

Directory of Public Health Commissioned Services Continued

Introduction

Public Health commission a wide range of services that are free and accessible to Nottingham city residents. This document describes the services that are available across the city and can be accessed by residents from the West Area Committee.

Adult –Drug and Alcohol Services:

Alcohol

- **Last Orders Triage:** Single point of access for all adults with an alcohol problem regardless of the severity. Guaranteed same day assessment with a clinical nurse specialist ensuring the patient leaves with an appointment for the next stage of treatment. Address: 8-8 Health Centre, 79a Upper Parliament Street, Nottingham, NG1 6LD: Open Monday to Friday 9:30am – 5:30pm, Saturday 11am – 4pm, Sunday on call
- **Oxford Corner:** Community detoxification, group work and talking therapies for dependant drinkers with complex needs. Address: 3-3a Oxford Street Nottingham NG1 5BH: Open Monday – Friday 9am – 5pm
- **Last Orders Recovery:** Group work and talking therapies for dependant drinkers with low co-morbidity; open Monday – Friday 9am -5pm with evening and Saturday appointments on request. Address: 8-8 Health Centre, 79a Upper Parliament Street, Nottingham, NG1 6LD: Open Monday to Friday 9:30am – 5:30pm, Saturday 11am – 4pm, Sunday on call
- **Step Ahead:** Abstinence based group work for dependant drinkers with low co-morbidity. Address: 3-3a Oxford Street Nottingham NG1 5BH, open Monday – Friday 9am-5pm
- **Last Orders Primary Care:** Identification and Brief Advice for increasing risk drinkers. Based in 14 GP surgeries across the City: West Area include- Beechdale Medical Practice every Monday 10am – 12noon
- **Last Orders Intensive Case Management Service:** Service for persistent users of EMAS and the Emergency Department. Address: 25 Gregory Boulevard, Hyson Green, Nottingham, NG7 6NX open Monday – Friday 9am – 5pm, on call at the weekend
- **Crisis Detoxification:** Rapid access to detoxification for those in crisis. Address: Michael Varnam House, 37 Sneinton Hermitage, Sneinton, Nottingham, NG2 4BT
- **Wraparound services and aftercare:** For people with alcohol problems provided by Recovery in Nottingham. Address: 12 Broad Street, Hockley, Nottingham NG1 3AL open Monday – Friday 9am – 5pm



Drugs

- **Talking Therapies:** Complex prescribing and wraparound and aftercare. Access and Engagement Team. Address: 12 Broad Street, Hockley Nottingham, NG1 3AL: Open Monday, Wednesday and Friday 9am – 5pm, Tuesday and Thursday 9am – 7pm. A walk in service which takes referrals from all areas of the city.
- **Chill Out Sound Support:** Talking therapies for recreational drug users; Treatment Teams and Chill Out Sound Support. Address: 11-13 Heathcote Street, Hockley, Nottingham NG1 3AL: Open Monday – Friday 9am – 5pm with outreach in various nightclubs
- **Chill Out Sound Support Clinics:** Gregory Boulevard, Hyson Green, Nottingham NG7 6NX Monday 10am – 12noon and Wednesday 10 am – 12noon;

Children and Young People – Drug and Alcohol Service

- **Compass Young People's Service** is commissioned by the Nottingham CDP (Crime & Drugs Partnership) to be the substance misuse treatment service for under 18s for Nottingham City. Compass work in all secondary schools in the city and each school has an assigned Compass 'Link Worker' who offer a range of targeted and specialist interventions in these schools and work in partnership with DrugAware to support each school in developing effective alcohol and drug education to be delivered by school professionals. Compass offer an age appropriate service to primary schools but do not have specific 'Link Workers' assigned to these schools as there is less of a need for our service within primary schools due to the nature of the age groups.

For more info contact: Office Tel: 0115 8533– E-mail Gemma.Summerson@nottinghamcity.gov.uk

Sexual Health Services

Department of Sexual Health and HIV (GU Medicine)

The department of Sexual Health and HIV (GU Medicine) is situated at the City Hospital in Nottingham and is the central referral centre for sexual health screening. Patients can either self-refer to the service or be referred by their General Practitioner (or other sexual health service). The GUM central site operates both an appointment and walk in service. A variety of community clinics are sited in the City areas of highest need, these clinics are appointment only. Services provided include tests, treatment and advice for sexually transmitted infections, full sexual health screening, HIV tests, same day HIV testing by appointment, pre- and post-HIV counselling, psycho sexual counselling and free condoms. Interpreters available by arrangement in advance.

