



INFORMATION SHEET 9

COMMUNITY SUPPORT

Community Health Services are provided by the National Health Service (NHS) to meet basic health care needs. They are provided in the community and are aimed at keeping people healthy and treating routine injuries and illnesses.

General Practitioners (GPs)

Your family doctor (GP) is usually your first point of contact with the NHS. Speaking to your GP is a good starting point if you, or the person you care for, have any health-related problems. Your GP can give you general medical advice and treatment, and can provide medication. Doctors can also refer to other community based professionals such as Speech Therapists, Physiotherapists and Chiropodists; they can also refer people to hospital based services.

Community Dental Service

Provides dentistry for children, adults and older people with physical and/or learning disabilities, older people who are housebound, and children with other special needs which prevent them from attending a family dentist. They can be contacted on 0161 426 5680.

Dental Helpline

This gives information on how to access a dentist and which dentists are currently accepting NHS patients. Telephone 0161 426 5899.

Diabetes Nurse

Gives support and advice on all aspects of living with diabetes. You can contact your GP, District Nurse or Health Visitor, or telephone 0161 426 5899 for further information.

District Nurses

Provide nursing care at home following assessment of need. They can arrange to

supply aids and equipment to help with nursing care, including continence aids. Contact your GP, Health Centre or Clinic for a referral. The Evening Nursing Service operates every evening between 7.00pm—11.00pm and can be accessed only through your GP or District Nurse.

Hospital Aftercare Service (Age Concern)

Provides support to people aged over 60 years visiting the Accident & Emergency Department or being discharged from hospital. Telephone on 0161 419 5238.

Health Visitors

Provide general help and support in maintaining health and preventing ill health. They organise groups on general health issues such as ‘Stop Smoking’, ‘Look After Yourself’ etc. Contact your GP, Health Centre or Clinic for more details.

Hospice & Palliative Care Services

This provides specialist care for people with cancer or progressive, advanced, life-threatening disease, and their families, where needs can be met only by specialist services. Referral is through your GP or hospital doctor.

St Ann’s Hospice

Provides day care and in-patient care for pain and symptom control, short breaks, and during the final stages of an illness. Contact on 0161 437 8136 for more details.

INFORM Scheme - GMAS NHS Trust

This is an information notification service for medical emergencies. Following registration, this service enables rapid response by ambulance in an emergency for disabled people or those with a long-term illness. Contact Signpost on 0161 456 2808 for an application form.

NHS Direct

This is a 24 hour confidential medical helpline operated by nurse advisors. The telephone number is 08 45 46 47.

Occupational Therapists

Provide rehabilitation for adults aged 16+ with a physical disability. This involves helping people to be as independent as possible in all aspects of daily life such as getting dressed or kitchen activities. Telephone 0161 426 5700 for more details.

Patient Advice Liaison Service (PALS)

Provide confidential information and advice on all local health services, waiting lists, patients rights, common conditions, healthy lifestyles and voluntary support groups both locally and nationally. They have a collection point for NHS hearing aid batteries. They can also help people find a GP, dentist or optician or help you change to another one. Telephone 0161 426 5888 for more details.

Podiatry (Chiropody/Footcare)

Offers footcare, advice and information, available at local clinics. The service is for children under 16, and people who are 60+ or who have any disability or infected foot condition. Telephone 0161 612 4225 for more details.

Psychology Department

Based at Stepping Hill Hospital and helps people to deal with mental health problems such as depression, phobias, anxiety, sexual and relationship problems. Telephone 0161 419 5793 for further details.

Speech & Language Therapy Service

For children and adults who have difficulty with understanding, speaking, reading, writing or swallowing. You can refer yourself for communication problems, but for swallowing disorders a medical referral is required. Telephone 0161 419 4312 for children, and 0161 419 5897 for adults.

STAR (Stockport Team for Adult Rehabilitation)

Offers a community based rehabilitation service to Stockport based adults aged 16-64 years with a physical disability. Provides short-term intensive therapy to promote independence, function and integration back into the community. Contact them on 0161 419 4557 for more details.