

Physical Health Pathways for rough sleepers and hostel residents in Westminster (Updated December 2018)

This document aims to provide staff and service users with information on the specialist physical health services (e.g. specialist GP surgeries, continence service) available for clients in Westminster, and make effective referrals. If you need to locate a **local service** (GP/ dental surgery/ optician/pharmacy) please visit <http://www.nhs.uk/service-search>. For further information. This document can be downloaded from: http://westminsterhcp.org/physical_health_services.htm

There is a wide range of resources in Westminster, with a number of different providers including specialist homelessness health services and other generic health services that can still be accessed by hostel residents or longer-term rough sleepers in Westminster. Because of this diversity, the pathways between services and the ability for services to signpost to more appropriate services, is not always straightforward. This document aims to improve workers knowledge of the landscape of services to better to help them to navigate the options for clients.

Service	Details	Contact referral details
A&E department s and Urgent Care Centres	<p>A&E departments deals with life-threatening emergencies, such as:</p> <ul style="list-style-type: none"> ☒ loss of consciousness, ☒ acute confused fits that are not stopping, ☒ persistent and severe chest pain, ☒ breathing difficulties, ☒ severe bleeding that can't be stopped, ☒ severe allergic reactions and ☒ Severe burns and scalds. <p>☒ Less severe injuries can be treated in urgent care centres (UCC) or minor injuries units (MIU). UCCs or MIU can treat: sprains and strains</p> <ul style="list-style-type: none"> ☒ broken bones ☒ wound infections ☒ minor burns and scalds ☒ minor head injuries ☒ insect and animal bites 	<p>Call 999 to request an ambulance in emergency.</p> <p>Enter the post code to find the local urgent care centres or minor Injuries unit:</p> <p>http://www.nhs.uk/NHSEngland/AboutNHSServices/Emergencyandurgentcareservices/Pages/Minorinjuriesunit.aspx</p>

	<ul style="list-style-type: none"> ☐ minor eye injuries, injuries to the back, shoulder and chest 	
Community rehabilitation	<p>The Westminster Rehabilitation Service is a multi-professional team. The team sees clients aged 16 and over in their own homes or other community settings. The team promotes safety and independence in daily activities (e.g. personal care, domestic tasks and functional mobility) by using a multidisciplinary goal setting approach. The team provides an urgent intervention service (to avoid unnecessary admission to hospital and / or minimise significant and urgent risks of injury or ill-health) as well as non-urgent intervention. Most clients require intervention for a period of several weeks, although this may be shorter or longer, depending on clients' needs.</p>	<p>Westminster rehab services accept referrals from GPs, hospital consultants, or other healthcare professionals, as well as self-referrals. To download a referral form, follow this link:</p> <p>http://www.clch.nhs.uk/media/151562/westminster_sap_form.pdf Fax referral to 020 7641 7477 or email CLCHT.SPA.Referral@nhs.net.</p> <p>Website: http://www.clch.nhs.uk/services/community-neuro-rehabilitation.aspx</p>
Continence service	<p>Imperial Trust sees people over the age of 18 with bladder and/or bowel dysfunction who registered with a GP in Westminster. Patients must be mobile enough to attend clinic but nurses can provide support and advice to district and community nurses for housebound patients.</p>	<p>Referral is via a GP and other health professionals or support workers.</p> <p>Email ICHC-tr.clcgs@nhs.net for more information.</p>
Dental Services	<p>Service users can visit any dentist and will not need to pay for NHS treatment if they are in receipt of the following benefits:</p> <ul style="list-style-type: none"> ☐ Income Support ☐ Income-related Employment and Support Allowance ☐ Income-based Jobseeker's Allowance ☐ Pension Credit Guarantee Credit ☐ Universal Credit and meet the criteria ☐ If you're entitled to or named on a valid NHS tax credit exemption certificate <p>If you're entitled to or named on a valid HC2 certificate (http://www.nhs.uk/NHSEngland/Healthcosts/Pages/Dentalcosts.aspx)</p> <p>CLCH Community Dental service provides routine dental care for people who can't access High St dentists for various physical, mental & social (but not financial) reasons.</p>	<p>For the address of the local dentist visit</p> <p>http://www.nhs.uk/service-search or use Health Watch's directory http://c25956.sgyps.net/~healthwatchcwl/wp-content/uploads/2013/06/Westminster-Dental-Practice-October-2015.pdf</p> <p>Locations for CLCH Community Dental services can be found at: http://www.clch.nhs.uk/services/dentistry-community-and-specialist-dental-services.aspx - click on how 'How do you refer to our community and specialist dental services?' and then select the Word document under Community Referrals: Adult</p>

