

Top-to-toe care at Hornsea Cottage Hospital

A guide to health and wellbeing clinics
for people of all ages



Hornsea Cottage Hospital
Eastgate
Hornsea
HU18 1LP

Tel. 01964 533146

Please note that there are no minor injury services on site*

Service	What day?	What time?	Who will I see?	Service Provider	Who buys the service?	How do I access the service?
Abdominal Aortic Aneurysm Screening	Mondays based on demand (4 - 6 times per year)	9am to 5pm	Screening Technicians	Hull University Teaching Hospitals NHS Trust	East Riding of Yorkshire CCG	Referral by GP / clinician
Alcohol and Drug Service	Wednesdays fortnightly	12noon to 4.30pm (by appointment only)	Practitioner	The East Riding Partnership	East Riding of Yorkshire Council	Referral by GP / clinician or via Open Access Service
Alcohol and Drug Service	Fridays	1.30pm to 4.00pm (open access)	Practitioner	The East Riding Partnership	East Riding of Yorkshire Council	Drop in
Alcoholics Anonymous	Saturdays at Kingfisher Lodge	7.30pm to 9pm	Support Group	AA Member	Alcoholics Anonymous Great Britain	Just turn up
Antenatal & Postnatal Clinics	Tuesday, Wednesday & Thursday At the Children's Centre (not hospital)	9am to 3.30pm clinic and home visits	Midwife	Hull University Teaching Hospitals NHS Trust	East Riding of Yorkshire CCG	Referral by GP / clinician
Audiology (hearing clinic)	Thursdays	9am to 4pm	Audiologist (a hearing specialist)	Hull University Teaching Hospitals NHS Trust	East Riding of Yorkshire CCG	Referral by GP / clinician
Bladder and Bowel Health Clinic	Thursday afternoons	By appointment	Bowel and Bladder Team	City Health Care Partnership CIC	East Riding of Yorkshire CCG	Referral by GP / clinician
Changing Places fully accessible toilet	Monday to Friday	8.30am to 5pm (reception opening)	n/a - carers use this at their own risk	Humber Teaching NHS Foundation Trust	Humber Teaching NHS Foundation Trust	Accessible during opening hours
Child Health Clinic	Thursday	1pm to 3pm	Health visitor	Hornsea	Humber Teaching NHS Foundation Trust	Drop in
Children's Neurology Clinic	Depending on referrals	By appointment	A specialist nurse	Hull University Teaching Hospitals NHS Trust	East Riding of Yorkshire CCG	Referral by GP / clinician
Children's Orthoptist (specialist eye care)	2 nd Monday of the month As required a month there is children's vision screening service	9am to 12pm (by appointment)	An eye care professional known as Orthoptist	Hull University Teaching Hospitals NHS Trust	East Riding of Yorkshire CCG	Referral by GP / clinician

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Child Speech and Language Therapy	Monday and Tuesday	By appointment	Speech and Language Therapist or Speech and Language Therapy Assistant	Humber Teaching NHS Foundation Trust	East Riding of Yorkshire CCG	Open referral system, needs parental consent
Clozapine Clinic (health checks for people who are prescribed this medication)	Tuesdays fortnightly	9am to 1pm (by appointment)	Community psychiatric nurse	Humber Teaching NHS Foundation Trust	East Riding of Yorkshire CCG	Referral by Community Mental Health Team
Counselling	Wednesday and Thursday	8.30am to 4.30pm (by appointment)	Emotional Wellbeing Counsellor	Humber Teaching NHS Foundation Trust	East Riding of Yorkshire CCG	Referral by GP / clinician
CPA Care (ongoing Mental health support)	Once a week	By appointment	Mental health worker	Humber Teaching NHS Foundation Trust	East Riding of Yorkshire CCG	Referral by Community Mental Health Team
Ear Nose and Throat Clinic	3 rd Thursday of the month	9.30am to 12pm (by appointment)	Consultant	Hull University Teaching Hospitals NHS Trust	East Riding of Yorkshire CCG	Referral by GP / clinician
Health Improvement Programme	Friday monthly	9.30am to 4.30pm (by appointment)	Mental health worker	Humber Teaching NHS Foundation Trust	East Riding of Yorkshire CCG	Referral by Community Mental Health Team
ESCAPE – Pain Management Programme	Twice a week (six week programme)	90 minute sessions	Exercise professional	East Riding of Yorkshire Council	East Riding of Yorkshire CCG	GP / clinician referral
Health Trainers for health and wellbeing advice and support including stop smoking	Monday Friday	8:30am to 12pm 9am to 5pm	Health trainer	Humber Teaching NHS Foundation Trust	East Riding of Yorkshire Council	Self-referral/ referral by GP/ clinician
Hearing Aid Maintenance, Battery Supply and Advice – “Hear to Help”	Tuesday	9.30am to 11.30am	Volunteer	Action on Hearing Loss subcontracted by Hull University Teaching Hospitals NHS Trust	East Riding of Yorkshire CCG	Drop in service (for hearing aid adjustments/ hearing tests, contact Audiology on 01482 468356)

