

# CARE NAVIGATION/SIGNPOSTING GUIDELINES FOR PATIENTS

**PHARMACIST:** Clinical Pharmacists = am Wed/Thurs/Fri = See Reception  
**Telephone Appts** Clinical Pharmacists = pm Mon/Tues/Thurs/Fri = See Reception

**NEW PREGNANCY** Online: 'My Pregnancy Notes' Self Referral.

**FORWARD LEEDS:** Carolyn Smith = See Reception  
Addiction/Alcohol/Cannabis/Drug Use (Other)

**PHYSIO:**  
**See Reception**

**First Contact /EA Physio Appts:** Any Joint or muscular problem/pain, as long as:  
-not associated with a recent significant trauma (e.g. fall)  
-not systemically unwell (e.g. not feverish, not vomiting)  
-not associated with a hot, swollen joint  
-not back pain associated with urine/bowel incontinence or inability to pass urine or stools

**PODIATRIST**

**Self Referral:** *Let reception know you want to Self Refer and we will send you a link. (re: Accurx)*  
Foot Problem i.e. Ingrowing toenails with inflammation/infection, Heel pain. Hammertoes/Bunions, Painful corns/large area of callus.  
***Any other foot issues seek help from your GP. i.e. Diabetes.***

## HELP WITH WEIGHT

-Slimming World  
-Weight Watchers

*(NO LONGER ONEYOULEEDS)*

## DWP Benefits Advisors:

Tues PM in Surgery, make an appointment with a receptionist.

DWP Patient Coaches are: Kathryn and Vicki.

Help & Advice on Benefits, Support with returning to work, Looking for a job

## EXTENDED ACCESS See Reception

**Mainly Saturday Appointments:**

*We have = DRs, Pharmacy,  
HealthCare Assistant (Blood tests), Nurses.*

## LINKING LEEDS:

See Reception=Remote Booking

**Help & Advice:** Employment/Addiction Issues (Gambling)/Mental Health/Domestic Abuse/Volunteering/Housing & Money Worries/Wellbeing & Emotional Support/Healthy Lifestyle/Making new friends/Loneliness/Social Groups & Activities

## DOMESTIC VIOLENCE

Toni Scott (DASSP) Domestic Abuse Specialist Social Prescribers at Oakwood Lane Practise on Friday or book through remote booking slots.  
Or 'Drop In' clinic

## MENTAL HEALTH

**Healthy Minds:** Ext Access: 2-3 Tel Sessions = Stress/Low Mood/Anxiety

**Leeds Mental Well-being Service:** (Self Referral) Ask receptionist to send you a link.

**Child Mental Health:** Mind mate, Young Minds, Kooth, all online