



## Happy New Year from the team at Castle Medical Group



### Over the Counter Treatments

As a patient there are a range of minor ailments and conditions that you can self-care for e.g. sore throats, coughs, diarrhoea, mouth ulcers, nappy rash. If you need advice community pharmacists are best placed to help and can advise on suitable treatments which can be bought over the counter cheaply and easily. There is no need for a prescription from the practice. For more information on this please visit our website <http://www.ashbyhealthcentre.org.uk/info.aspx?p=13>

### Medicines Cabinet at Home

Don't forget you can keep a small supply of over the counter medications at home, this allows you to take care of yourself over this winter and treat your minor condition quickly and easily.

### Self-Referral

There is a wide range of services and support groups which you can access that does not require a referral from a Doctor, a selection of services available includes:-

- Befriending – support to older people who are isolated, providing links to the outside world and acts as a gateway to other services and support
- Diabetes Education – for those with Type 2 diabetes who would like to know more about managing their condition
- First Contact Plus – catalogue of information, advice and support locally who can help with improving your health, falls, feeling safe, living independently, money/debts/benefits, families and relationships, adaptations for homes
- Let's Talk Wellbeing – psychological assessment and treatment for those suffering with mild to moderate mental health problems
- Physiotherapy – they will advise on the best way to manage your problem and exercises that can help

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