	<p>They also carry out a home-visiting service for people who are housebound – this includes limited treatments like making dentures & scaling teeth.</p> <p>Great Chapel Street Dental Medical Centre - dentist available by appointment on Wednesday and Friday only.</p> <p>Guys and St Thomas' emergency dental service – emergency service Monday to Friday 8am-4pm. As this is an emergency service they assess the urgency before treating. Patients may be asked to return later/day if there are not enough dentist and students available.</p>	<p>Great Chapel Street dental services - Call 020 7437 9360 to make an appointment on Wednesday or Friday. Address: Great Chapel Street Medical Centre, 13 Great Chapel Street, W1F 8FL Website: http://www.greatchapelst.org.uk/opening-times/</p> <p>Guys and St Thomas' emergency clinic - Call 020 7188 7236 to check availability before attending</p> <p>Guys and St Thomas' clinic. Address: Acute Dental Care Department, 23rd Floor, Tower Wing, Guy's Hospital, Great Maze Pond, SE1 9RT Guys and St Thomas' also offers free dental care by undergraduate students.</p> <p>Email: gst-tr.DentalReferrals@nhs.net</p> <p>To download a referral form follow this link: http://www.guysandstthomas.nhs.uk/our-services/dental/referrals.aspx#na</p>
<p>Dementia and memory loss</p>	<p>The Kensington & Chelsea and Westminster Memory and Dementia Service provides health and social care for those living in the two boroughs living with dementia.</p> <p>Website: http://www.cnwl.nhs.uk/service/kensington-chelsea-memory-service/</p>	<p>Referral is via a GP.</p> <p>Address: 42 Westbourne Park Road, Kensington & Chelsea, London, W2 5PH</p> <p>Telephone: 0203 219 0910 Email: wmsreferrals.cnwl@nhs.net</p>
<p>Diabetes service</p>	<p>Central London Community Healthcare provides a diabetes service for clients in Westminster. The team helps clients to control diabetes and reduce the risk of both short-term and long-term complications by providing clients with the essential skills and knowledge they need. Further details from http://www.clch.nhs.uk/services/diabetes.aspx</p> <p>Clients with diabetes should also have annual diabetic eye screening (see Diabetic eye screening below) and foot checks with the Podiatry team (see below).</p>	<p>To make a booking for yourself, call 0208 102 5555, or Email clcht.bookingsupport@nhs.net</p> <p>For details about referring clients, call 0203 219 5300, or Email diabetes.wpct@nhs.net</p> <p>The Westminster Community Diabetes Service @ the Stowe can be found at:</p>

		<p>Westminster Diabetes Centre</p> <p>260 Harrow Road London W2 5ES (Open Monday-Friday 9am-5pm)</p>
Diabetic eye screening	<p>Annual diabetic eye screening is available for clients with diabetes. Diabetic retinopathy is caused when diabetes affects the small blood vessels in the retina, the part of the eye that acts rather like a film in a camera. Diabetic retinopathy does not usually cause any symptoms in the early stages so screening is an effective way of detecting diabetic retinopathy as soon as possible and can prevent sight loss caused by diabetes. Untreated diabetic retinopathy is one of the most common causes of blindness among people of working age.</p>	<p>Referral via GP for clients diagnosed with diabetes.</p> <p>GP should send an appointment letter. Venue will be stated on appointment letter.</p> <p>Screening available at South Westminster Centre, Westminster Diabetes Service @ The Stowe and St Charles Centre</p>
Dietician service	<p>Central London Community Healthcare provides a dietician service for clients in Westminster. For dietician tips for various health conditions visit https://www.bda.uk.com/foodfacts/home and for the Eat Well.</p>	<p>Referral via GP or other healthcare professional.</p> <p>Referrals only accepted if the referral form is completed correctly. To download a referral form visit: http://www.clch.nhs.uk/media/155113/general_referral_form_dietetics_july_2014.pdf</p> <p>You need to include BMI reading and blood pressure reading on the referral form. If under-weight, include Malnutrition score from http://www.bapen.org.uk/screening-and-must/must-calculator</p> <p>Once accepted call 020 8102 5555, or</p> <p>Email clcht.bookingsupport@nhs.net to make a booking. Please be aware that there could be waiting list for appointments.</p>
District nursing	<p>District nursing service is for housebound people aged 18 and over who are registered with a GP in Westminster and need physical nursing care. Support for:</p> <ul style="list-style-type: none"> · managing chronic long term conditions · caring for acutely ill patients · caring for post-operative patients · palliative care and end of life care 	<p>Referral via the GP/ healthcare professional.</p> <p>To make a referral email CLCHT.SPA.Referral@nhs.net</p> <p>Out of hours call 020 8969 7777 Queries only: 0300 033 0333</p>