- Health Advisers 0115 9627912/0115 969 1169 - ext 56912
- Main Reception / Appointment Desk 0115 962 7744/0115 969 1169 ext 56745/57013





Appointments can also be booked for the following community GU clinics on 0115 962 7744. These clinics offer an appointment-only service:

- Mary Potter Health Centre: Mondays only 2pm - 5pm (Gregory Boulevard, Hyson Green, near Goose Fair Site).
- NHS Walk-in Centre: Wednesdays and Fridays only 12.30-3.15pm (London Road, behind BBC studios, near BBC island).
- Nottingham Emergency Medical Service: Thursdays only 9am - 3.30pm (Derby Road, near Rose and Crown Public House).
- Clifton Cornerstone: Wednesdays only 9.50am - 6.30pm (Southchurch Drive, opposite Wilkinsons)

Contraception and Sexual Health (CASH) Services

The Nottingham City Victoria Health Centre Contraception and Sexual Health (CASH) Service provides a fully comprehensive contraceptive service offering all methods of contraception alongside asymptomatic sexually transmitted infection screening for Chlamydia, Gonorrhoea, Syphilis and HIV and treatment for Chlamydia. The majority of other CASH clinics are located within the most deprived wards within Nottingham City. The CASH clinic at Victoria Health Centre is the central site, with clients accessing from across Nottingham. The local CASH clinics are located in the various wards together with targeted outreach clinics for young people located in some of the most deprived wards and others targeting specific vulnerable groups. Telephone number: 0115 8839005

Domestic Violence

- **Women's Aid Helpline** - The Helpline is a specialist service offering a gateway to trained support for people experiencing domestic and sexual violence. It is a 24 hour service and is used by people experiencing abuse and is run by professionals for support guidance and assistance. It offers safety planning, access to refuge, emotional support as well as referral to appropriate safeguarding systems.
- **Independent Domestic Violence Advocates** - Public Health make a contribution to the Independent Domestic Violence Advocates commissioned by the CDP. An IDVA provides independent support to women who are at high risk and who are going through the process of MARAC (Multi Agency Risk Assessment Conference). A large percentage of these women will have children, and all will have been assessed as high risk.
- **Specialist Domestic Violence Nurse** - The Specialist Domestic Abuse Nurse based in Citycare provides training and specialist support to community health professionals on domestic abuse, including Health Visitors and School Nurses. The role has a developmental role in shaping good practice in community health services. The role is part of the DART multi-agency response to DV for children and vulnerable adults and represents community health services at MARAC. The role also liaises with GPs following MARAC.



- **Specialist Domestic Violence Nurse** - Emergency Department (ED) - The Specialist Domestic Abuse Nurse based in NUH Emergency Department (and related admission ward) offers training and specialist support within the ED and represents NUH at City MARAC. The post-holder has an overview of risk assessments completed in ED and supports more complex cases. The post-holder works to promote clinical enquiry to encourage disclosure

For more info contact: Public Health Manager Liz.Pierce@nottinghamcity.gov.uk Tel: 0115 8863807

I.M.P.S.

I.M.P.S. is a national programme to minimise the number of accidents that lead to death or disability. It is currently running in nine areas of the country including Nottingham City. It aims to reduce childhood accidents which lead to injuries, disability and death by providing a health education programme for 10 and 11 year olds to equip them with the knowledge and skills to minimise injury, provide basic life support and take safer risks.

The I.M.P.S. programme is free to all Nottingham City schools, including special schools. Sessions are run jointly in the schools and at Nottingham University Hospitals QMC Campus.

I.M.P.S. is divided into 3 elements:

1. *In school learning*

An education resource book (in CD format) is provided to every school enrolled on the programme. This includes lessons on injury prevention and taking safer risks linked to key stage 2 targets and guidelines of the national curriculum.

2. *Hospital visit*

Each class of children visit the Queen's Medical accident and emergency department accompanied by their teacher and 3 other adult helpers from school.

The visit includes:

- A guided tour of the emergency department, which allows children to experience many of the concepts learnt in the classroom when applied to the real world.
- A session using an interactive DVD where children are taught the principles of first aid and injury minimisation.
- A session in which children are taught the principles of emergency life support using individual ACTAR911 manikins.

For schools that are unable to visit the QMC, an impulance4 visits the school



3. I.M.P.S. follow up lessons

When the children return to school there are a number of lessons to consolidate what they have learnt.

School Sport Nottingham

School Sport Nottingham delivers a comprehensive programme of competitions, physical activity, coaching, continuing professional development for teachers and a Youth Sports Leadership programme for schools throughout the City. Examples of projects include:

- School Sport Coaching in a range of sports
- Supporting schools to maximise their Sport Premium Funding by accessing “Get Active Get Smart” – a programme developed by Sport Nottingham to provide schools with high quality coaching, Change 4 Life Clubs, sports activity days and priority access to new sports programmes.
- Support schools to develop a high quality PE Curriculum
- Development of Fundamental Movement Skills programmes to compliment the new PE curriculum
- Coordination of City Schools participation in the national School Games programme.
- Developing opportunities for pupils to take part in sporting competitions within their own school and against other schools.
- Providing opportunities for pupils to access physical activities at lunch time and after school
- Providing training and deployment for pupils in sports leadership

Best Foot Forward

Best Foot Forward offers a programme of FREE short guided walks around open spaces in the city. These walks are FREE, everyone is welcome and they provide a great opportunity to improve your health, make new friends and have some fun.

