

Self Referral ELFT Community Health Services

<https://www.elft.nhs.uk/health-professionals/information-gps/i-am-gp-tower-hamlets>

Service	Our Referral Criteria	How does patient self-refer?
Continence Pads	<ul style="list-style-type: none"> • Patients previously seen by continence, but just need to re order pads 	<p>Call 0800 030 44 66</p> <p>OR if discharged from the NHS supply chain ask patient to call continence service 0207 771 5795</p>
Foot Health (NEW from 25.9.23)	<ul style="list-style-type: none"> • DIABETIC foot issues i.e. numbness in feet due to nerve damage • CIRCULATION PROBLEMS Affecting the feet i.e. diagnosed vascular or arterial disease • ACTIVE or PREVIOUS FOOT WOUNDS OR ULCERATION • Congenital (issue from birth) FOOT DEFORMITY that will not fit into a retail shoe REQUIRING FOOTWEAR • INGROWING TOE NAIL • Diagnosed significant MENTAL HEALTH ISSUES or Learning Disabilities 	<p>Email referral form from https://www.elft.nhs.uk/services/foot-health-tower-hamlets to elft.thchsfoothealth@nhs.net or by hand/post to Foot Health, 2nd Floor, Yellow Zone, Grove Building, Mile End Hospital, Bancroft Rd, E1 4DG</p> <p>Patients can call 020 77715775 if any questions about self-referring</p>
Emergency Foot Clinic	<ul style="list-style-type: none"> • Blisters and sores • Discharging and infected wounds • Inflamed areas such as acute in-growing toenails 	<p>Mon-Fri (excluding bank holidays) at Mile End Hospital, Foot Health Department. To ensure treatment they must be present at 8.30am.</p> <p><i>Service users should please bring their NHS Number for speedy registration for care</i></p>
Falls Pick Up Service	<ul style="list-style-type: none"> <input type="checkbox"/> Adults age 18 and over who have fallen in their home environment 	<p>Call NHS 111</p>

<p>CHS Care Navigation</p>	<ul style="list-style-type: none"> • Frequent visits to GP and/or request for home visit • Complex care needs including end of life care • Patients who self-neglect or at risk of neglect and hard to engage • Patients who could be taught to self-manage • Patients with social issues that impact on health 	<p>Email: f.colley@nhs.net</p> <p>Telephone: 0300 033 5000 and ask for the Care Navigation Service</p>
<p>Macmillan Cancer Care Navigation</p>	<ul style="list-style-type: none"> • Adults over 18 with a diagnosis of cancer • Complex health and social care needs • Are vulnerable and isolated 	<p>Email: elft.macmillancarenavigation@nhs.net</p> <p>Telephone: 0300 033 5000 and ask for the Care Navigation Service</p>