



Your guide to local health services

in Bedfordshire, Luton and Milton Keynes



**Your
health
matters**

**Help us
help you**

With all the different ways to access health services, it can be confusing to know the best place to go.

Our guide can help you make the right choice.

SELF-CARE

You can treat most minor illnesses and injuries at home.

Keep your medicine cabinet well-stocked with essentials like pain killers, antihistamines, cold and flu remedies and anti-diarrhoea and indigestion medicine. If you have children, make sure you've got the right medicines according to their age.

THE NHS APP

If you have a smart phone or tablet, the NHS app is a secure way to access a range of NHS services.

To use the app, you must be registered with a GP surgery in England and aged 13 or over. There are many things you can do on the app including:

- Use the NHS symptom checker
- Order your repeat prescriptions
- Get health advice
- See your test results and access other information on your health record
- See your NHS COVID vaccination status.

More information is available at www.nhs.uk/nhs-app

NHS ONLINE – www.nhs.uk

The NHS website www.nhs.uk provides lots of information to help you manage your health and wellbeing. This includes:

- | | |
|--------------------------------------|--|
| Health A to Z | A guide to health conditions, symptoms and treatments, including what to do and when to get help. |
| Medicines A to Z | Find out how your medicine works, how and when to take it, possible side effects and answers to your common questions. |
| NHS services | Find your nearest NHS services, including pharmacies, GPs, dentists and A&E and how to use their services. |
| Live Well | Advice and tools to help you make the best choices about your health and wellbeing. |
| Social care and support guide | Advice and support if you or someone you know needs help with day-to-day living because of illness or disability. |
| Pregnancy | Information about trying for a baby, pregnancy, labour and birth. |
| Coronavirus (COVID-19) | Information about symptoms, testing and vaccination. |

PHARMACY

If you're suffering from a cold, cuts and grazes or minor illnesses, your pharmacist will be able to give you remedies, so you don't have to see a GP or nurse.

Your local pharmacist is trained to help you with the safe use of prescription, repeat prescription and over-the-counter medicines. Pharmacies are often open until late and at weekends, and many have a quiet area where you can talk to a pharmacist in private.

LOCAL GP SERVICES



If you've been unwell for more than 48 hours and need medical help, you can book an appointment with a healthcare professional at your GP practice.

When you contact the GP practice, you will be asked a number of questions to help direct you to the healthcare professional best suited for your health care needs.

GP practices provide many ways you can access their services including online consultations, telephone, video and face-to-face appointments.

If you have the NHS app you can use this to access some of the services available from your GP practice.

If you need a routine appointment in the evening or weekend, your practice may be able to book an appointment for you using Extended Access Services (these are appointments outside of normal surgery hours).

SELF-REFERRAL



There are some services in Bedfordshire, Luton and Milton Keynes where you can 'self-refer' by contacting the provider directly.

JOINT, MUSCLE AND BONE PROBLEMS

If you have joint, muscle or bone problems, such as back, hips, knees, ankles and hands, you can self-refer to the local musculoskeletal (MSK) service. They can diagnose and treat your condition with physiotherapy or may refer you to another specialist medical team.

Your GP can make a referral, or if you live in Bedfordshire or Milton Keynes you can self-refer by visiting:

Bedfordshire: www.circlehealth.co.uk/integratedcare/msk/phio/

Milton Keynes: www.connecthealth.co.uk/services/milton-keynes/ or call **01908 229432**

COMMUNITY URGENT EYECARE SERVICES (CUES)



The service provides urgent assessment and treatment for sudden onset eye problems. The following symptoms can be treated:

- Red or painful eyes or eyelids
- Recently occurring flashes and floaters
- Recent and sudden loss of vision
- Foreign body in the eye.

This service is not an eye test and is not for people with long standing or major eye conditions that are being regularly monitored by an optometrist or hospital eye service. If you're experiencing contact lens issues, you should discuss these with your optician.

The service is open **7 days a week between 8am and 8pm.**

If you need to contact CUES, call **0800 316 9200**

For more information please visit:

blmkhealthandcarepartnership.org/your-health-and-care/community-urgent-eyecare-services-cues

WELLBEING SERVICE



If you are aged over 18 and are not your usual self, because you feel worried, anxious or depressed about certain issues in your life, you can contact your GP or local wellbeing service. Our local wellbeing services provide a range of free and confidential talking therapies and specialist support to help you to feel better.

Bedfordshire: www.bedfordshirewellbeing.service.nhs.uk or call **01234 880400**

Luton: www.totalwellbeingluton.org or call **0300 555 4152**

Milton Keynes: www.mktalkingtherapies.nhs.uk or call **01908 725099**

Self-help materials including tips, guides, tools and activities are also available online: www.nhs.uk/mental-health/self-help/

NHS111

111

NHS 111 can help you with an urgent medical problem.