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Mental Health Consultant Psychiatrist Clinic	Thursday	12.30pm to 4.30pm	Consultant Psychiatrist	Humber Teaching NHS Foundation Trust	East Riding of Yorkshire CCG	Referral by Community Mental Health Team
Mental Health (adult)	Most days	9am to 4pm	Community Psychiatric Nurse	Humber Teaching NHS Foundation Trust	East Riding of Yorkshire CCG	Referral by Community Mental Health Team
Mental Health Assessment Clinic	By appointment	By appointment	Community Psychiatric Nurse	Humber Teaching NHS Foundation Trust	East Riding of Yorkshire CCG	Referral by GP / self-referral through 01482 301701
MIND Counselling	By appointment	By appointment	Counsellor The East Riding Partnership	MIND	East Riding of Yorkshire CCG	Referral by GP / clinician
Multiple Sclerosis	As required	By appointment	Specialist nurse	Hull University Teaching Hospitals NHS Trust	East Riding of Yorkshire CCG	Referral by GP / clinician
Older People's Mental Health	Thursday	9am to 2pm (by appointment)	Psychiatrist	Humber Teaching NHS Foundation Trust	East Riding of Yorkshire CCG	Referral by GP / clinician
Older People's Mental Health Memory Assessment Clinic	Wednesday	9.30am to 12.30pm	Nurse	Humber Teaching NHS Foundation Trust	East Riding of Yorkshire CCG	Referral by GP
Pain Management	Mondays	By appointment	Psychological Wellbeing Practitioner	City Health Care Partnership CIC	East Riding of Yorkshire CCG	Referral by GP / clinician
Palliative Care & Drop-in for anyone with a life limiting illness of any kind	Tuesdays	9.30am to 2.30pm	A Dove House Hospice Palliative Care Nurse & volunteers	Dove House Hospice	Funded by Dove House Hospice in partnership with the Hornsea League of Friends	Referral to Dove House Hospice. Anyone can refer including self/relatives
Parkinson's Clinic	As required	By appointment	Specialist Nurse	Hull University Teaching Hospitals NHS Trust	East Riding of Yorkshire CCG	Referral by GP / clinician
Physiotherapy MSK	Tuesdays and Wednesdays	By appointment	Physiotherapist	City Health Care Partnership CIC	East Riding of Yorkshire CCG	Referral by GP / clinician / self-referral through 01482 247111
Psychology Clinic	Friday	9am to 4.30pm (by appointment)	Clinical Psychologist	Humber Teaching NHS Foundation Trust	East Riding of Yorkshire CCG	Referral by Community Mental Health Team

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Podiatry	Thursdays and Fridays	By appointment	Podiatrist	City Health Care Partnership CIC	East Riding of Yorkshire CCG	Referral by GP / clinician
Retinal Screening (an eye check for people with diabetes)	Fridays twice a month	9.30am to 3.00pm	Retinal screening photographer	Hull University Teaching Hospitals NHS Trust	Public Health England / NHS England	Referral by GP / clinician
Sexual health Clinic	1 st and 3 rd Fridays	9am to 12 noon (last walk-in 11.30am)	Senior sexual health nurse	City Health Care Partnership CIC	East Riding of Yorkshire Council	Drop-in
Talking Therapies	Monday	9am to 5pm (by appointment)	High Intensity Worker (therapist)	Humber Teaching NHS Foundation Trust	East Riding of Yorkshire CCG	Referral by GP / clinician / self-referral through 01482 335451
Treatment Room - Wound Assessments and Dressings	Monday, Tuesday (am), Wednesday, Thursday (am) Friday	By appointment	Staff Nurse	City Health Care Partnership CIC	East Riding of Yorkshire CCG	Referral by GP / clinician / self-referral through 01482 247111
X-Ray	Tuesday Wednesday Thursday	1.30pm to 5pm (by appointment)	Radiographer	Hull University Teaching Hospitals NHS Trust	East Riding of Yorkshire CCG	Referral by GP / clinician
Youth Offending Clinic	By appointment	By appointment	Youth Justice Worker	East Riding of Yorkshire Council	East Riding of Yorkshire Council	Referral from Youth Offending / Custody