	<ul style="list-style-type: none"> · medication management · wound care management and advice 	
Doctors the World	<p>Doctors of the World run a clinic and advocacy programme for migrants, sex workers and people with no fixed address. The clinic is run on a first come first served basis and is open on Mondays, Wednesdays and Fridays.</p> <p>There is also a women's and children's service the first and Third Tuesday every month.</p> <ul style="list-style-type: none"> ☒ Consult with a medical professional ☒ Register with a GP ☒ Access specialist services ☒ Get free prescriptions, eye tests and dental care ☒ HIV and STI tests. 	<p>Walk in opening times: Mondays, Wednesdays and Fridays 11am until full Women's and children drop-in service: 11am-2pm 1st & 3rd Tuesday of every month</p> <p>Address: Praxis, Pott Street, Bethnal Green, E2 0EF To make an appointment call 020 7515 7534 between 10am-12pm on weekdays, or Email clinic@doctorsoftheworld.org.uk</p> <p>You can also call 020 7515 7534 for advice on complex cases on health care eligibility for migrants. Visit: http://www.nrpfnetwork.org.uk/Documents/NHS-healthcare.pdf For details on NHS health care that can be accessed by migrants with No recourse to public funds.</p>
Domestic violence	<p>Women and girls who have suffered domestic abuse should be referred to the Angelou Project. The Angelou Project provides access to all 9 voluntary agencies in the tri-borough area. This service can help with:</p> <ul style="list-style-type: none"> • Sexual violence or abuse, including rape and child exploitation • Domestic abuse, this includes familial as well as partner relations • Stalking and harassment • Harmful practices, such as FGM and honour-based violence • Faith-based violence • Support tailored to specific backgrounds and needs, such as ethnicity and sexual orientation <p>For male victims of domestic violence, The Men's Advice line is available to support. There is also a large list of resources available on their website: http://www.mensadvice.org.uk/help-and-information/useful-links-for-male-victims-of-domestic-violence/</p>	<p>To make a referral to the Angelou Project: Phone 0800 801 0660, Monday to Friday 10-4pm, Wednesday 6-9pm Or: 020 8741 7008,</p> <p>Monday to Friday 10-6pm, Thursday until 9pm Email: angelou@advancecharity.org.uk Or: advice@wgn.org.uk</p> <p>Men's Advice Line - call 0808 801 0327 Monday - Friday 9am-5pm (free from landlines and from mobiles using the O2, Orange, T Mobile, Three (3), EE, Virgin, and Vodafone networks) Or</p> <p>Email: info@mensadvice.org.uk</p> <p>They aim to respond within 48 hours.</p>

