



## GREYSTONES PATIENT PARTICIPATION GROUP

Information Leaflet No. 2

### **Patient Health, Wellbeing and Medical Support Services**

**January 2026**

This leaflet has been produced by the Greystones Patient Participation Group (GPPG) to help increase awareness of the additional Health, Wellbeing and Medical services available to all Greystones Medical Centre (GMC) patients.

GMC is part of the Porter Valley Primary Care Network (PVPCN), which means you can access a wider range of services provided across the network—not just those delivered at GMC. More information about PVPCN can be found here: <https://portervalleypcn.nhs.uk/>

By using these additional services, you can effectively access a wider range of appropriate support from the most relevant service. This leaflet is designed to help you identify the services you need:

- Likely to be faster - than waiting for a GP appointment.
- Accessing the right care first time - avoiding unnecessary delays and referrals.
- Enabling you - to find the help and resource that you require more effectively.

#### **This leaflet is divided into 3 sections.**

- Services where GMC can refer you.
- Services where YOU can self-refer.
- NHS Urgent Medical and Emergency Services.

## SECTION 1

**For the services below you will need to be referred by GMC following Triage or consultation with a Clinician.**

### **Health and Wellbeing Hub – Part of the Porter Valley Primary Care Network (PVPCN)**

This service offers the tools, support and connections to live a fuller healthier life including:

- Mental wellbeing (stress, anxiety, mood)
- Caring responsibilities and carer fatigue
- Isolation and social support
- Physical wellbeing and lifestyle change
- Dementia support
- Housing, job and money issues
- Volunteering and employment
- Computer skills and on-line access
- Abuse concerns (early support and signposting)

### **Listening Service**

Offers a free independent, confidential service that aims to support patients in dealing with life's challenges.

### **First Contact Physio (FCP)**

A patient presenting to GMC with a musculoskeletal condition can see a FCP at their first appointment following triage.

### **Minor Surgical Procedures**

You may be referred to our Minor Surgery Clinic following triage.

## SECTION 2

**For the services below you do not need a referral by GMC, you can self-refer directly.**

### **Your Local Community Pharmacy - Pharmacy First**

Can provide a range of services, such as treatment for certain minor ailments and blood pressure monitoring. Check with your local pharmacy to see which services they offer.

**Who is this service for?** Anyone within Pharmacy First criteria. Please see below for details.

<https://www.england.nhs.uk/primary-care/pharmacy/pharmacy-services/pharmacy-first/>

### **The Samaritans**

Provides 24/7 emotional support for anyone struggling to cope, offering a confidential, non-judgmental listening ear through trained volunteers via phone, email, letter or text. A face-to-face service may be available - please check the local branch details below.

**Who is this service for?** Anyone who needs help.

#### **Contact details:**

Website <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Write a letter FREEPOST Samaritans Letters

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Telephone: 116 123

Address: 272 Queens Road, Sheffield, S2 4DL

### **Weight Management Service    Morelife**

Offers weight management and healthy lifestyle interventions.

**Who is this service for?** Anyone seeking support in this area, including adults and children aged 4 and above.

**Contact details:**

<https://www.more-life.co.uk/places-we-work/sheffield/>

Telephone: 0114 322 5444

### **Smoking Cessation    Smokefree Sheffield**

Expert advisors provide support to help you stop smoking.

**Who is this service for?** Anyone who would like support to stop smoking.

**Contact details:**

<https://smokefreesheffield.org/>

Telephone: 0114 553 6296

Text YSF to 80800

### **Acute Eye Care    PEARS**

Participating Opticians offer a free service for an urgent assessment for minor eye problems.

**Who is this service for?** Anyone who has an acute eye problem.

**Contact details:** To find a participating optician near you, go to

<https://sloc.org.uk/pears-practices-list/>

### **Sexual Health Sheffield**

Provides a wide range of services regarding your sexual health.

**Who is this service for?** Anyone seeking advice related to sexual health including contraception advice and Sexually Transmitted Infection (STI) screening.

**Contact details:**

<https://www.sexualhealthsheffield.nhs.uk/>

Address: Sexual Health Clinic, Royal Hallamshire Hospital, Sheffield.

Telephone: 0114 226 8888

### **Vasectomy Services**

Provides a non-scalpel vasectomy service.

**Who is this service for?** Males who fit the specified criteria.

**Contact details:**

<https://primarycaresheffield.org.uk/vasectomy>

Address: 28, Kenwood Park Road, Sheffield, S7 1NF

Telephone: 0114 322 3100

### **Drug and Alcohol Service 'Likewise'**

Provides information and support to help you stay healthier around drugs and/or alcohol.

