 614194

<https://www.gloucestershire.gov.uk/health-and-social-care/adults-and-older-people/adult-social-care-information-advice-and-support/>

District nursing

If you are already under the care of the district nursing team and need to contact them

Cheltenham 0300 421 6070

Urgent contact number out of hours 0300 421 0555

<https://www.ghc.nhs.uk/our-teams-and-services/ict/>

Physiotherapy

You can self refer to adult physio therapy

0300 422 3040

<https://www.ghc.nhs.uk/our-teams-and-services/adult-physiotherapy/musculoskeletal-physiotherapy-self-referral-form/>

Children's Community Services:**Children's physiotherapy**

You can self refer to children's physio

0300 421 6972

<https://www.ghc.nhs.uk/our-teams-and-services/childrens-physiotherapy/>

Health visiting team – for pre-school aged children

0300 421 6486

<https://www.ghc.nhs.uk/our-teams-and-services/health-visiting/>

School nursing team – for school aged children

0300 421 8514

<https://www.ghc.nhs.uk/our-teams-and-services/school-nursing/>

Gloucestershire Family Information Service

You may also find useful support services on offer through

01452 427362

<https://www.gloucestershire.gov.uk/health-and-social-care/children-young-people-and-families/family-information-service-fis/>

Other useful resources:

For advice on financial issues you can contact the **Citizens Advice**

<https://www.citizensadvice.org.uk/>

If you have not found what you are looking for in the lists above you could try the Gloucestershire website **Your Circle** which lists many other useful services

<https://www.yourcircle.org.uk/>