

As a practice we are continually reviewing our services and as we move into Winter we would like to remind patients on how they can access care.

Barton Surgery promotes **self help and care**.  
There are various online sites available for your self care and help management:

[The NHS website - NHS \(www.nhs.uk\)](http://www.nhs.uk)  
[Health and Care Video Library \(healthandcarevideos.uk\)](http://healthandcarevideos.uk)  
[NHS 111 online](http://www.nhs.uk)  
[Self-help therapies - NHS \(www.nhs.uk\)](http://www.nhs.uk)



Your local **pharmacies** can also help with minor ailments;

coughs,  
colds,  
sore throat,  
fever,  
earache,  
thrush teething,  
threadworms,  
blocked nose,



hayfever,  
athletes foot,  
diarrhoea,  
cold sores,  
skin rashes,  
eye infections,  
mouth ulcers,  
verruca's

Your local **pharmacy**

If you experience a **minor injury**, Newton Abbot Minor Injury Unit is open 8am to 8pm seven days a week including bank holidays. Based at Newton Abbot Community Hospital tel: 01626 324500. You can visit your local minor injuries unit if you have the following type of injuries: cut, graze or wound



- sprain, strain, muscle or joint injury
- broken bone (fracture)
- skin complaint – bite or sting (including human bites), minor burns, including severe sunburn and minor skin infection which needs treating
- emergency contraception
- minor head injury
- eye problem such as a minor eye infection, scratches or something that is stuck in your eye.

**GP appointments.** Our team of experienced Health Navigators will ask the nature of your call. This is so they can direct you to the most appropriate healthcare professional which may not necessarily be a GP.

Your call will be categorised based on medical need.

For **routine matters** you may have to wait for a GP appointment if none of the other services can assist.

**Same day appointments** – these are allocated for urgent use.

**Emergency Appointments** - are strictly for acute conditions (not including any minor injuries). You may be asked to come to the surgery and sit and wait- **this is not a routine pre-bookable GP appointment service**, it is a time limited appointment for the one urgent presenting condition.

**IMPORTANT  
NOTICE**