*If you have an urgent injury or illness that is **not serious, life or limb threatening**, then your nearest walk-in Urgent Treatment Centre can provide assessment, advice and/or treatment:

Beverley Urgent Treatment Centre East Riding Community Hospital Swinemoor Lane Beverley HU17 0FA Tel: 01482 478879 Open 7am – 11pm	Bridlington Urgent Treatment Centre Entrance A, Bridlington Hospital Bessingby Road Bridlington YO16 4QP Tel: 01262 425631 Open 7am – 11pm	Bransholme Urgent Treatment Centre Bransholme Health Centre Goodhart Road Hull HU7 4DW Tel: 01482 344665 Open 24 hours
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Please note:

- The accuracy of this information cannot be guaranteed and may be subject to change from time to time due to individual staff or service issues. The latest version is available at: www.eastridingofyorkshireccg.nhs.uk/choose-well/planned-care
- Referrals to local services are based on appropriateness of an individual's clinical need and people may still have to travel to main sites dependant on their clinical condition.
- Hornsea Cottage Hospital is owned by Humber Teaching NHS Foundation Trust.

Please notify East Riding of Yorkshire Clinical Commissioning Group of any amendments via ERYCCG.ContactUs@nhs.net

How to contact us

The people who look after your health will do whatever they can to make sure you are treated appropriately and on time. Your compliments are always appreciated and help us to share good practice. However, we realise that sometimes things do not go as expected.

If you are unhappy with the treatment or service you have received from NHS services, you have the right to make a complaint, have it looked into and receive a response. You can raise your concerns immediately by speaking with the staff involved who will attempt to resolve your complaint informally. Alternatively, you can contact one of the organisations patient relations service or Healthwatch East Riding of Yorkshire, the independent voice for the people of the East Riding:

Action on Hearing Loss	Information Tel: 0808 808 0123 Email: informationline@hearingloss.org.uk
Alcoholics Anonymous	Free National Helpline: 0800 9177 650 Email: help@aamail.org
City Health Care Partnership CIC 5 Beacon Way, Hull HU3 4AE	Customer Care Services Tel: 01482 347627 Email: chcp.customercare@nhs.net
Dove House Hospice Chamberlain Road, Hull, HU8 8DH	Tel: 01482 784343 https://www.dovehouse.org.uk/contact-us
East Riding of Yorkshire Clinical Commissioning Group Health House, Grange Park Lane, Willerby, HU10 6DT	Patient Relations Tel: 01482 672047 Email: ERYCCG.ComplaintsAndConcerns@nhs.net
East Riding of Yorkshire Council County Hall, Beverley, HU17 9BA	Contact Centre Tel: 01482 393939 https://www.eastriding.gov.uk/council/contact-the-council/contact-us/
Healthwatch East Riding of Yorkshire Unit 18 Brough Business Centre, Skillings Lane, Brough, HU15 1EN	Tel: 01482 665 684 Email: enquiries@healthwatcheastridingofyorkshire.co.uk http://www.healthwatcheastridingofyorkshire.co.uk/
Hull University Teaching Hospitals NHS Trust Anlaby Road, Hull, HU3 2JZ	Patient Advice and Liaison Tel: 01482 623065 pals@hey.nhs.uk
Humber Teaching NHS Foundation Trust Willerby Hill, Beverley Road, Willerby, HU10 6ED	Patient Advice and Liaison Service Department Tel: 01482 303966 Email: HNF-TR.pals@nhs.net
Humber Teaching NHS Foundation Trust Health Trainer and Stop Smoking service 19 Quay Road, Bridlington, YO15 2AB	Tel: 0800 9177752 Email: HNF-TR.healthtrainers@nhs.net
Hull and East Yorkshire MIND Wellington House, 108 Beverley Road, Hull, HU3 1YA	Tel: 01482 240200 Information Line (9am–5pm/Monday-Friday): 01482 240133 On-line: https://www.heymin.org.uk/contact-us/
NHS England NHS England, PO Box 16738, Redditch, B97 9PT	Customer Contact Centre Tel: 0300 311 22 33 Email: england.contactus@nhs.net
Public Health England PHE Yorkshire and the Humber, Blenheim House, West One, Duncombe Street, Leeds, LS1 4PL	Telephone: 0113 386 0300
The East Riding Partnership 7 Baker Street, Hull, HU2 8HP	Telephone: 01482 336675