For further information, please contact Sarah Allen: Tel: 0115 993 3397

Into the Mainstream

The Into the Mainstream Health Project (ItM) is funded by Nottingham City Council Public Health to assist refugees and asylum seekers to access mainstream health services in Nottingham. Clients are referred to the project by the UK Border Agency, through housing providers and by Nottingham and Nottinghamshire Refugee Forum. Following the referral, the client is contacted by the Health Team and an appointment is made for them. Appointments can also be arranged for clients who come



directly to the Refugee Forum. At this first appointment, a basic assessment is carried out to identify any urgent or immediate health needs of the client and any dependants. Clients are supported with GP registration, in accessing a full health check appointment in addition to advice on other services offered by Nottingham Refugee Forum. The ItM project assures confidentiality and does not interact with or affect the client's asylum claim or process. Address: Nottingham and Nottinghamshire Refugee Forum, The Square Centre, Alfred Street North Nottingham, NG31AA: Open Monday to Friday from 9am to 5pm and client consultation appointments may be made any time during these working hours.

For more information: E-mail Kinsi.Clarke@nottsrefugeeforum.org.uk

Healthy Change Programme

Healthy Change is a new, innovative single point of referral service for adults who are at risk of developing heart disease. Healthy Change is a telephone support service whereby city residents have access to trained staff who will assess their needs and ensure they have easy access to support behaviour change and improve their lifestyle. The service provides on-going individual motivational support and can also offer face to face consultations

For more information Tel: 034506047352

The Public Health Nutrition Team

The nutrition team deliver a wide range of practical and interactive programmes to promote good nutrition. The team consists of Registered Nutritionists and Dieticians, and Community Food Workers. Here are examples of the courses they provide:

- **Eatwell for Life** – A cook and eat course aimed to support people to make changes to cooking, shopping and eating to benefit their health. Clients would get shopping and budgeting tips and find out how 'homemade' meals can be quick to make, tasty and cheaper (as well as healthier). Tailored courses for men, Asian, African-Caribbean and other community groups are available. (Courses run over 2 hours a week for 6 weeks.)
- **Eatwell for Juggle** – A cook and eat course tailored for people with type 2 diabetes (not treated with insulin) who have previously attended the Juggle Diabetes Education Programme. Clients would cook healthy meals, taste different foods and explore meal ideas for people with diabetes. (Courses run over 2 hours a week for 6 weeks.)
- **Weaning group** – Designed to increase new parents' knowledge and confidence around weaning a baby on to a healthy and nutritious diet. (Courses run over 1½ hours a week for 2 weeks.)
- **Tiny Cooks** – A healthy eating course designed to encourage parents with 3-4 year olds to cook together. (Courses run over 1 hour a week for 6 weeks.)

To find out more call The Nutrition Team on: 0115 883 4291 or email nutrition@nottinghamcitycare.nhs.uk



The Fluoride Varnish Programme

The fluoride varnish programme concentrates on working within the 10 most deprived schools within the city (please see below for the schools) and applies Fluoride varnish to all pupils. This is an evidence base programme which reduces the need for fillings.

1. Bentinck Primary & Nursery School – Arboretum NG7 4AA
2. Edale Rise Primary & Nursery School – Dales NG2 4HT
3. Greenfields Community School and Foundation Unit – Bridge NG2 2JE
4. Huntingdon Primary & Nursery School – St. Anns NG3 4AY
5. Mellers Primary & Nursery School – Radford and Park NG7 3HJ
6. Northgate Primary & Nursery School – Berridge NG7 7GB
7. Radford Primary School – Radford and Park NG7 3FL
8. The Nottingham Nursery School & Training Centre – Radford and Park NG7 3AB
9. Welbeck Primary & nursery School – Bridge NG2 1NT
10. William Booth Infant & Nursery School – Dales NG2 4QF

For more information E-mail Julia.Wilkinson@nottshc-chp.nhs.uk

Wellbeing +

Wellbeing+ offers advice for people affected by mental health issues, supporting them to access counselling services, stress management, assertiveness skills, advice and support with housing, as well as help with finance, education, training, employment and health issues.

Wellbeing+ provides access to flexible services that are tailored to each individual's support needs, and builds on their strengths to help them to manage their mental health, either within the NHS or with partner organisations. They can put together an individualised programme of support for people who want to get their lives back together.

For more information: Tel: 0115 924 2080.

