



...in school for summer.



Know where to get the right help There are lots of NHS services that can help you. Knowing where to go, and when, can help you get the right care when you need it.

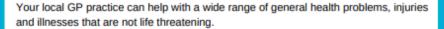
Pharmacy



Local pharmacists are **qualified healthcare professionals**. They can help you with minor health concerns and illnesses including coughs, colds, upset stomachs and skin/eye infections. They can also give some vaccinations and help with medications.

They can be found on most high streets and are a quick and convenient way to get medical advice. They will see you face to face and provide confidential help on the same day, with **no appointment needed.**

GP/doctor services local GP practice



Who you see at your appointment depends on the help you need. There are lots of different people who can help including a doctor, nurse, pharmacists, physiotherapist and many other trained health professionals.



They might see you over the phone, online or in-person.

You will need to be registered before you can book an appointment. To register with a GP practice you do not need proof of address, immigration status, ID or an NHS number. Find a GP practice near you at: www.nhs.uk/service-search/find-a-gp

GP help

evenings and weekends

Call your GP practice as normal. The practice answer phone will provide details of where you can get local out of hours appointments. You can also use the **online** consultation form on the practice website if your need is not urgent.

NHS 111



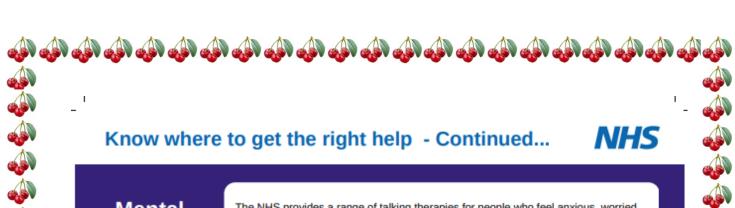
NHS 111 helps people get the right advice and treatment when they urgently need it. 111 can direct you to the best place to get help if you cannot contact your GP during the day, or when your GP is closed.

Doctors, nurses, paramedics and other fully-trained advisors are available 24/7, and can get you the help you need by:

- · finding out what local service can help you;
- . connecting you to a nurse, emergency dentist, pharmacist or GP
- · getting you an appointment if you need one

· telling you how to get any medicine you may need or give self-care advice.

You can contact NHS 111 all day, every day. Visit 111.nhs.uk or call 111.



Mental health services



The NHS provides a range of talking therapies for people who feel anxious, worried, down, or depressed. If you need help **you can refer yourself**, you don't need to go to your GP first. To refer your-self and find more information visit: www.nhstalk2us.org

Mental health services for people in crisis:

If you need help for a mental health crisis or emergency, you can get immediate help on our freephone lines from trained mental health advisers and clinicians **all day every day**:

Ealing, Hounslow, Hammersmith and Fulham	0800 328 4444
Brent, Harrow, Hillingdon, Kensington & Chelsea and Westminster	0800 0234 650

999 or A&E



If you, or someone you know, are experiencing a life-threatening medical emergency you should call 999 or attend an A&E immediately.

For adults:

- signs of a heart attack chest pain, pressure, heaviness, tightness or squeezing across the chest
- signs of a stroke face dropping on one side, cannot hold both arms up, difficulty speaking
- sudden confusion (delirium) cannot be sure of own name or age
- suicide attempt by taking something or self-harming
- · severe difficulty breathing -not being able to get words out, choking or gasping
- · choking on liquids or solids
- · heavy bleeding spraying, pouring or enough to make a puddle
- · severe injuries after a serious accident or assault
- · seizure (fit) shaking or jerking because of a fit, or unconscious (cannot be woken up)
- · sudden, rapid swelling of the lips, mouth, throat or tongue.

For children:

- · seizure (fit) shaking or jerking because of a fit, or unconscious (cannot be woken up)
- · choking on liquids or solids
- difficulty breathing making grunting noises or sucking their stomach in under their ribcage
- · unable to stay awake cannot keep their eyes open for more than a few seconds
- blue, grey, pale or blotchy skin, tongue or lips on brown or black skin, grey or blue palms or soles of the feet
- · limp and floppy their head falls to the side, backwards or forwards
- · heavy bleeding spraying, pouring or enough to make a puddle
- · severe injuries after a serious accident or assault

- signs of a stroke face dropping on one side, cannot hold both arms up, difficulty speaking
- · sudden rapid swelling of the lips, mouth, throat or tongue
- sudden confusion agitation, odd behaviour or non-stop crying.



Summer Term – 2023

Term ends: Friday 26th May Half term: Monday, 29th May to Friday, 2nd June Summer 2 starts Monday, 5th June Term ends: Friday, 21st July

Bank Holidays for 2023

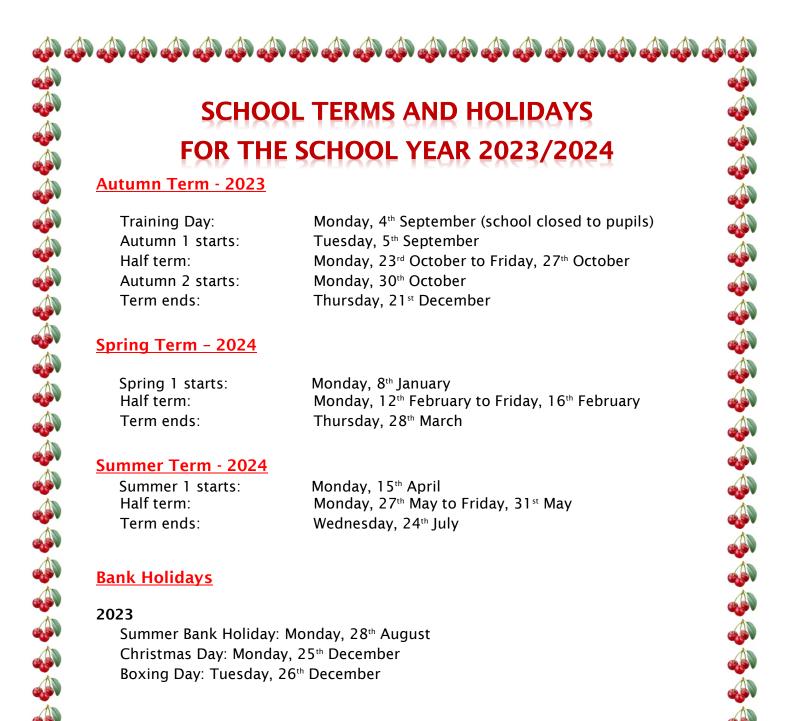
Spring Bank Holiday: 29th May Summer Bank Holiday: 28th August

School Closed - Training Days

Friday 21st July 2023

HOLIDAYS ARE NOT AUTHORISED DURING TERM TIME





2024

New Year's Day: Monday, 1st January Good Friday: Friday, 29th March Easter Monday: Monday, 1st April

May Day Bank Holiday: Monday, 6th May Spring Bank Holiday: Monday, 27th May Summer Bank Holiday: Monday, 26th August

HOLIDAYS ARE **NOT AUTHORISED** DURING TERM TIME Additional Training Days to be confirmed and added.