**DIRECT ACCESS SERVICES**

Did you know that you can access specialist services without needing to speak to your GP? This can be much faster than be referred and can free up doctor’s time for other patients.

It may be worth checking the NHS website first for help or perhaps discuss with your local chemist.

Here are the sorts of conditions that you don’t need a GP appointment for, and the specialist teams which you can contact for help:

Children

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| Weight managementThe 0-19 Weight, Health and Attitude Management (WHAM) service support children and young people together with their families to achieve and maintain a healthier weight.The WHAM Service offers a friendly, safe and non-judgmental environment. It is provided by experienced health professionals, who offer a tailored approach to weight management.  This includes; healthy growth checks, one to one support and healthy lifestyle group programmes in collaboration with the Rotherham United Community Sports Trust. The WHAM service is embedded into the community with healthcare at the heart of what they do. WHAM have strong links with other professionals such as GP's, paediatricians, dietitians, orthotics, CAMHS and the 0-19 service school nurses and health visitors. | For more information about the service or the programmes that WHAM offer, please email us on:  rgh-tr.whamrotherham@nhs.net or call us on: 01709 423214. Or how about looking us up on Facebook: WHAM Rotherham. We use this page to provide service updates and other useful information.   |
| Breast feeding supportWe will give you all the support you need from getting started with breastfeeding to weaning. This includes:* While you’re still pregnant we’ll talk about feeding and bonding with your baby
* Holding and feeding your baby when they are born
* Learning how to respond to your baby’s needs
* Recognising feeding cues and knowing when your baby is getting enough milk
* Learning how to breastfeed and express milk
* Bottle feeding, making formula feeds and sterilising
* Weaning your baby on to solid foods
 | please ring the 0-19 helpline on 01709 423333. |
| Behavioural | School, MIND, early help, parenting etc |
| TeenagersOur staff can provide advice on all of the following: * Stopping smoking and issues related to alcohol and drugs
* Healthy eating, healthy lifestyles and exercise
* Relationships
* Sexual health and contraception
* Bullying, abuse and exploitation
* Worries about mental health
 | If you are a young person, or someone who is concerned about a young person, you can call our helpline number which is 01709 423333 and you will be put through to someone who can give you advice. If appropriate, we can arrange to see the young person – or put them in contact with a more specialist service that can address their needs. |

Older Adults

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| Mobility aids, faulty equipment etc | **Rotherham Community Equipment and Wheelchair Services**Rotherham Equipment and Wheelchair Service (REWS) is a joint integrated NHS and Rotherham Metropolitan Borough Council (RMBC). This service provides equipment to meet a health or social care need for people living in Rotherham following an assessment by a suitably qualified professional. The service, delivers, installs, maintains, collects and recycles equipment.Rotherham Equipment and Wheelchair Service is provided by Medequip assistive Technology in partnership with Ross Care and Blatchford. You can find out more about these providers here:[www.medequip-uk.com](http://www.medequip-uk.com/)[www.rosscare.co.uk/about/](http://www.rosscare.co.uk/about/)[www.blatchford.co.uk](http://www.blatchford.co.uk/)  You can contact the service on:**Telephone: 01709 916889Email: customercare@rews.org.uk**The service is open from 8.30am to 4.30pm Monday to Friday, excluding Bank Holidays. If you have an equipment breakdown that puts your health at risk outside of these hours, please call and you will re-directed to the out-of-hours emergency service.The service cannot provide equipment without an assessment. If you or someone you know needs help or support please enquire to**Single Point of Access Team**on **01709 822330**or apply online here: [Care Assessment Enquiry](https://www.rotherham.gov.uk/forms/form/375/en/make_a_care_assessment_enquiry) |
| Need help with continence, including pads etcThe Continence Advisory Service provides clinical advice, support and treatment to people in Rotherham who experience problems with bladder and bowel dysfunction.The service is responsible for supplying disposable absorbent products to eligible patients. We also provide general product advice and prescribe all continence related equipment such as urinary catheters and drainage bags.Patients can contact the service for advice regarding bladder and problems or to have their product needs reviewed. | 01709 423240  |
| Want a NOMAD setting up | Speak to your local pharmacist. |
| Being a carer | Carers resilience 01709 360272 |