You can contact the NHS111 service online at www.111.nhs.uk or you can call **111, 24 hours a day, 7 days a week.**

Your symptoms will be assessed and you will be provided with healthcare advice. This may include:

- Self-care
- Visiting a pharmacy
- Contacting your GP practice
- Contacting an urgent treatment or walk-in centre
- Going to A&E.

If needed, NHS111 can also send an ambulance, or where available can also book appointments for some services.

PREGNANCY AND MATERNITY SERVICES

Our local hospitals and community midwives provide a range of services to support you through your pregnancy and birth.

You can refer yourself directly to maternity services through the hospital website using an online form. Alternatively, you can contact a midwife through your GP practice. It is important that you contact the service as soon as you find out you're pregnant to make sure you get all the information and support you need to have a healthy pregnancy. Your first appointment with a midwife should happen before you're 10 weeks pregnant.

If you need to contact the maternity services in an emergency, please call:
Bedford Hospital triage line: **01234 795805**

Luton and Dunstable Hospital triage line: **01582 502285**

Milton Keynes University Hospital Labour ward: **01908 996471**

LOCAL URGENT CARE SERVICES

If you are very unwell and have an illness or an injury that requires urgent attention, but it's **not an emergency** (an emergency is when it is life-threatening), NHS111 can make you an appointment at a local urgent treatment centre (UTC) or you can use a walk-in centre (WiC).

Bedford UTC

Bedford Hospital
(Cauldwell Centre)
Kempston Road
MK42 9DJ

Service available:

11am to 11pm
365 days a year
(Appointments available via NHS111 if clinically appropriate)

Putnoe walk-in centre

93 Queens Drive
Putnoe
Bedford MK41 9JE

Monday to Friday
8am to 2pm
Weekends and bank holidays
8am to 5pm

Luton UTC

Town Centre GP Surgery
14-16 Chapel Street
Luton
Bedfordshire LU1 2SE

Every day (including weekends and bank holidays)
8am to 8pm
Doors close at 6pm daily, after 6pm access is via NHS111 appointment only

Milton Keynes UCC

Milton Keynes Hospital
Standing Way
Eaglestone
Milton Keynes MK6 5NG

Open 24 hours a day
(Appointments available via NHS111 if clinically appropriate)

SERVICES FOR CHILDREN AND YOUNG PEOPLE (0-19 YEARS)

You can access a range of services for children and young people which provide assessment, diagnosis and medical support. These include services for Speech and Language, Occupational Health, Neurodiversity such as autistic spectrum disorders, Audiology (Hearing), Dietetics and Nutrition. All staff also work closely with health visitors and school nurses.

bedfordshirelutonandmiltonkeynes.icb.nhs.uk/services-we-commission/start-well

MENTAL HEALTH CRISIS



If you are currently experiencing a mental health crisis or supporting someone in crisis and need urgent help, 24-hour support is available every day for adults, children or young people.

BLMK Mind Crisis Café (Adults 18+): Call **01525 722225**
(5pm to 11pm, 365 days a year)

Bedfordshire and Luton: call **111** and select **option 2**

Milton Keynes: call **111** or **0800 023 4650** for out of hours crisis support.

CHILDREN'S AND YOUNG PEOPLE'S MENTAL HEALTH

It's okay to not feel okay. The NHS is here to help children and young people who are struggling with their mental health.

To find out about help available including urgent 24/7 helplines, wellbeing tips, online resources, counselling, support groups and other mental health services, visit:

The NHS website: www.nhs.uk/mental-health/nhs-voluntary-charity-services/nhs-services/children-young-people-mental-health-services-cypmhs-children-information

Bedfordshire and Luton Child and Adolescent Mental Health Service (CAMHS): camhs.elft.nhs.uk

Milton Keynes CAMHS: www.cnwl.nhs.uk/services/mental-health-services/child-and-adolescent-mental-health-services/milton-keynes-camhs

Remember, you are not alone. You can talk to a parent, teacher, or a GP about your mental health.

For parents and carers who are worried about a child or need advice or support coping with anything affecting your child's mental health or wellbeing, visit: www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs-parents-carers-information

HELP WITH THE COST OF LIVING CRISIS

Councils and community groups are providing Warm Spaces where people can go to spend time without worrying about the cost of heating their own home. These are places such as voluntary and community group venues, libraries, church halls, sports centres and community centres where residents can spend time chatting with others over a hot drink, or taking advantage of free Wi-Fi, TV, books, magazines and games.

Bedford Borough Council has launched an online directory which lists participating venues in its Warm Spaces Network.

www.bedford.gov.uk/benefits-and-support/warm-spaces

They also offer information for families on additional help with the cost of living.

www.bedford.gov.uk/benefits-and-support/grants-and-funding/help-cost-living

Central Bedfordshire Council has a list of Warm Spaces in the borough.

www.centralbedfordshire.gov.uk/warm-spaces

They also have a calculator to help you work out whether you are entitled to any extra help based on your income and other circumstances: www.centralbedfordshire.gov.uk/cost-of-living

Luton Council has a range of resources on budgeting and household finance. m.luton.gov.uk/Page/Show/Benefits/support/Pages/Luton-supporting-you.aspx

Milton Keynes City Council has provided funding to parishes to set up or expand existing Warm Spaces for their local residents. These are promoted via parish councils.

www.parishcouncils.uk/location/milton-keynes

WANT TO SET UP A WARM SPACE YOURSELF?

