

Care & Treatment from your GP Practice

It is advisable to register with a GP practice as soon as possible as your GP is the first port of call for the majority of your health needs and if you need access to other NHS services or need to be referred for specialist treatment, it's your GP who will arrange this.

You can visit your GP Practice:

- ◆ For advice on your healthcare needs and relevant treatment
- ◆ Referrals to other NHS services
- ◆ Specialised services e.g. travel consultations, contraception and sexual health
- ◆ Support for mental health and onward referral to NHS mental health services
- ◆ Antenatal care & childhood immunisations

Dr Vaghela and Dr Gill is a Medical Centre based on Loughborough University campus. We provide NHS services for students who live on campus and within Loughborough town, or for members of staff who live on campus. You can visit www.lborounimedicalcentre.co.uk for more information on our services and how to register.

Other services

Dental Care

If you require any dental care/treatment, you will need to see a dentist and **not** your GP. Loughborough University has a dental practice on campus near the Student's Union Building. Telephone: 01509 261602 or visit their website for more information.

Sexual Health Services

The Medical Centre provides specialised clinics for contraception and sexual health. Alternatively, you can also visit Loughborough Health Centre, Pinfold Gate, LE11 5DQ, for access to sexual health services. Or visit their website www.leicestersexualhealth.nhs.uk.

Stop Smoking Service

Visit www.smokefree.nhs.uk for free, confidential advice on how to quit smoking.

Mental Health Services

The Medical Centre has a mental health nurse to help support the doctors in providing patients with advice and support to promote mental health wellbeing. Loughborough University also has a dedicated mental health support team and counselling service. More information can be found on their website www.lboro.ac.uk/services/cds/

A Guide to Local NHS Services



Dr Vaghela and Dr Gill

Loughborough University,
Ashby Road,
Loughborough,
Leicestershire,
LE11 3TU

Medical Advice when your GP Practice is closed

Medical care and/or advice is available 24hrs, 7 days a week.

Patients are encouraged to attend their GP practice during the practice opening hours.

However if you feel you have an urgent condition that cannot wait until your Practice re-opens, you can access the appropriate following services.

NHS.UK

Visit www.nhs.uk for comprehensive information on health conditions including their causes, symptoms and treatments.

The website also provides advice on self care, healthy living and how to access NHS services you including help finding a GP, Pharmacy, Dentist, etc.

NHS 111

NHS 111 is a telephone service which provides medical advice from trained staff and direction to appropriate local services or a clinician if required.

Visit 111.nhs.uk or call 111 if you are unsure what service you require or if you require urgent medical advice that you do not feel can wait until your GP Practice re-opens.

Pharmacy

In many cases, you may not need to attend the Medical Centre for your problem.

Many conditions can be assessed and/or treated by a trained Pharmacist.

Pharmacists are experts in medicines who can help you with minor health concerns including::

- ◆ coughs/colds
- ◆ diarrhoea,
- ◆ vomiting,
- ◆ headaches,
- ◆ hay fever,
- ◆ thrush,
- ◆ morning after pills,
- ◆ and many other minor ailments.

Many pharmacies are open until late and at weekends. You don't need an appointment—you can just walk in. Most pharmacies have a private consultation room where you can discuss issues with pharmacy staff without being overheard.

Loughborough University has a pharmacy based on campus: Medicine Box. Visit their website for information on opening times. You can also find other pharmacies in Loughborough by going to www.nhs.uk.

You can also visit the Medical Centre website for self help resources which have been produced by the Medical Centre alongside the Medicine Box and the University.

Urgent Care Centres

Urgent Care Centre's are an NHS walk-in service which provide care for patients whose condition is urgent enough that they **cannot** wait to see a GP (usually with 48 hours) but **who do not need** emergency treatment at the emergency department i.e. A&E.

Loughborough Urgent Care Centre is open 24hrs a day, 7 days a week.

Address: Hospital Way, Loughborough, LE11 5JY
Telephone: 01509 568800

A&E / 999

Accident & Emergency departments deal with genuine life threatening emergencies such as:

- ◆ breathing difficulties,
- ◆ severe bleeding that cannot be stopped,
- ◆ severe allergic reactions,
- ◆ major trauma from a traffic accident, etc.

A&E is NOT an alternative to a GP appointment.

Loughborough's nearest A&E department is based at Leicester Royal Infirmary.

If your condition is life threatening but you are unable to attend your nearest A&E, call 999. The 999 service should only be used in emergencies & after considering other options.