

## The Ridgeway Surgery



### There are now lots of other options for certain conditions or symptoms which you can book in directly for without having to see a doctor first.

➤ **Do you have a muscular problem?** Such as back pain or any other joint pain?

Book in directly with our Musculoskeletal Practitioner (clinics on Monday evening) she will assess or treat you, or make a referral if necessary

➤ **Do you have an acute condition?** Such as a chest infection, cough or cold, raised temperature, earache, diarrhoea, constipation, piles, cystitis, tonsillitis, urinary tract infection, thrush, scalds or burns

Book in directly with Carolyn our Advanced Nurse Practitioner – she can prescribe and make referrals if necessary

➤ **Do you want to see a counsellor?**

Book in directly with Dudley Talking Therapies on 0800 953 0404 or go to [www.dwmh.nhs.uk](http://www.dwmh.nhs.uk)

Or if aged 11-18 years online counselling is offered by KOOOTH [www.kooth.com](http://www.kooth.com)

➤ **Do you have a minor eye condition?** Such as red eye, eye irritation & inflammation, dry/gritty/uncomfortable eye, eye discharge, recent & sudden loss of vision, foreign body in the eye or ingrowing eyelashes, flashes or floaters, or watery eye?

Book in with a local opticians as they now offer this service, such as R T Knights in Sedgley on 01902 883260, or for a list of others plus phone numbers go to <http://eyecarewm.co.uk/dudley/>

➤ **Do you have a minor ailment?** Such as Cough † Fever (High Temperature) † Conjunctivitis † Earache, Pain and Headache † Athletes Foot † Bites, Stings and Allergies † Cold and Flu † Cold Sores † Constipation † Cystitis † Diarrhoea † Dry Skin (Simple Eczema) † Dermatitis/Allergic Rash † Earwax † Hayfever † Heartburn and Indigestion † Haemorrhoids † Infant Decongestant † Mouth Ulcers and Teething † Nappy Rash † Oral Thrush † Scabies † Sore Throat † Sprains and Strains † Sunburn † Threadworm † Vaginal Thrush † Warts and Verrucae

Lloyds Pharmacy next door are part of a new service offering advice for these conditions – details of other pharmacies can be found on our website at [www.ridgewaysurgery.co.uk](http://www.ridgewaysurgery.co.uk) in the Patient Information section

## FURTHER INFORMATION

- Do you need information on quitting **smoking**, help cutting down on **alcohol**, **weight management** or **sexual health**?

Go to <https://lets-get.com/> or call the Let's Get Health Dudley Team on 01384 732402 or 0800 061 4962

- Do you need information on **local health** and **social care services**?

Go to <http://healthwatchdudley.co.uk/>

- Do you need information on **services in the Dudley Borough**? Such as local activities, clubs, support, money matters, care and support, housing, learning, employment and volunteering?

Go to <http://www.dudleyci.co.uk/kb5/dudley/asch/home.page> for a wealth of information and guidance