

IF I HAVE A PROBLEM AND I'M NOT SURE WHAT TO DO, WHO SHOULD I CONTACT?

999

Life Threatening Emergencies;

Difficulty Breathing,
Severe bleeding,
Chest pain. Etc.

A & E

Acute Accident or Emergency but you don't need an ambulance (24/7)
Morriston Hospital

Minor Injuries

Grazes, wounds, minor burns, eye/ear injury, head/face injury (without loss of consciousness), minor neck injury, animal/human bites.
Singleton Hospital

111

When it's urgent but not life threatening, for **advice** (24/7). Or outside surgery hours.

Mental Health

Free Health & Social Care Wellbeing services in the community.
Contact SCVS on 01792 544000

Self Care

Stock up your medicine cabinet

Grazes, sore throat, cough, etc

Common Ailments Service

FREE NHS Treatment at your local pharmacy for common ailments. Coughs, colds, headache, diarrhoea, hay fever and more

Physio Direct Musculoskeletal Problems

Self-referral ring - 01792 487453

M-F 9:00-12:00
Morriston Hospital

GP Surgery

Chronic medical problems.
Acute medical problems when self care, pharmacist or other options are not suitable.

Dentist

Dental Problems
Toothache, oral problems, abscess. Contact your own dentist or if you don't have one **NHS Direct on 08454647**

Community Nursing

Call **Central Hub** for your District Nurse, Social Care or Occupational Therapy.
01792 636007

Health Visitors

Fforestfach
01792 586087
Midwives
Fforestfach
07766 466891

Optician

Eye / Sight problems, routine and acute care. **Rapid Access** for free assessment within 24 hours for acute problems.

Wound Care

All wound care and dressings are dealt with in the **Community Wound Care Clinic**
01792 530783

Penderi Network Services

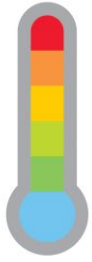
Network Pharmacist – Medication Reviews / Queries
Early Years Worker – Child and Family Support Services
Carers Clinics – Hosted at Local Practices. Call: 01792 653344
Citizens Advice – Hosted at Local Practices Call: 01792 474882
Asylum Seeker Support – Contact Zinab Battar @ EYST 01792 466980

Quit Smoking

Call Help Me Quit FREE
0800 085 2219

Group sessions held at **Fforestfach Medical Centre**

WHO SHOULD I SEE?



**Dewis
doeth
Choose
well**

**If you become unwell or injured
choose the right NHS Service**



GP Practices across Wales have over 19 million consultations each year; it is no surprise that patients sometimes find it difficult to get an appointment.

Practices often struggle to deal with patient demand for appointments and at present have no more capacity to resolve the issue.

GP Practices across Wales face the challenge of providing the highest level of primary healthcare with finite resources.

This leaflet outlines ways in which together we can achieve this goal.

DOES THIS MEAN I SHOULDN'T RING MY GP?

Absolutely not

GP's want to use their skills and expertise on patients that need to see them the most.

Many GP's have now introduced a telephone triage system whereby GPs will speak to patients on the telephone before assessing the need for the patient to be seen in an appointment. The system means that they can deal with more patients per day.

Your GP may suggest seeing another healthcare professional more suited to your needs.

Online Health Information

Choose Well – <http://www.choosewellwales.org.uk/home>
Public Health Wales - <http://www.publichealthwales.wales.nhs.uk/>
- <http://nww.immunisation.wales.nhs.uk/home>
ABMU Swansea - <http://www.abm.wales.nhs.uk/>
NHS Direct - <https://www.nhs.uk/pages/home.aspx>
Health City Directory - <http://www.healthcitydirectory.co.uk/>