

# Take control of Your own health care

Did you know there are many health and care services in Bromley you can use without a referral from your doctor?



## How do I refer myself to a service?

In Bromley you can request some local health and care services by either filling in an online form or by telephone. Making this request yourself means you don't have to go through your GP practice.



**Bromley GP Dr Arun Wadhwa explains:** "In Bromley there are many community health and care services you can use without having to see your GP first. You can get in touch with the service yourself to see an expert in the care you need.

Services that offer self-referral include NHS talking therapies, sexual health, maternity care, eye care, physiotherapy, and a number of community health services".



**Bromley GP Dr Bushra Yousuf adds:** "Some of my patients think a referral from me means they will get seen sooner. This is not the case, and it can be quicker if you refer yourself to services that accept self-referrals. We can only fast track referrals when urgent investigations are needed".

"We really encourage you to self-refer to services where this is available. However, you **cannot** refer yourself to specialist hospital services. You will need to be assessed by your GP first".

## Bromley health and care services that accept self-referrals include:

### Community Health Services

by Bromley Healthcare. Speech and language therapy, children's physiotherapy, podiatry and bladder and bowel services.

Visit: [www.bromleyhealthcare.org.uk/explore-our-services/](http://www.bromleyhealthcare.org.uk/explore-our-services/) or 0300 330 5777

### NHS adult physiotherapy services

Contact Vita Health for conditions or pain affecting your joints, bones or muscles.

Visit: [www.vitahealthgroup.co.uk](http://www.vitahealthgroup.co.uk) or 020 8778 9050

### Minor Eye Care Service

for treatment of minor eye conditions. <https://lambroueyestudio.co.uk/eye-health/bromley-minor-eye-care-service-bmecs/> or 01689 850593

### Antenatal (pregnancy) care

– contact maternity services as early as possible in your pregnancy.

Visit: <https://pruh.kch.nhs.uk/services/maternity/> or [kch-tr.br-maternitypruh@nhs.net](mailto:kch-tr.br-maternitypruh@nhs.net)

### Sexual health services

[www.sexualhealthbromley.co.uk](http://www.sexualhealthbromley.co.uk) or 0300 330 5777

### Drug and alcohol service

[www.changegrowlive.org/bromley-drug-alcohol-service/london-road](http://www.changegrowlive.org/bromley-drug-alcohol-service/london-road) or 020 8289 1999

### Mental health

**Adults** – Talk together Bromley [www.talktogetherbromley.co.uk](http://www.talktogetherbromley.co.uk) or 0300 003 3000

**Children and young people** – [www.bromley-y.org](http://www.bromley-y.org) or 020 3770 8848

A wide range of community services to keep you emotionally and physically well are provided by Bromley Well. Visit: [www.bromleywell.org.uk](http://www.bromleywell.org.uk) or freephone 0808 278 7898

### Occupational therapy services.

Holistic assessment which looks at your health, both mental and physical and social care needs, to suggest a range of solutions.

Visit: [www.bromley.gov.uk/help-adults/occupational-therapy-service](http://www.bromley.gov.uk/help-adults/occupational-therapy-service) or 020 8461 7777

You can also contact your GP practice's social prescribing link worker for more advice about the many services available to help you.

#YourPrimaryCare

