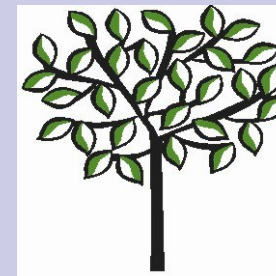


Phone Advice Lines

Childline 0800 1111
Eating Disorders 0845 634 7650
Marie Stopes 0845 300 8090
Samaritans 08457 909 090



If you would like to find out more about the services we offer or how to access medical advice talk to one of our team in confidence



Park Road and Old Dean Surgeries

Young Person's Guide

Patient Information Leaflet

Park Road Surgery
143 Park Road, Camberley GU15 2NN
Phone: 01276 670056
Website: www.parkroadsurgery.co.uk

Old Dean Surgery
Berkshire Road Clinic, Camberley, GU15 1DP
Phone: 01276 670056
Website: www.parkroadsurgery.co.uk

Meet the team!

The Doctors

Dr Andy Brooks
Dr Susan Denton
Dr Bayo Lawal
Dr Mark Pugsley
Dr Sam Ward
Dr Shekhar Lohia
Dr Jackie Anderson
Dr Julia Katok
Dr Ravneet Mangat
Dr David Riley



The Practice Management Team

Practice Manager Miss Netty O'conor
Deputy Manager Mrs Tracy Freeman
Assistant Manager Mrs Sharon Aslett

Nurse team

Suzie Cimelli
Linda Gilbert
Sacha Kendall-Woods
Claire Rattenbury
Leonora Stephen
Tracy Stretton
Jo Marshall—HCA
Kim Sawley-Smith—HCA
Vicky Smith—HCA

Here to listen, not to tell

We provide a confidential service to all our patients, including under 16s. This means that you can tell others about your visit, but we won't. The only reason why we might have to consider passing on confidential information without your permission would be to protect you or someone else from very serious harm. We would always try to discuss this with you first.



If you are being treated elsewhere – for example at a hospital– it is best if you allow the doctor or nurse there to inform the practice of any treatment you are receiving. If you have any worries about confidentiality, please feel free to ask a member of the surgery staff.

Stop Smoking

NHS Smoking Helpline 0800 022 4 332 Or go to
<http://www.quit.org.uk/youth-services#quitbecause-contact>



Counselling

A FREE and CONFIDENTIAL service for young people 12-24 in West Surrey and North East Hampshire
Tel: **0845 600 2516** (24 hour answer phone)

E-mail: youthcounselling@gwpct.nhs.uk

What do you mean by 'counselling'?

Counselling means giving you the time & space to talk in a non-threatening supportive & understanding environment about issues that concern you.

What sort of 'issues' do you mean?

Relationships, families, drugs, pregnancy, sexuality, stress, bullying, feeling low, depression or anything else that worries you.

Drugs & Alcohol Advice

Catalyst: Surrey Alcohol & Drugs Advisory Service

01483 590150

14 Jenner Road, Guildford

16 year olds and over: counselling, assessment & advice on drugs, alcohol or related medical health issues you or someone you know.

9am-8pm Mon+Thu

9am-5pm Tue, Wed, Fri



SURREY YOUNG PEOPLES SERVICE

01737 773482

SYPS, Gove Hill House, 1 – 5 The Pavement, Brighton Road, Redhill

Free Confidential Service – anyone up to 18 years seeking information, advice and counselling support for problems caused by drug & alcohol use.

9am-5pm Monday to Friday

Pharmacists

Give advice on common complaints, such as coughs, colds, flu, sore throats, aches and pains. They can also answer any questions about medicines and other issues, such as healthy eating and giving up smoking. Your pharmacist can advise you when your symptoms are more serious and may suggest you visit your GP. You can talk to your pharmacist in confidence – even about the most personal symptoms – and you don't need to make an appointment



Other useful contacts:

Sex and Relationships

Sexwise – Helpline 0800 28 29 30

This is a free and confidential advice line on sex and your relationships and contraception.

Youth Advisory Clinics

Sexcare Aldershot, Aldershot Institute, Station Road, (above Pram Shop), Aldershot. Tel: 01252 318888

Mon 5.00-6.15pm and Wed 5.00pm-6.15pm

Sat 12.00-2.00pm, no need to make an appointment

Woking Youth Advisory Clinic, Woking Community Hospital, Heathside Road, Woking. Tel: 01483 714160

Advice and supply of all contraceptive methods for men and women, free condoms, advice on STI's, cervical smear tests and unplanned pregnancies.

Mon - Fri 9am - 5pm. Plus Mon 4.30-6.30 pm (drop in), Wed 5-7pm, Sat 11am-1.30pm (drop in)

GUM Clinics

Genito-urinary medicine (GUM) clinics offer free and confidential advice, counselling and treatment of all sexually transmitted infections and other genital conditions. Emergency contraception also available. You can book yourself an appointment and don't need to see a doctor first. Your Local

GUM Clinic: Frimley Park

Hospital GUM clinic, Portsmouth Road, Frimley. Tel: 01276 604105

Online Services - NOW YOU CAN BOOK YOUR APPOINTMENTS ONLINE

Patient Access is the convenient way to book appointments and order repeat prescriptions. Once registered for this service you can:

Book / Cancel appointments with a doctor 24/7

View, order and track repeat prescriptions

Ask at reception for details

Opening Times

Mon—Friday

Park Road site—8am—8pm

Mon—Friday

Old Dean Site—8am—6.30pm

Home Visits

These are available if you're too ill or housebound to come to the surgery. Just ring up and make your request before 10:30am.

Out of Hours

A doctor is always available (24 hours, every day) for urgent medical advice or consultation. When the surgery is closed, patients should call the NHS 111 service by dialing **111**. All calls are free from landlines and mobile phones.

What is NHS 111?

It is the number you should call when you need advice or medical treatment quickly, and you cannot wait for an appointment to see your doctor.



NHS111 cont....

A simple, free to call, easy to remember, 3 digit number that is available 24 hours a day, 365 days a year

If you need medical help fast but its not life-threatening situation, you can now call the new NHS 111 number.

When should you use it?

- When its not a life threatening situation and, therefore, is less urgent than a 999 call.
- When you cannot see your own GP, for instance when we are closed or you are away from home.
- When you feel you cannot wait or are simply unsure which service you require.
- When you require reassurance about what to do next



Services the surgery can offer in confidence:

Contraception

We offer a full range of contraceptive and sexual health advice, including emergency contraception. Just make an appointment with a doctor. If you've had unprotected sex or the condom broke, emergency contraception (usually in pill form) can be taken up to 3 days afterwards. It's more effective the sooner it's taken. However, an IUCD can usually be fitted up to 5 days afterwards, which can still prevent pregnancy. Emergency contraception is available free from a doctor, from NHS Walk-in centres, from most sexual health clinics or you can buy it at most chemists if you're over 16.

Health and Lifestyle advice

Our trained nurses can offer advice on all aspects of lifestyle during 1 to 1 appointments where you can discuss:

- ◆ Dietary advice
- ◆ Drug and alcohol advice
- ◆ Smoking cessation advice including 'quit smoking' clinics
- ◆ Travel advice and vaccination clinics