Falls prevention service	Westminster Falls Team work in the community to support people at risk of falls by helping them to maintain active, independent lives. They provide assessment, advice and exercise to older people to avoid fall related injuries, unnecessary hospital admissions and premature transfer to long term care.	Referral via GP/ healthcare professional. St Charles Centre for Health and Wellbeing Exmouth Street London W10 6DZ Phone: 020 8 969 2488 Resources for fall prevention techniques can be found at: Website: http://www.clch.nhs.uk/services/falls-prevention-and-bone-health.aspx
Find and Treat Service (TB)	Find & Treat is a specialist outreach team that works alongside front-line services to tackle TB among homeless people, drug or alcohol users, vulnerable migrants and people who have been in prison. TB is a disease of poverty and inequality and these groups have the highest rates of TB rates and greatest risk of onward transmission. Their lifestyle can often mask the symptoms of TB and they have problems accessing hospital based diagnostic services and completing a minimum of six months daily drug treatment. The Find & Treat team are multidisciplinary and include former TB patients who work as Peer advocates, TB nurse specialists, social and outreach workers, radiographers and expert technicians. They work to take TB control into the community, find cases of active TB early and support patients to take a full course of treatment and get cured.	The Find&Treat mobile Health Unit makes visits to most services every 6 months. Visit: https://www.uclh.nhs.uk/OurServices/ServiceA-Z/HTD/Documents/MXUSchedulePublic.pdf to view the schedule. Contact details: Telephone: 020 3447 9842
Groundswell Peer Advocacy Service	Groundswell Homeless Health Peer Advocacy offers one-to-one support for people experiencing homelessness to make and attend health and mental health appointments. The service is delivered by volunteers, all whom have personal experience of homelessness. Groundswell can support all clients in Westminster to attend either GP appointments or hospital appointments. Please note they are not funded to take clients to substance use appointments.	To refer a client to Groundswell phone 03000 039 600 or request referral forms via email: info@groundswell.org.uk . Website: http://groundswell.org.uk/homeless-health-peer-advocacy/
GPs for the homeless	<u>The Doctor Hickey Surgery</u> is open Monday to Friday, 10am-12:30pm and 2pm-4pm (on Wednesdays it is only open 10am-12:30pm) Great Chapel Street Medical Centre is open Monday-Friday. To see a GP the service is open: Monday/Tuesday/Thursday 11am-12.30pm and 2pm-4.30pm Wednesday/Friday 2pm-4:30pm	Call 020 7222 8593 to make an appointment. Cardinal Hume Centre 3 Arneway Street London SW1P 2BG

	<p>Further services, including Drugs & Alcohol Advice Mental Health Nurse available at: http://www.greatchapelst.org.uk/opening-times/</p> <p>Great Chapel Street Medical Centre leaflet can be downloaded from: http://www.greatchapelst.org.uk/wp-content/uploads/2014/01/GCS-Leaflet080117.pdf</p>	<p>Registration form can be found at: http://www.nhs.uk/ServiceDirectories/Documents/GMS1.pdf</p> <p>More information about Dr Hickey's surgery can be found here: http://www.nhs.uk/Services/GP/Overview/DefaultView.aspx?id=40342</p> <p>Great Chapel Street - Walk in service available, but could be a long wait. Call 020 7437 9360 for appointments.</p> <p>Great Chapel Street, 13 Great Chapel Street, W1F 8FL</p> <p>Registration form can be found at: http://www.greatchapelst.org.uk/wp-content/uploads/2014/01/Registration_Master.pdf</p> <p>Website: http://www.greatchapelst.org.uk</p>
Hep C support	<p>The Hepatitis C Trust offers a confidential helpline for anyone diagnosed with hepatitis C as well as families and friends of people affected by hepatitis C. They aim to provide support and information to improve understanding of hepatitis C and its possible implications. They also aim to inform people of all the possibilities with regard to taking care of yourself or deciding whether treatment is appropriate for you.</p>	<p>Clients can call 020 7089 6221 or 0845 223 4424.</p> <p>Monday – Friday 10:30am-4:30pm</p> <p>If the helpline is closed, leave a message or email helpline@hepctrust.org.uk And they will respond the next working day.</p>
HIV support	<p>Food Chain is a HIV nutritional charity that can help people living in any London Borough when they are in nutritional need. When people are in extreme nutritional crisis caused by ill health, The Food Chain are available to deliver free of charge up to six food hampers worth up to the value of £40. For people in nutritional crisis due to financial restraints are able to receive a one off food hamper worth up to the value of £50. These services are only able to be accessed once every 12 months.</p> <p>They also run a scheme called 'Eating Together', which is a communal eating service for people living with HIV, in order to combat isolation. Membership to this service allows unlimited access for three months on both Wednesdays and Saturdays.</p>	<p>The Food Chain only accept referrals via health professionals, social workers and other HIV organisations.</p> <p>To refer you must be part of an approved organisation according to The Food Chain. To find out if you are approved email referrals@foodchain.org.uk</p> <p>Website: http://www.foodchain.org.uk/</p>

