



DERBY ROAD PRACTICE

Derby Road & Pinewood Surgeries

Did you know there are lots of other local services that you can go to directly for help, without the need to speak to your GP first?

Minor Ailments and Conditions

Your local pharmacist can give you lots of friendly help and advice on the best way to treat problems and any over the counter medications for different types of minor illnesses including:

- Colds
- Coughs
- Sore Throat
- Minor burns
- Diarrhoea
- Sprains
- Bumps/Bruises

Local Pharmacy Contact Details

- Sainsburys Warren Heath 01473 727546
- Sainsburys Hadleigh Road 01473 287732
- Boots Tavern Street 01473 256525
- Delta Pharmacy 01473 400073
- Kew Pharmacy 01473 685859
- Co-op Pharmacy 01473 683695
- Tesco Pharmacy Copdock 01473 560105

Keeping a supply of basic medicines at home means you can treat minor illness & injury more easily.

Mental Health Concerns for over 16 year olds

Not coping well with stress, depression or anxiety, then you can contact the Wellbeing service.

They offer a range of support that could help you feel better including services such as:

- One-to-one support
- Self-help advice
- Relationship counselling for couples, individuals and families
- Courses to help you achieve a better sense of wellbeing, and to manage issues such as stress, worry, insomnia and IBS
- Peer support and access to social groups in your area

wellbeing
Helping you live your life

Call them on 0300 123 1781 or sign up yourself online at www.readytochange.org.uk



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Bereavement Support



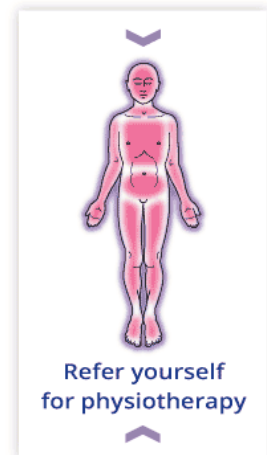
Cruse Bereavement offers support, advice and information to children, young people and adults when someone dies and works to enhance societies care of bereaved people. Cruse offers face-to-face, telephone, email and website support.

Call them on 0808 808 1677 or visit their website for more information <http://www.cruse.org.uk/>

Musculoskeletal problems

Suffering with back pain, neck pain or joint problems?

Call for a physiotherapy appointment: AHP Suffolk, who is based at either Riverside Clinic or Ipswich Hospital. Please call them on 03330 433966 (if number is busy please leave a message and they will call you back) or you can email centraladmin@nhs.net. Or self-refer online on <http://www.ahpsuffolk.co.uk/referral/>



Behaviour Problems with your Child



Parents can get free training to help you and your kids with their behaviour. The parent hub is a place for Suffolk parents or carers to find parenting advice and support to help their child's development. Please visit <https://www.suffolk.gov.uk/children-families-and-learning/the-parent-hub/> for more details.

Help with alcohol and drug problems

Contact Turning Point on 01473 220 224
Sanderson House
17-19 Museum Street
Ipswich
IP1 1HE



Sexual Health Services



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Orwell Clinic
Lindbergh Road
Ipswich
IP3 9FA

Services they offer:

- Chlamydia testing
- Condoms
- Contraception
- Emergency contraception
- HIV care
- HIV testing
- Psychosexual therapy
- STI testing
- Support and advice

For more information visit <http://www.icash.nhs.uk/>

Dental Pain

Any dental problems Doctors are unable to deal with so call on Freephone number 0800 389 6819 for an emergency NHS dental appointment.

- For online medical information check out the NHS Choices website www.nhs.uk
- For medical advice & help when the surgery is closed call 111
- In a life-threatening emergency call 999