

Self-Referral Links

Scan or enter the website link from the below list to access advice and support with the option to complete a self-referral to help manage any of the below you may be experiencing:

Ear Wax Micro Suction Community Clinic –

This ear wax clinic is nurse – led and provides ear wax management, including advice on management and prevention, ear wax removal. It is available for adults who remain to experience issues after using olive oil drops for one week.

[Ear wax micro suction community clinic - Hywel Dda University Health Board \(nhs.wales\)](#)



Physiotherapy –

[Physiotherapy services - Hywel Dda University Health Board \(nhs.wales\)](#)



Podiatry (Foot Health) -

Podiatry service provides fully comprehensive foot health service for conditions affecting the lower limb. Assess, treat and advise patients with foot health problems.

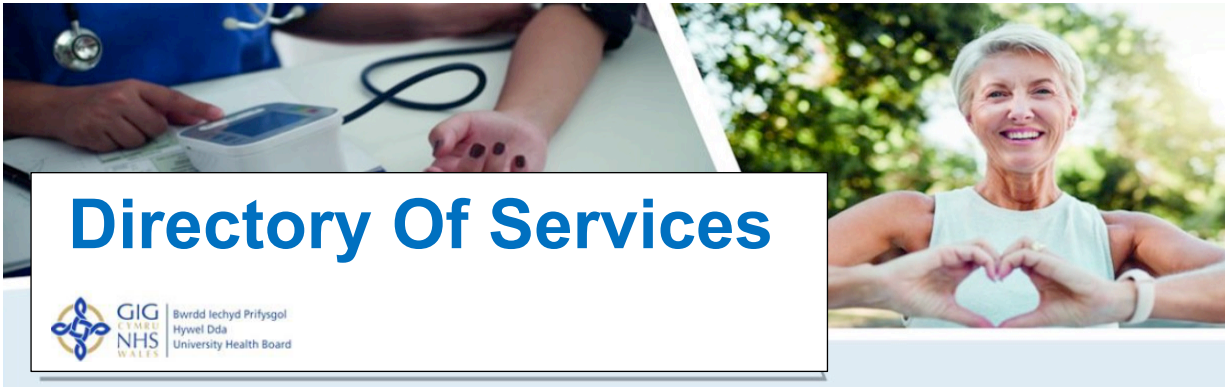
<https://hduhb.nhs.wales/healthcare/services-and-teams/podiatry-foot-health/>



Routine Dental Waiting List Enquiry Form –

This QR code will take you directly to a referral form to submit an enquiry to be put on the waiting list to be seen by a dentist.





Website and Contact Detail Links

Scan or enter the website link from the below list to access advice, support, and information to help manage any of the below you may be experiencing:

Admiral Nurse Dementia Helpline –

Contact for information, advice and support with any aspect of dementia.

<https://www.dementiauk.org/information-and-support/how-we-can-support-you/admiral-nurse-dementia-helpline/>



Breast Screening -

<https://www.nhs.uk/conditions/breast-screening-mammogram/>



Cervical Screening –

Cervical screening is to check the health of the cervix and help prevent cervical cancer.

<https://www.nhs.uk/conditions/cervical-screening/>



Carers –

<https://hduhb.nhs.wales/healthcare/services-and-teams/carers-information/>



Carers Support in West Wales –

<https://carerssupportwestwales.org>



Dental Service -

<https://hduhb.nhs.wales/healthcare/services-and-teams/dental/>



Diabetes Service -

<https://hduhb.nhs.wales/healthcare/services-and-teams/diabetes/>



Education Programmes for Patients –

Provide a range of free Self-Management health and well-being programmes and workshops if you have a health condition or for those who care for someone with a health condition.

<https://hduhb.nhs.wales/healthcare/services-and-teams/education-programmes-for-patients/>



NHS 111 Wales –

111 is a number you can call out of hours and Bank Holidays where GPs and other health professionals are available to respond to urgent issues for patients who cannot wait until their GP practice reopens.

<https://111.wales.nhs.uk/?locale=en&term=A>



NHS 111 Mental Health Option 2 -

This number is for urgent mental health support. Open 24 hours a day, 7 days a week in all areas of Wales. If you need to talk to someone about your mental health or concerned about a family member call 111 and select Option 2 and you will be put in direct contact with a mental health professional in your area.

<https://www.gov.wales/nhs-111-press-2>



Occupational Therapy Service –

Occupational Therapists work with people of all ages, who due to ill health, disability or ageing, have difficulty doing everyday things that matter to them. Work with you to consider the impact of your physical, psychological and social health. Help to prevent, recover, resolve and adapt.

<https://hduhb.nhs.wales/healthcare/services-and-teams/occupational-therapy-service/>



Pelvic Health Information Hub -

<https://hduhb.nhs.wales/healthcare/services-and-teams/pelvic-health/>



Prostate Problems –

<https://www.nhs.uk/conditions/prostate-problems/>



Sexual Health Clinics -

<https://hduhb.nhs.wales/healthcare/services-and-teams/sexual-health/sexual-health-clinics-in-pembrokeshire/>



Vaccinations –

Find out about vaccinations for babies, children and adults including their importance and how to get an appointment to get them.

<https://www.nhs.uk/vaccinations/>



Waiting List Support Service –

If you are a patient on a waiting list for treatment and need support whilst you wait.

<https://hduhb.nhs.wales/healthcare/services-and-teams/waiting-list-support-service-wlss/>