With funding from Martin Lewis, the money saving expert, there is a guide *Setting up a warm space in your community* that will be helpful to anyone looking to establish such a space this winter.

www.cilip.org.uk/page/warmspaces2022

ADVICE FOR PARENTS

Signs relating to:

As a parent you have great instincts, please do use them.



If you feel that your child is unwell, or you are unable to care for them, seek medical help. This could be your local pharmacist, NHS111, GP, an urgent treatment centre (UTC) or A&E.

Appearance	Breathing/Chest	Hydration	Temperature	
<ul style="list-style-type: none"> • Normal skin, lips and tongue colour • Responding normally/still smiling • Stays awake or wakes up easily • Normal cry or strong cry • Mild pain e.g. earache, tummy ache 	<ul style="list-style-type: none"> • Breathing normally with no wheeze • Mild cough or runny nose without affecting breathing 	<ul style="list-style-type: none"> • Baby feeding/child drinking as normal or slightly reduced • Sick, but drinking and keeping most fluids down • Diarrhoea for less than 2 days • Passing urine, normal colour or slightly darker than usual 	<ul style="list-style-type: none"> • Mild temperature raised up to 38°C (101°F) but controlled if paracetamol is given. Seek advice if temperature continues for 3-5 days 	<p>GREEN - CARE AT HOME</p> <ul style="list-style-type: none"> • Your local pharmacist or NHS111 can give advice • Check www.nhs.uk • Consider paracetamol • Encourage rest and drinks, even if only in small amounts
<ul style="list-style-type: none"> • Child becoming worse/parents more concerned • Less activity/more sleepy than usual • Change in normal behaviour/ not acting in usual manner • Irritable/no smile • Pain e.g. persistent severe earache, severe tummy ache - seek advice • Mild/moderate allergic reaction - seek advice 	<ul style="list-style-type: none"> • Noisy breathing/ wheezy/fast breathing/ nasal 'flaring' 	<ul style="list-style-type: none"> • Drinking less than half of usual amounts/vomiting most feeds • Fewer wet nappies than usual/less urine or darker concentrated urine • For babies under 1 year - sick more than 3 times in 24 hours, diarrhoea 6 times in 24 hours • For children 1 and over - diarrhoea for longer than 2 days 	<ul style="list-style-type: none"> • Over 3 months - temperature over 39°C (102°F) • Persistent temperature for more than 3-5 days or not controlled by paracetamol - seek advice 	<p>AMBER - GP/NHS111</p> <ul style="list-style-type: none"> • Phone your GP for advice and decision - this may be by telephone/video or face to face • Call GP/NHS111 if concerned • If worried, always seek advice
<ul style="list-style-type: none"> • Collapse/unresponsive • Hard to wake/floppy or listless • Mottled blue or ashen skin • Fitting (seizure) without a temperature • Severe allergic reaction/ anaphylaxis • Rash that does NOT disappear under pressure (glass test) • Neck stiffness • High pitched, weak or continuous cry • Bile stained sick (green) • Bulging fontanelle (soft spot) 	<ul style="list-style-type: none"> • Severe difficulty in breathing • Grunting/very fast breathing/ sucking in and out between ribs • Breathless - unable to talk in sentences 	<ul style="list-style-type: none"> • Sunken fontanelle (soft spot) • Very little urine/dry nappies 	<ul style="list-style-type: none"> • 0-3 months - temperature over 38°C (101°F) • Over 3 months - temperature over 39°C (102°F) and/or cold hands or feet • Any child with a temperature below 36°C (97°F) • Any child with a high temperature and fitting (seizure) 	<p>RED - URGENT HELP REQUIRED</p> <ul style="list-style-type: none"> • Take your child to your nearest A&E department • CALL 999 FOR BREATHING DIFFICULTIES OR A NON-BLANCHING RASH (rash that does not fade and lose colour under pressure - glass test)/COLLAPSE

EMERGENCY SERVICES – AMBULANCE AND A&E



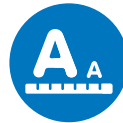
Emergency services should only be used for life-threatening illnesses or accidents which require immediate, intensive treatment.

In an emergency you should ring the ambulance service (**via 999**) or go to the hospital's Accident and Emergency (A&E) department.

If it's not life-threatening or an emergency, please use the other options available to you.

Vaccines are the most effective way to prevent infectious diseases. Having a vaccination is the most important thing you can do to protect yourself and your family against ill health.

Do you need this document in a different format?



Bedfordshire, Luton and Milton Keynes
Integrated Care Board (ICB)

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Reference: 327/BLMK/HUHY/02.23

