

Care—Without Going to Your GP

Pregnancy Care

Refer yourself online:

[www.medway.nhs.uk/
services/maternity/self-
referral-form.htm](http://www.medway.nhs.uk/services/maternity/self-referral-form.htm)

Provided by Medway
Foundation Trust

Young Persons' Wellbeing

Emotional wellbeing & support

03000 300 1981

Provided by NELFT

Falls Prevention

Falls or near misses

Balance and walking

Osteoporosis

Provided by Medway
Community Healthcare

01634 253611

Psychological Therapies

Feeling low, stressed,
anxious?

Stress/trauma/anger/
phobias/bereavement

Adults (18+): 0300 029 3000

Provided by Medway
Talking Therapies

Incontinence

Bladder dysfunction/urine
leakage

Adults: 01634 337475

Children: for advice call
0300 123 5005 (option 3)

Provided by Medway
Community Healthcare

Drug & Alcohol Recovery

An integrated drug and
alcohol recovery service in
Chatham

Turning Point - 0300 123 1560

Wound Clinic

Suture and clip removal
following surgery

Post-surgical & post-trauma
wound care

Diabetic ulcers

Trauma Wounds

01634 382 247

Provided by Medway
Community healthcare

Eye Conditions

Watery/ dry eyes

Cysts

Infection

01634 412 130

Provided by the NHS North
Kent Eye Service

Sexual Health

For advice and information on
all services visit

0300 123 1678