**Who is this service for?** Anyone who feels they need support with drug and/or alcohol use.

**Contact details:**

<https://likewisesheffield.org.uk/>

Address: Portland House, 243 Shalesmoor, Sheffield, S3 8UG

Telephone: 0114 308 7000

Email: [info@likewisesheffield.org.uk](mailto:info@likewisesheffield.org.uk)

### **Community Midwife**

**Who is this service for?** Newly pregnant women and anyone who needs to make a midwife appointment.

**Contact details:** 0114 226 8091 and press option 2

## **Mental Health for Adults**

### **Talking Therapies (formerly known as IAPT)**

Offers a range of free treatments for those experiencing problems with stress, anxiety/worry symptoms or low mood/depression.

**Who is this service for?** Anyone over 18.

**Contact details:**

[www.sheffieldtalkingtherapies.nhs.uk](http://www.sheffieldtalkingtherapies.nhs.uk)

Telephone: 0114 226 4380

## Mental Health for Younger Age Groups

### Door 43

Offers low level, early intervention support on a range of emotional wellbeing issues, such as feeling lonely and isolated, overwhelmed by exams or trying to find work.

**Who is this service for?** For anyone 13- 25 years.

#### Contact details:

<https://www.sheffieldfutures.org.uk/mental-health-and-wellbeing>

Telephone: 0114 201 2800

Email: [door.43@sheffieldfutures.org.uk](mailto:door.43@sheffieldfutures.org.uk)

### Kooth

Provides free, safe and anonymous online mental health and wellbeing support.

**Who is this service for?** Young people under 18.

#### Contact details:

[www.kooth.com](http://www.kooth.com)

### Golddigger Trust

Provides support to equip young people with the confidence and skills to make positive choices.

**Who is this service for?** Young people of school age.

#### Contact Details:

<https://www.golddiggertrust.co.uk>

Address: The Refinery, Wards Exchange, 197 Ecclesall Rd, Sheffield, S11 8HW

Telephone: 0114 327 1191

Email: [info@golddiggertrust.co.uk](mailto:info@golddiggertrust.co.uk)

## SECTION 3

### NHS Urgent Medical and Emergency Services

These services give you access to urgent medical and emergency support when needed.

#### NHS 111

Call 111 when you need medical help fast but it's **not a 999 emergency**. You will be assessed and directed to the most appropriate service.

**Who is this service for?** Anyone who requires medical advice or support when the surgery is closed.

#### Urgent Dental Care – access via NHS 111

#### Walk-in Centre - Broad Lane

For minor illness requiring medical help. Open every day 8am - 10pm, 365 days a year.

**Who is this service for?** Anyone who requires non-emergency help.

#### Contact details:

<https://onemedicalgroup.co.uk/surgeries/sheffield-walk-in-centre/>

Address: 75, Broad Lane, Sheffield, S1 3PB

Telephone: 0114 241 2700

#### Minor Injuries Unit Royal Hallamshire Hospital

Treats minor injuries. Open every day 8am - 8pm.

**Who is this service for?** Patients 16 years and over

#### Contact details:

<https://www.sth.nhs.uk/sheffield-urgent-care/minor-injuries-unit-hallamshire-hospital/>

Address: Royal Hallamshire Hospital, Sheffield.

Telephone: 0114 271 20721

## **Emergency Eye Clinic Royal Hallamshire Hospital**

Deals with emergency eye complaints.

Open Mon to Fri 8am - 4.30pm excluding bank holidays.

**Who is this service for?** Patients with an emergency eye condition.

### **Contact Details:**

<https://www.sth.nhs.uk/sheffield-urgent-care/eye-emergencies/>

Address: Royal Hallamshire Hospital, Sheffield.

Telephone: 0114 271 2726

## **Sheffield Children's Hospital Accident and Emergency**

Accident and Emergency service. Open 24 hours 365 days a year.

**Who is this service for?** Anyone up to the age of 16.

### **Contact Details:**

<https://www.sheffieldchildrens.nhs.uk/services/emergency-department/>

Address: Western Bank, Clarkson Street, Sheffield, S10 2TH

Telephone: 0114 271 7000

## **Accident and Emergency Northern General Hospital**

Accident and Emergency service

Open 24 hours 365 days a year.

**Who is this service for?** Patients aged 16 years and over.

### **Contact details:**

<https://www.sth.nhs.uk/a-z-all-services/accident-and-emergency/>

Address: Herries Rd, Sheffield, S5 7AU

*This leaflet has been produced with reference to NHS England Guidance: How to Improve Care Navigation in General Practice  
All the information correct at publishing.*

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