General

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| Pregnant | See website and book new patient for CMW |
| Verrucas, ingrowing toenails* Intensive treatment for acute foot conditions.
* Palliative foot care for anyone at risk or with a podiatric need.
* Vascular and neurological assessment, and wound management.
* Nail surgery using a local anaesthetic.
* Biomechanical assessment which may lead to the prescription and manufacture of orthotics for children and adults.
* Alternative therapies, including marigold, acupuncture
* Steroid injections.
* Health promotion.
* [Podiatric surgery](https://www.therotherhamft.nhs.uk/podiatric_surgery/)
 | podiatry**Podiatry Department**Telephone: 01709 423200   |
| Back pain , neck pain, shoulder pain, elbow / wrist or hand pain, knee, hip or ankle pain, sprain or strain.Face-to-Face appointments. You can book a Physio appointment on the Rotherham Health App or ask your GP Practice reception team for from information.   | You may be offered a 20 minute appointment, where your condition can be assessed.  When Physio First first launched 70% of all patients that used it, didn’t have to be referred on to another service. |
| Ear problems | The ear care centre – website not available when I tried. |
| Eye problems - Loss of vision, Sudden onset of blurred vision (unless a sight test is appropriate), Eye pain or discomfort, Sore, painful, itchy eyes, watery eyes, dry eyes, in growing eyelash, inflammation of the eye lids, | The Minor Eye Care service is free for all patients who are registered with a Rotherham GP and over the age of 5 years old\*\* link to participating opticians\*\* |
| Smoking cessation | https://www.gethealthyrotherham.co.uk/ |
| Sexual HealthEmergency contraception, STI checks and management (including home testing kits), contraception. See website. <https://www.therotherhamft.nhs.uk/sexualhealth/>  | Telephone: 01709 427777 |
| Weight loss | https://www.gethealthyrotherham.co.uk/ |
| Age 40-70 health checks | https://www.gethealthyrotherham.co.uk/ |

Mental Health

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| Low mood, depressed, anxious, worrying | IAPT <https://iapt.rdash.nhs.uk/> 01709 447755 |
| Problems with bullying at work | IAPT https://iapt.rdash.nhs.uk/ 01709 447755 |
| Feeling suicidal or thinking about DSH | Crisis teamA&E |
| Help for teenagersThe role of the Getting Advice Team is to triage requests for advice/support that come into Rotherham CAMHS (Child and Adolescent Mental Health Service) where there are concerns that a child / young person may be experiencing the following mental health difficulties:How Can We Help You?AnxietyDepression/ Low moodPsychosisObsessive- Compulsive DisorderEating DisordersSelf-harm / Suicidal thoughtsIntellectual Disabilities (with mental health presentation). | Telephone call (Parental consent needed if under 14). Our admin team will ask you for some information about you and your current difficulties. Then a member of the Getting Advice Team will call you back.E-Clinic – You can book an appointment to chat to us online by downloading the app. We are unable to accept requests for assessments of Autism Spectrum Disorder (ASD) and/or Attention Deficit Hyperactivity Disorder (ADHD) from children/young people. If you would like an assessment then ask your teacher at school /college or your GP to help. Your parent/carer can also help you with this. |
| Eating disordersThe Community Eating Disorder Service (CEDS) offers support to children and young people up to the age of 19 who are experiencing moderate to severe eating disorders. Support is also offered to their families. | For anyone wanting more information about the service or to discuss any concerns about a young person please call 01302 566980. |

Useful websites

**RotherHive** provides a range of verified practical mental health and wellbeing information, support and advice for adults in Rotherham

<https://rotherhive.co.uk/> – alcohol, bereavement, carers, dementia, depression / anxiety / stress, gambling, domestic abuse, drugs, homeless, mental health, perinatal, self harm / neglect, suicide prevention. Deaf support services.

<https://www.rotherhamgismo.org.uk/about/>

Welcome to Rotherham Gismo, the online directory of not-for-profit groups providing help and support to people living and working in the area. The site features around 600 groups offering a wide range of support services to individuals in the community. Each group has its own page to explain their aims and highlight the various services and activities they provide.

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

Information, resources and advice from NHS Rotherham CCG to help you look after your health. (include info about COVID vaccines).

<https://www.camhs-resources.co.uk/websites> This is a collection of websites that provide information and support to young people and families. If you click on the image it will open the website in a new window. Most of the sites are free though some have paid components to them to access added resources and support.

<https://camhs.rdash.nhs.uk/>

<http://www.healthforteens.co.uk/>