

Clinics at Narberth Surgery - Please ask at Reception for Additional Information

Pharmacist Clinic:

Sarah Bevan will review Patients current medication to ensure the correct usage, dosage and medication is being prescribed for the condition being treated.

Occupational Therapist Review:

Assisting Patients living in their home, accessing service and equipment to prevent accidents and hospital admissions. (CRT Referral)

Outreach Nurse for the Elderly:

Kenna Crawford will support patients in the area, in their own home and in care homes in an effort to reduce the numbers of avoidable hospital admissions, especially at the end of life stage, and to reduce the numbers of non - urgent GP calls out. (CRT Referral)

Heart Failure Clinic:

Alison Turner will provide a clinic closer to home for those Patients with Heart Failure (Monday)

Group Respiratory Clinic:

Dave Edwards will provide advice to all respiratory patients and educate regarding asthma/COPD and inhaler techniques. (Monday)

Community Resource Team:

Practice Meeting to better co-ordinate the health and social care for some of our most complex patients. (Direct Referral)

Advanced Care Planning

The Paul Sartori Foundation can provide assistance with Advance Care Planning (Direct Referral)

Community Connectors

Jo-Brookman Lloyd can support people to take positive steps to improve health & well being, social interaction and help them enjoy life within their communities. (Direct/CRT Referral)

Twilight Sanctuary Support (MIND)

Talk through your troubles Fri – Sun 6pm – 2am

Call 07956 835 339 / 01437 769 982

Partners for the Journey

Partners for the Journey Physical and Mental health can be affected by underlying worries and anxieties as well as by loneliness and a lack of support. Mind Pembrokeshire & Pembrokeshire Citizens Advice are

working together to be able to provide the support and the practical advice that people need to resolve issues and to improve well-being.

MIND - Contact Karina: 07813 797615 / support@mindpembrokeshire.org.uk Citizens Advice - Contact Joy: 01437 763080 / communityadvice@pembscab.org

Youth Project

A service for Children & Adolescents presenting with mild/moderate mental health problems, behaviour issues, anxiety, low self-esteem, anger management, self-harm, emotional resilience. (Task referral to Rebecca Thomas).

Area 43

Here for You is a free online counselling service for young people (aged 13 – 18) registered at GP Practices in South Pembrokeshire Register online: area43hereforyou.co.uk

Integrated Care Network

Identify Patients with long-term conditions who attend the GP practice or engage with multiple organisations frequently to proactively develop a care plan to mitigate unwarranted access demand across the system, or those who fail to engage with the Practice entirely too proactively develop a care plan to mitigate acute/emergency access demand across the system (CRT Referral)

PAVS – IT Connect

Tablet Loan Scheme – Free two-month loan offer for patients registered in Pembrokeshire.

communityconnectors@pavs.org.uk 01437 769422 / 07595 192932

Optometry

Optometrist Independent Prescribers enable them to manage acute eye problems within the primary care optometric setting. This practitioner will act as a prescribing hub for the cluster, therefore decreasing the numbers of referrals from primary care optometrists to GPs and secondary care therefore freeing up capacity in these settings.

Cluster First Contact Practitioner – Musculoskeletal Specialist

Di Kendall will see patients attending the surgery with joint/muscle pain.

Inclusion Criteria

- All soft tissue injuries, sprains, strains or sports injuries
- Arthritis – any joint
- Possible problems with muscles, ligaments, tendons or bone. E.g. tennis elbow, carpal tunnel syndrome, ankle sprains
- Spinal pain including lower back pain, mid back pain, neck pain

Exclusion Criteria

- Acutely unwell
- Children under 16
- Medical management of rheumatoid conditions
- Women's health, antenatal and postnatal problems
- House-bound patients
- Medication reviews

- Spinal related pain in arms or legs, including nerve symptoms e.g. pins and needles or numbness
- Changes to walking
- Post-orthopaedic surgery

- Neurological and respiratory conditions
- Headaches
- Acute mental health crisis
- Patients who do not want to see a Musculoskeletal Specialist

Pharmacy Minor Ailments Clinic

Local Pharmacies will see patients who are suffering from a common health problem, which do not require being seen by a nurse or doctor. Minor Ailments Clinic ensures patients get the treatment they need in the shortest possible time, reducing the pressure on GPs.



Your local pharmacist can offer advice and provide some over the counter and prescription medicines free of charge, without the need to see your GP, for the following treatments:

- acne
- athlete's foot
- back pain (acute)
- chicken pox
- cold sores
- colic
- conjunctivitis (bacterial eye infection)
- constipation
- dermatitis
- diarrhoea
- dry eyes
- haemorrhoids (piles)
- hay fever
- head lice
- indigestion
- ingrowing toenails
- intertrigo (rash in skin folds)
- mouth ulcers
- nappy rash
- oral thrush
- ringworm
- scabies
- sore throat
- teething
- threadworms
- vaginal thrush
- verruca

Every change you make will help us help you.

GIG CYMRU NHS WALES

Tenby Cottage Hospital – Nurse led Walk-In Centre

Tel: 01834 845400 (for Nurse Led Walk In Centre call 01834 840044)

Services and clinics : Audiology / Day Unit / Dental / Outpatients / Physiotherapy / Podiatry / X-Ray and plaster room

Nurse Led Walk in Centre: Opening hours: Monday to Friday (including Bank Holidays), 10am – 5pm Tel: 01834 840044

Conditions able to be managed at the Nurse Led Walk in Centre include: Earache and throat infections / Skin complaints, including rashes and sunburn / Muscular-skeletal injuries and pain / Soft tissue injuries / Hay fever, insect bites and stings / Minor injuries, cuts, wounds, minor burns / Minor eye complaints and irritations requiring washouts and irrigation / Removal of foreign bodies