	<p>Terrence Higgins Trust (THT) offers online services for people diagnosed with HIV such as advice, community forums and online counselling.</p> <p>Terrence Higgins Trust (THT) offers online counselling for anyone suffering from HIV, via Skype and Whatsapp. Sessions are free and last for 45 minutes. This service is for anyone that would like to help dealing with a HIV diagnosis, relationships and sex life and</p>	<p>Register for THT HIV health trainer service via: https://www.tht.org.uk/out- charity/My-account/Register</p> <p>Visit: http://www.tht.org.uk/myhiv/Services/Online-counselling For more information.</p>
Homeless Health Team	<p>The Homeless Health team (HHT) works to improve the physical and mental health of local people who live on the streets or in temporary or unsuitable housing. They provide clinical care, screening and support to homeless people whilst preventing exclusion from the wider NHS.</p> <p>The goals of the team include:</p> <ul style="list-style-type: none"> • to relieve the immediate suffering of people that live on the street • to reduce health inequalities between the homeless and the general population • to screen for serious illness • to help people access mainstream NHS services • to provide an alternative to accident and emergency services for general care 	<p>This is a walk-in service; no referral is required.</p> <p>Clients usually seen within an hour. Counselling services are also available by appointment.</p> <p>The HHT nursing team is available in day centres: Monday-Friday 9am-1pm Addresses:</p> <p>Connection at St Martins, 12 Adelaide Street, WC2N 4HW Phone: 020 7766 5544 Passage Resource Centre, St Vincent's, Carlisle Place, SW1P 1NL. Phone: 020 7592 1850 West London Day Centre, 134/136 Seymour Place, W1H 1NT</p> <p>Phone: 020 7569 5900</p> <p>Website: http://www.clch.nhs.uk/services/homeless-health.aspx</p>
Kick it stop smoking service	<p>Kick It's stop smoking advisors can provide people with six, free, weekly sessions of help and support to get them through the hardest part of quitting. Clients can expect top quality advice on medications that can help (which they can get on prescription). They will monitor clients' health with regular Carbon Monoxide tests.</p> <p>Appointments are available 1 to 1 with an advisor or you can go to a group drop in session if you think you'll benefit from the support of other quitters.</p>	<p>To self-refer or refer a client complete the online form at: https://kick-it.org.uk/quit-now</p> <p>Kick It Helpline: 020 3434 2500 Email: hello@kick-it.org.uk</p>
NHS 111 Service	<p>111 is the NHS non-emergency number to speak to a trained adviser – they will ask a series of questions to assess symptoms and direct to</p>	<p>NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.</p>

	<p>the best medical care. This is the number to call if anyone has an out of hours urgent dental care needs.</p> <p>Call 111 if:</p> <ul style="list-style-type: none"> • You need medical help fast but it's not a 999 emergency • You think you need to go to A&E or need another NHS urgent care service • You don't know who to call or you don't have a GP to call • You need health information or reassurance about what to do next <p>For less urgent health needs, contact your GP or local pharmacist in the usual way.</p>	<p>Call 111 to access the service.</p> <p>Easy read leaflet as well as leaflet in other languages are available at http://www.nhs.uk/NHSEngland/AboutNHSservices/Emergencyandurgentcareservices/Pages/NHS-111.aspx</p> <p>A 111 British Sign Language service is also available at http://interpreternow.co.uk/nhs111</p>
<p>Opticians</p>	<p>Service users can visit any optician and not pay for services if they are in receipt of the following benefits:</p> <ul style="list-style-type: none"> • Income Support or Income-based Jobseeker's Allowance (not contribution based) • Pension Credit Guarantee Credit • Employment and Support Allowance • Universal Credit and meet the criteria • named on, a valid NHS tax credit exemption certificate • named on a valid NHS certificate for full help with health costs (HC2). <p>(http://www.nhs.uk/NHSEngland/Healthcosts/Pages/Eyecarecosts.aspx)</p> <p>Rough sleepers can access a drop in optician service at West London Day Centre.</p> <p>Medirex Opticians can come in to services and provide an eye clinic where they check people's eyes and can arrange glasses if needed. Medirex requires a bed list with date of birth included, 3 weeks before they visit. If a client has had a free optician check in the last year, they will not be eligible to take part.</p>	<p>For the address of the local optician visit http://www.nhs.uk/service-search</p> <p>Or refer to Health Watch's directory http://c25956.sgyps.net/~healthwatchcwl/wp-content/uploads/2013/06/Westminster-Opticians1-October-2015.pdf</p> <p>Drop in optician service - Monday 9am-12:30pm, West London Day Centre, 134-136 Seymour Place, London, W1H 1NT</p> <p>Contact Joshna on Medirex1@hotmail.co.uk To arrange a visit, or call 020 7 622 1893.</p>

