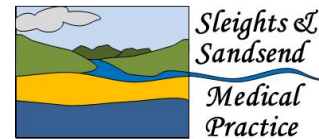


The Practice is able to carry out some minor injury procedures. If you arrive at the surgery with a minor injury the Practice will carry out an initial triage to decide whether we have the capacity to deal with the injury or whether you need to be referred to the Minor Injuries Unit at Whitby Hospital or Accident and emergency at Scarborough Hospital.



**Main Surgery**  
Churchfield Surgery,  
Iburndale Lane,  
Sleights,  
Whitby,  
North Yorkshire,  
YO22 5DP  
Tel: (01947) 810 466

**Branch Surgery**  
Sandsend Surgery.  
East Row,  
Sandsend,  
Whitby,  
North Yorkshire,  
YO22 3SU  
Tel: (01947) 894 948

## Services available at the surgery



[www.sleightsandsandsendmedicalpractice.nhs.uk](http://www.sleightsandsandsendmedicalpractice.nhs.uk)

### **Practice Services**

At the Practice we offer treatment, support and advice on a range of health issues both from staff at the Practice and specialists who attend the Practice to deliver their services.

### **Specialist Clinics**

#### **Chiropody**

this is run by Whitby Hospital and appointments are booked and organised by them usually following a referral by a doctor. The clinic usually takes place fortnightly on a Tuesday

#### **Physiotherapy**

We are currently trialing a physiotherapy clinic at Sleights surgery on Saturday Mornings. To book into this clinic please call the surgery.

#### **Counselling**

A GP referral is required to access this service

#### **Mental health support**

#### **Addictive behaviours counselling**

A GP referral is required to access this service

#### **Health Visitor**

Babies and toddler checks usually take place on Thursday afternoons/Immunisations

#### **Practice Clinics**

##### **Well Person Clinic**

All patients have the right to request a general health check. It is recommended for newly registered patients, those aged 75 or over who have not had a routine check in the past year and adult patients under 75 who have not had a check in the past three years.

#### **Travel - Advice and immunisation**

We can offer advice on the necessary immunisations and carry out the vaccinations. Please enquire at least eight weeks before travel so that the necessary course of vaccination can be completed. There is usually a cost associated with travel vaccinations please refer to our private fees leaflet or ask at reception for the latest charges.

#### **Chronic Heart Disease**

Once diagnosed with chronic heart disease the Practice offers regular appointment and checks to ensure your condition is controlled and manageable. This may include tests, height and weight monitoring and diet and exercise advice.

#### **Sexual Health and Contraception**

The practice can provide advice and support for all areas of sexual health from sexually transmitted diseases to contraception advice and support. Contraceptive services are free and confidential, including to people under 16 as long as they are mature enough to understand the information and decisions involved. The practice can advise on and fit both IUD's and implants.

#### **Maternity services**

Referrals are made to the midwife

#### **Phlebotomy - Blood testing**

Blood tests may be carried out to: help determine medical conditions or problems and support diagnosis  
Regular blood testing may be required to ensure treatment is effective and appropriate

#### **Minor Surgery**

Some minor conditions may be treatable at the surgery rather than having to be referred to a

hospital. These include drainage of abscesses, removal of cysts, joint injections, and treatment of conditions such as trigger finger and tennis elbow. Other treatments may be available your doctor will be able to advise. You will be required to complete a consent form following a through consultation.

#### **Smoking cessation clinic**

The Practice supports patients who wish to stop smoking we will try to tailor treatment to your lifestyle habits. With medication and the support of these services, you're four times more likely to give up successfully.

#### **Diabetes clinic**

The importance of diet, medication and lifestyle is reinforced through our diabetic reviews and regular tests enable the patient to manage their condition.

#### **Asthma/ COPD**

While there is no cure for asthma, there are a number of treatments that can help effectively control the condition. Treatment is based on two important goals: relieving symptoms and preventing future symptoms and attacks from developing  
Treatment and prevention involves a combination of medicines, lifestyle advice, and identifying and then avoiding potential asthma triggers.

#### **Other Clinics**

Occasionally we hold other clinics such as  
Hypertension  
Family planning  
Leg ulcer care  
Wound management  
Teenage vaccinations  
Long term illness  
But if we are not holding a clinic please book directly with the nurse for these treatments.

#### **Minor Injuries**