

Contact us:

**Hornsea Cottage Hospital
Eastgate
Hornsea
HU18 1LP**

Tel. 01964 533146



Humber
NHS Foundation Trust



Top to Toe Care in Hornsea

**A guide to healthcare clinics
for people of all ages**

Patient Advice and Liason Service (PALS)

Compliments, comments, concerns or complaints we want to hear from you.

PALS and Complaints department

**Humber NHS Foundation Trust
Trust Headquarters
Willerby Hill
Beverley Road
Willerby
HU10 6ED**

PALS can be contacted on:

Telephone: 01482303966
Email: HNF-TR.pals@nhs.net

Complaints can be contacted on:

01482 303930
Email: HNF-TR.complaints@nhs.net



| Type of healthcare | What day of the week? | What time does it run? | Who will I be seeing? |
|--|---|--|--|
| Abdominal Aortic Artery Screening | Mondays – based on demand (4 - 6 times per year) | 9am to 5pm | Triple A screening Technicians |
| Active in Age - gentle exercise group for older adults | Tuesday | 3pm to 4pm | Health Trainer |
| Adult Speech and Language Therapy | Wednesday | By appointment depending on referrals | Speech and Language Therapist |
| Alcoholics Anonymous | Saturdays | 7.30pm to 9pm | Support Group |
| Antenatal & Post-natal Clinics | Tuesday, Wednesday & Thursday | 9am to 3.30pm clinic and home visits | Midwife |
| Audiology (hearing clinic) | Thursdays | 9am to 4pm | Audiologist (a hearing specialist) |
| Child Health Checks | Twice Weekly but the day varies | By appointment | Health visitor |
| Child Health Clinic | Thursday | 1pm to 3pm (drop in) | Health visitor and Family Support worker |
| Children's Neurology Clinic | Depending on referrals | By appointment | A specialist nurse |
| Children's Orthoptist (specialist eye care) | Monday Tuesday Once a month there is children's eye screening | 9am to 12pm 1:30pm to 4pm By appointment | An eye care professional known as Orthoptist |
| Children's Respiratory | Thursday | 9am to 12pm | A specialist respiratory nurse |
| Child Speech and Language Therapy | Monday and every other Friday | By appointment | Speech and language therapist |
| Clozapine Clinic (health checks for people who are prescribed this medication) | Tuesdays fortnightly | 9am to 1pm by appointment | Community psychiatric nurse |

| Type of healthcare | What day of the week? | What time does it run? | Who will I be seeing? |
|--|---------------------------------------|----------------------------------|--------------------------------|
| Cognitive Stimulation Group (older adults with memory problems) | Fridays in 10 week courses | Pre-booked | Community Psychiatric Nurse |
| Continence Clinic | Depending on referrals | By appointment | Neighbourhood Care Team |
| Coping with your Baby's Crying | Tuesday Wednesday | 12pm to 2pm 10am to 2pm | Family Support Worker |
| Counselling | Wednesday and Thursday | 8.30am to 4.30pm by appointment | Emotional Wellbeing Counsellor |
| CPA Care (ongoing Mental health support) | Once a week | By appointment | Community Psychiatric nurse |
| Dieticians | Wednesday and Friday | 9am to 1pm by appointment | Dietician |
| Drug Dependency Clinic | Wednesdays fortnightly | 12pm until 4.30pm by appointment | Practitioner |
| Ear Nose and Throat Clinic | 3 rd Thursday of the month | 9.30am to 12pm by appointment | Consultant |
| Health Trainers for health and wellbeing advice and support including stop smoking | Tuesday Friday | 9am to 5pm 9am to 4pm | Health trainer |
| ADS (Alcohol and Drug Service) Substance misuse | Fridays | 1.30pm to 4.30pm (drop in) | Practitioner |
| Living with Diabetes (healthy eating) | Depending on referrals | 9:30am to 1:30pm | Dietician |
| Mental Health Consultant Psychiatrist Clinic | Thursday | 12.30pm to 4.30pm | Consultant Psychiatrist |
| Mental Health (adult) | Daily | 9am to 4pm | Community Psychiatric Nurse |
| Mental Health Assessment Clinic | By appointment | By appointment | Community Psychiatric Nurse |
| MIND Counselling | By Appointment | By appointment | Counsellor |

| Type of healthcare | What day of the week? | What time does it run? | Who will I be seeing? |
|---|---|---------------------------------|---------------------------------|
| Minor Ailment Scheme | Daily | Drop in | Pharmacist |
| Minor Injuries Unit | Seven days a week | 9am to 5pm – drop in | Nurse practitioner |
| X-Ray available | Tuesday Wednesday Thursday | 1.15pm to 4.30pm | Radiographer |
| Multiple Sclerosis | Wednesday (has been on hold for some months pending appointment of new MS Nurse) | 9am to 12pm | Nurse practitioner |
| Older People's Mental Health | Thursday | 9am to 2pm by appointment | Psychiatrist |
| Orthopaedic Clinic | 1 or 2 Saturdays a month | 8.30am to 2.00pm by appointment | Orthopaedic consultant Nurse |
| Parkinson's Clinic | Tuesdays Every 3 Months | Morning | Specialist Nurse |
| Physiotherapy | By appointment | 8.40am to 5pm by appointment | Physiotherapist |
| Pregnancy Related Healthcare | Tuesday | 8:45am to 12pm | Family Support Worker |
| Psychology Clinic | Friday | 9am to 4.30pm by appointment | Clinical Psychologist |
| Podiatry | Mondays and Friday | 9am to 4.30pm by appointment | Podiatrist |
| Retinal Screening (an eye check for people with diabetes) | Fridays twice a month | 9am to 3.30pm | Retinal screening photographer |

| Type of healthcare | What day of the week? | What time does it run? | Who will I be seeing? |
|------------------------|-------------------------------|---------------------------------|-----------------------------------|
| Sexual health Clinic | Friday | Drop in times to be confirmed | Specialist nurse |
| Substance Mis-use | Fridays | 1.30pm to 4.30pm Drop in | Practitioner |
| Talking Therapies | Monday to Thursday | 9am to 5pm by appointment | High Intensity Worker (therapist) |
| Ultrasound | Tuesdays | 9am to 4pm by appointment | Sonographer |
| Wound Clinic | Monday to Friday | 8.30am to 4.30pm by appointment | Staff Nurse |
| X-Ray | Tuesday, Wednesday & Thursday | 1.15pm to 4.30pm | Radiographer |
| Youth Offending Clinic | By appointment | By appointment | Youth Justice worker |

The majority of healthcare is provided within Hornsea Cottage Hospital however, the Minor Ailment Scheme is available at all pharmacies in Holderness. If a service offers home visits it will say this in the descriptions above.

Humber NHS Foundation Trust provides many of the services available at Hornsea Cottage Hospital however a number of other health care providers offer clinics. A colour key has been used to identify other healthcare providers.

- Hull and East Yorkshire Hospitals NHS Trust
- Hornsea Children's Centre
- East Riding Partnership
- Alcoholics Anonymous
- Alcohol and Drug Service
- MIND
- East Riding of Yorkshire Council
- Pharmacies in Holderness

This information was last updated on 1 April 2016. Clinics are subject to change and we advise you call ahead prior to attending.