



CRANLEIGH
EX CULTU ROBUR

YOUR
SCHOOL
MEDICAL
CENTRE



THE MEDICAL CENTRE

We have a team of nurses who you can see about any problem (Physical Health or Mental Health) that is bothering or worrying you.

NURSING STAFF:

Caroline Johnson – Medical Centre Assistant Manager

Sheila Smith – Nurse

Jade Hillier – Nurse

Holly Gorringe – Nurse

Laura Fleischer – Nurse

Liz Weeks – Nurse

We will always do our utmost to respect your privacy and dignity.

We understand that some medical matters are confidential and you may not want your matron/teachers/houseparent/parents to know about this. There are some situations where, if we are worried about your safety or immediate wellbeing, we will have to pass this information on. We will always tell you first before we inform anyone else.

SCHOOL DOCTORS (GPS)

If you are a boarder or registered at Shere GP Surgery you can also see a school doctor.

The school doctors attend the school four times a week between 7:30am and 8:30am.

SCHOOL GPS:

Dr Douglas Wardrop – Tuesdays

Dr Emma Watts – Wednesdays

Dr Marcus McEwen – Thursdays and Fridays
(You can request a male or female GP)

Dr Dan Eckford – Sport Doctor, Thurs 3-6pm

PHYSIOTHERAPY

The Medical Centre Nurses can book a physiotherapy appointment for you if needed following an injury or surgery.

Physio led clinics in the Medical Centre:

Monday 1.30-6.30pm

In the Woodland Fitness Centre:

Tuesday (private appointments) 1.15-6.15pm

Thursday 1.15-6.10pm

Friday 1.30-5.15pm

HOW TO MAKE AN APPOINTMENT?

Your matron can make an appointment for you to see the GP (you do not have to tell them the reason).

You can email us: medicalcentre@cranleigh.org

Call us: **Ext 2020**

Phone: **01483 542020**

Sometimes we will ask to see you for a nurse appointment before you see the GP. You can also request to see Dr Eckford for any Sports Injury.

Please speak to a nurse regarding this. If you book to see a GP, it is important that you let us know if you can't attend your appointment.

NEED TO ORDER A REPEAT PRESCRIPTION?

If you are on a prescribed medication (prescribed by the school doctor) and you are running low on your medication please do not hesitate to email us to order a repeat: medicalcentre@cranleigh.org

Alternatively you can ask your matron to put a request in to the Medical Centre for a repeat prescription for you.

OTHER WEBSITES/ PLACES FOR SUPPORT:

Independent Listeners:

Mrs Annie Sergeant (annie@independentlistener.uk)

Mr Jonathan Poole (jonathan@independent_listener.uk)

Counsellors – counselling@cranleigh.org

Safeguarding Team – safeguarding@cranleigh.org

Papyrus – 07786209697 – pat@papyrus-uk.org

Childline - 0800 1111 - childline.org.uk

Kooth - kooth.com

NHS Go - nhs.go.uk (NHS app with confidential health advice and support for 16–25-year-olds)

Samaritans - 116 123 (freephone) jo@samaritans.org

Talk to Frank - 0300 123 6600 - talktofrank.com (Confidential advice and information about drugs, their effects and the law)

There is also a school counselling service. An appointment with a counsellor can be made for you by your matron or by the Medical Centre nurses.

SEXUAL HEALTH:

Our team of nurses and doctors can provide lots of information and support regarding relationships, consent, contraception and sexual health.

- Contraception
- Free condom service
- Emergency contraception (morning after pill)
- STI/STD advice
- Pregnancy tests

MENTAL HEALTH:

We will all, at some point in our lives, suffer with our mental health. This is something you should never be ashamed of. Our nurses, doctors and counsellors can support you with this. Come and chat to us! We can help with things like:

- Anxiety/panic
- Sleep
- Feeling low in mood
- Eating problems
- Body image problems
- Self-harm
- Suicidal thoughts
- Body dysmorphia
- Identity concerns

WHAT ELSE CAN WE HELP WITH?

- Weight management
- Alcohol concerns
- Drug concerns
- Asthma
- Epilepsy
- Diabetes
- Crohn's
- Acne
- Wounds
- Sore muscles/joints
- Sports injuries
- Physiotherapy referrals
- Counselling services
- Mental health
- Sexual health
- Eating problems
- Period problems
- Urinary concerns
- Gynecological concerns

If you are worried about ANY physical or mental health problem please come and talk to us!

