

### 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?
<b>CHS Care Navigation</b>	<ul style="list-style-type: none"> <li>• Frequent visits to GP and/or request for home visit</li> <li>• Complex care needs including end of life care</li> <li>• Patients who self-neglect or at risk of neglect and hard to engage</li> <li>• Patients who could be taught to self-manage</li> <li>• Patients with social issues that impact on health</li> </ul>	<p>Email: <a href="mailto:f.colley@nhs.net">f.colley@nhs.net</a></p> <p>Telephone: 0300 033 5000 and ask for the Care Navigation Service</p>
<b>Macmillan Cancer Care Navigation</b>	<ul style="list-style-type: none"> <li>• Adults over 18 with a diagnosis of cancer</li> <li>• Complex health and social care needs</li> <li>• Are vulnerable and isolated</li> </ul>	<p>Email: <a href="mailto:elft.macmillan-carenavigation@nhs.net">elft.macmillan-carenavigation@nhs.net</a></p> <p>Telephone: 0300 033 5000 and ask for the Care Navigation Service</p>
<b>Emergency Foot Clinic</b>	<ul style="list-style-type: none"> <li>• Blisters and sores</li> <li>• Discharging and infected wounds</li> <li>• Inflamed areas such as acute ingrowing toenails</li> </ul>	<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><b><i>Service users should please bring their NHS Number for speedy registration for care</i></b></p>
<b>Falls Pick Up Service</b>	<ul style="list-style-type: none"> <li>• Adults age 18 and over who have fallen in their home environment</li> </ul>	<p>Call NHS 111</p>
<b>Continence Pads</b>	<ul style="list-style-type: none"> <li>• Patients previously seen by continence, but just need to re order pads</li> </ul>	<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>