<p>Palliative care</p>	<p>Clients should be referred by the GP to palliative care if they receive a diagnosis of a life limiting illness and wish to access palliative care services. Please enquire with the GP if this hasn't been completed. The Pembridge Palliative Care Centre provides palliative care at St Charles Centre for Health and Wellbeing (click link for address and map). They assist patients with illnesses and complex needs such as:</p> <ul style="list-style-type: none"> • cancer • neurological conditions such as motor neurone disease • end stage respiratory, heart or renal failure <p>The have four services based at the centre:</p> <ul style="list-style-type: none"> • inpatient unit • day hospice • community specialist palliative care team • education centre 	<p>All clients should be referred by the GP to palliative care if they receive a diagnosis of a life limiting illness and wish to access palliative care services. Please enquire with the GP if this hasn't been completed.</p> <p>Pembridge Palliative Care Centre accepts referrals from any involved health care professional if:</p> <ul style="list-style-type: none"> • There is a diagnosis of a life limiting illness (such as cancer, neurological conditions such as motor neurone disease, and patients with end stage non-malignant disease such as COPD, heart failure, renal failure) • The patient has agreed to the referral • The GP has been informed of the referral • The patient lives in our catchment areas (postcodes W2, W9, W10 and W11) • The patient is 16 or over <p>Pembridge Palliative Care Centre St Charles Centre for Health and Wellbeing Exmoor Street London W10 6DZ Call 020 8962 4443 if you are not sure if they cover your location.</p> <p>A West London Palliative Care form must be completed and faxed to 0300 008 3211. To refer a client, complete this form: LCA referral form If referring to the day hospice or community team the patient must also be referred to their GPs district nursing team to ensure good coordination care.</p> <p>Website: http://www.clch.nhs.uk/services/palliative-care.aspx</p>
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<p>Podiatry</p>	<p>Podiatry teams provide assessment, diagnosis and treatment of disease and conditions affecting the foot and lower limb. Priority is given to anyone with the following conditions:</p> <ul style="list-style-type: none"> • diabetes • rheumatoid arthritis and other inflammatory disorders • peripheral vascular disease • neurological disorders affecting the foot and lower limb • HIV/ immunosuppressed/ long term steroid therapy • Acute pain <p>A drop in podiatry service is available for rough sleepers at day centres. Please note that individual admission policies apply to each day centre. Priority will be given to individuals suffering from foot wounds, infected foot ulcers and ingrowing toenails. The drop in service will not run if the podiatrist is on annual leave – it is best to call the day centre if you are making a special visit for the podiatry service.</p>	<p>Referral via GP or other health professionals/support worker Download referral form here: http://www.clch.nhs.uk/services/podiatry-(foot-health).aspx</p> <p>PLEASE INDICATE ON THE REFERRAL FORM THAT THE PODIATRY OFFICE MUST CALL THE HOSTEL SUPPORT WORKER DIRECT TO MAKE ANY APPOINTMENTS.</p> <p>Contact the Appointments Booking Centre for the Podiatry service in Westminster by telephone on 020 8962 4499 or email on clcht.bookingsupport@nhs.net</p> <p>9am - 5pm, Monday to Friday. You can find the podiatrist service closest to your project at: http://www.clch.nhs.uk/services/podiatry-(foot-health).aspx</p> <p>Drop in podiatry at Day Centres</p> <p>Tuesday 9am-12.30pm at West London Day Centre, 134-136 Seymour PI, London W1H 1NT, 020 7569 5900 Wednesday 9am-12.30pm at Connection at St Martins, 12 Adelaide Street, London WC2N 4HW, 020 7766 5544 Thursday 9am-12.30pm at The Passage Resource Centre, St Vincent's Centre, Carlisle Place, London SW1P 1NL, 020 7592 1850 Friday 9am-12.30pm at Great Chapel Street Medical Centre, 13 Great Chapel Street, W1F 8FL, 020 7439 2389</p>
<p>Sexual Health</p>	<p>56 Dean Street is a clinic that offers sexual health appointments.</p> <p>Walk-in appointments are available for:</p> <ul style="list-style-type: none"> • P.E.P. (treatment taken for 28 days to prevent HIV Infection after exposure) • Emergency Contraception • If you are 19 or under • Emergency Appointments (reserved for people with urgent problems (e.g. genital blisters, penile discharge or a partner has told you that they have gonorrhoea, chlamydia, syphilis or LGV)). Arrive when the clinic first opens in order to be seen 	<p>Call 56 Dean Street on 020 3315 6699 for an appointment. Opening times</p> <p>Monday-Thursday 8am-7pm (except Weds 12-7pm), Friday 9am-4pm, Saturday 11am-4pm.</p> <p>Address: 56 Dean Street, Soho, W1D 6AQ. Julie Ross at 56 Dean Street is running a women's monthly contraception clinic at Great Chapel Street. Call her on 020 3315 9561 to find out more information – they can be flexible working with our client group.</p>

