

Self-Referral Services

There are many services you can self-refer into without the need to speak to a GP first. Click on the links below to learn more about these services.

[Physio Direct](#)

[Diabetes Prevention](#)

[Podiatry Direct](#)

[Living Well](#)

[Rochdale Carers' Hub](#)

[Talking Therapies](#)

[Minor Eye Conditions](#)

Self-referral For Local Services

There is a lot of self-help and NHS Services information available on **www.nhs.uk**.

For most specialist services the doctor or nurse will have to refer you.

However, there are some instances where you can refer yourself. These are listed below.

Minor Eye Conditions Services - The Minor Eye Conditions Service (MECS) provides assessment and treatment for people with recently occurring minor eye conditions. The service is provided by MECS accredited optometrists. It is for people of all ages registered with a GP in Heywood, Middleton or Rochdale. Children under 16 years must be accompanied at their appointment by an adult.

Click for more information. **[Minor Eye Conditions Service \(MECS\) covers minor eye problems](#)**

Thinking Ahead - Thinking Ahead help everyday issues that affect your mental wellbeing and provide professional support for more common mental health difficulties, such as anxiety and depression. - Click **[here](#)** for more information or call 01706 751180.

Physio Direct - To self-refer you must be 16 years of age or over and have a musculoskeletal problem such as back pain, neck pain, a painful joint, and/or general soft tissues sprains and strains. This includes sports injuries, work related injuries and postural problems. Please note self-referral is for pain or symptoms affecting one area of your body only. Click **[here](#)** for further information about this service.

Living well - This service can support you with your lifestyle changes. Support is available with Smoking cessation, Exercise, Feeling better all round, Oral health. Click **[here](#)** for further information or call 01706 751190.

Macmillan cancer information and support services - This service supports patients living in Oldham, Bury, Heywood, Middleton, and Rochdale. The service aims to provide a valuable resource to the community, offering a wide range of services to support people affected by cancer. They are based at the Royal Oldham Hospital but also provide support at Rochdale Infirmary and Fairfield Hospital when required. Click [here](#) for further information or call 0161 656 1026

Direct to Midwife - The Direct to Midwife campaign is being rolled out across Rochdale borough, led by local midwives from Rochdale Infirmary. Pregnant women are being encouraged to contact their local community midwife as soon as they know they are pregnant. The campaign aims to encourage mums-to-be to contact their midwife as a first point of contact to access advice and antenatal care more quickly to help ensure a healthy pregnancy. Please use the link below to register your pregnancy. **What to do when you're pregnant:: Northern Care Alliance**

Rochdale Sexual Health Services (Including Family Planning) - You can access free and confidential sexual health services in Rochdale. This includes information and advice on all types of contraception, STI testing and treatment. The service is confidential, non-judgemental and for people of all ages, genders and orientations. Everyone is welcome and you don't need to see your GP first. You can attend one of the walk-in clinics, book an appointment online or phone the service. Click [here](#) for further information or call 0300 303 8565

Rochdale Carers Hub (Support for carers) - The Carers Hub exists to ensure all carers have access to information, advice and a wide range of support services. These support services are designed to help carers continue in their caring role for as long as they choose and to reduce the impact the caring role can have on their own health and wellbeing. Click [here](#) for further information or call 0345 0138 208

Quit Smoking - Local stop smoking services are free, friendly and can massively boost your chances of quitting for good. Click [here](#) for further information or call 0300 123 1044

NUPAS - National Unplanned Pregnancy Advisory Service - This service offers free abortion treatments and free pregnancy testing, sexually transmitted infection screening and a fully comprehensive contraceptive service. Click [here](#) for further information or call 0333 004 6666.

Marie Stopes UK - You don't need a GP referral to access NHS funded abortion care. Marie Stopes has been helping people with their reproductive health options for over 40 years. They provide NHS-funded and self-funded abortion and vasectomy care through a network of local clinics all over England. You can give them a call whenever you need them. The advice line is available 24 hours a day, 7 days a week. Click [here](#) for further information or call 0345 300 8090.

Find a Psychological Therapies Service in England - You can refer yourself directly to a psychological therapies service (IAPT) without seeing your GP. These services offer therapies, such as cognitive behavioural therapy (CBT), for common problems including stress, anxiety, depression, obsessive compulsive disorder (OCD) and phobias. Click [here](#) for further information.

Turning Point - Every 30 minutes someone leaves Turning Point's services drink or drugs free. Turning Point offer you or a loved one a range of services depending on what you need, from detox and residential rehab to supported living and aftercare support. Click [here](#) for further information.

National Diabetes Prevention Programme - The Healthier You: NHS Diabetes Prevention Programme (NHS DPP) identifies those at diabetes high risk and refers them onto a behaviour change programme. Click [here](#) for further information.

District Nurses - The district nurses provide a wide range of support and services to patients, mainly in their home environment. This may range from visiting patients following discharge from hospital to long-term care for various nursing needs. The district nurses can be contacted directly via Single Point of Access: 0161 763 8525 (24/7 calls answered)

Urgent Dental Problems - If you need help with an urgent dental problem, call our Urgent Dental Care Service on 0333 332 3800, available from 8am to 10pm every day, including weekends and bank holidays.

- The above number should NOT be used by patients who have a regular dentist during normal surgery hours.
- This is an appointment only service – the Urgent Dental Care providers do not operate a 'drop-in' service at any Greater Manchester locations.
- Each one off urgent dental care appointment is a fixed NHS patient charge of Band 1, which is currently £22.70. This fee shall be paid each time you access Urgent Dental Care Services.

If you need help finding an NHS dentist, please visit www.nhs.uk

The service is provided according to strict clinical criteria, and when you call, you'll be assessed by a member of our clinical team. Urgent dental problems include the following conditions, which should receive self-help advice and treatment (where appropriate) within 24 hours:

- Dental and soft-tissue infections
- Severe dental and facial pain: that is, pain that cannot be controlled by the patient following self-help advice
- Fractured teeth or tooth

The service operates from 20 different locations across Greater Manchester and patients can choose to be seen at the location most convenient for them.