

# How do I get an appointment?



8am-8pm  
EVERY DAY

Call: 0208 630 1111



- between 8am & 10am to speak to a GP/make same day routine or emergency appt

- at 12pm to make an appt with a nurse or healthcare assistant

Go online: 24 hrs a day



- <https://firstcare.org.uk/new-venture-home-page/online/>

Come in!



- Firstcare Practice, Blenheim Centre, TW3 1NL

## Sometimes you can Self-refer

Mental Health, Stop smoking, Nutrition, Ante-natal services  
Stop drinking/drug abuse, Termination of pregnancy  
Recovering after injury, Adults with learning disabilities

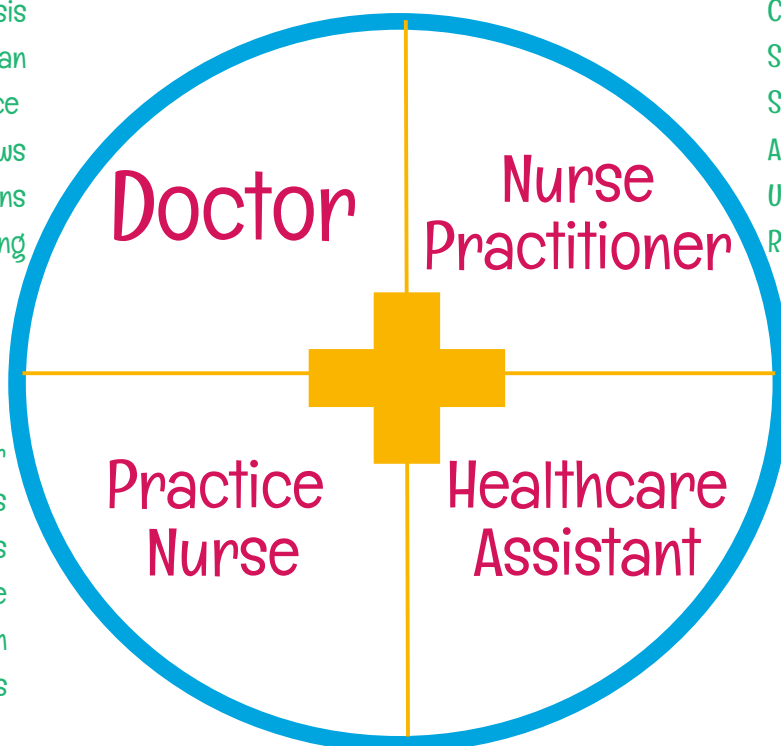
<https://firstcare.org.uk/portfolio/self-referral/>

## Phone and Skype appts

- book telephone or Skype appts to discuss test results, get prescription advice, follow up, medical certificates, and some referrals

Making a diagnosis  
Management plan  
Medical advice  
Antenatal reviews  
Long term conditions  
Care planning

Cervical smear  
Childhood vaccs  
Travel vaccs  
Wound care  
Contraception  
Some long term conditions



Cough,cold,fever  
Sore throat  
Stomach, back pain  
Allergies  
Urine infection  
Rash

Blood tests  
Health check  
ECG  
Flu injection  
Smoking cessation  
Lung function test