	<p>Central and North West London NHS Foundation is the new provider of sexual health and contraceptive needs in the tri-borough.</p> <p>Jefferiss Wing, St Mary's Hospital - Imperial College Healthcare also offers a walk-in sexual health service near Paddington station at St Mary's hospital (Jefferiss Wing).</p>	<p>Website: http://dean.st/56deanstreet/</p> <p>More information is available at: http://www.sexualhealth.cnwl.nhs.uk/</p> <p>Address: Jefferiss Wing, St Mary's Hospital, Praed Street, London, W2 1NY. Walk in Opening times:</p> <p>Mondays, Tuesdays and Thursdays from 8.00am to 6.15pm, (Wednesdays from 11.45am to 6.15pm), and Fridays from 8.45am to 3.15pm</p> <p>Website: https://www.imperial.nhs.uk/our-services/sexual-health-and-hiv</p> <p>If a client has symptoms they should book an online appointment at: https://www.zesty.co.uk/practices/jefferiss-wing-patients-with-symptoms</p>
<p>South Westminster Centre for Health</p>	<p>The South Westminster Centre for Health offers services for:</p> <ul style="list-style-type: none"> • Dentistry • Diabetes • District nursing • Podiatry 	<p>Referral is via GP/ hospital.</p> <p>South Westminster Centre for Health St Georges House 82 Vincent Square London SW1P 2PF 0207 963 2444</p> <p>Website: http://www.clch.nhs.uk/locations/south-westminster-centre-for-health.aspx</p>
<p>St Charles centre for health and wellbeing</p>	<p>St Charles Centre for Health and Wellbeing offer services for:</p> <ul style="list-style-type: none"> • Community neuro-rehabilitation • Continence • Dentistry • Diabetes • District nursing • Family nurse partnership • Falls prevention and bone health • Heart nursing • Nutrition and dietetics • Phlebotomy • Podiatry 	<p>Referral is via GP/ hospital.</p> <p>St Charles Centre for Health and Wellbeing Exmoor Street London W10 6DZ 0208 969 2488</p> <p>Website: http://www.clch.nhs.uk/locations/st-charles-centre-for-health-and-wellbeing.aspx</p>

	<ul style="list-style-type: none"> • Specialist weight management • Tissue viability • Sexual health 	
Women-specific services	<p>'My Body Back' is a project working with Bart's Health NHS trust to start a cervical screening clinic especially for women and trans men who have experienced sexual violence. Clients will be able to be tested in a purposefully relaxing and client-need-oriented atmosphere. There is a separate clinic where clients are able to self-test for STIs and have a coil fitted or removed.</p>	<p>No referral is necessary; book online through this link: http://www.mybodybackproject.com/services-for-women/mbb-clinics// Or email info@mybodybackproject.com</p>

Useful websites

Asthma: You can order copies or download factsheets from <https://www.blf.org.uk/Page/asthma>

Cancer: <http://www.nhs.uk/conditions/Cancer/Pages/Introduction.aspx>

COPD guides: You can order copies or download factsheets from <https://www.blf.org.uk/Page/chronic-obstructive-pulmonary-disease-COPD>

Diabetes – information guides <https://www.diabetes.org.uk/Guide-to-diabetes/What-is-diabetes/>

Hepatitis C: <http://www.hepctrust.org.uk/about-hepatitis-c-virus>

HIV resources: <http://www.tht.org.uk/our-charity/Resources/Resources-for-professionals>

Lung Cancer: You can order copies or download factsheets from <https://www.blf.org.uk/Page/Lung-cancer-information>

Tuberculosis: <https://www.blf.org.uk/Page/Tuberculosis-health-information>