**Suggestions for OOH sessions in Portsmouth for ST1/2**

1. South Coast Ambulance Service

* Deanery organised introduction session – covers 4 hours and gives you all the numbers to contact people. Need to complete observer application form before can do a shift
* Can either going out with the ambulance crew or attend emergency operations centre (111 call centre), based at Otterbourne
* Safe space (based at guildhall) is another option - safe Space, the service run by South Central Ambulance Service providing medical assistance to people on Friday and Saturday evenings (22:00 and 03:00 on Friday and Saturday nights). The idea behind Safe Space is to help reduce the number of 999 callouts and ease the pressure on A&E.
* Ambulance shifts can take time to arrange – start early. Ambulance shifts are often 12 hours. It is impractical to be dropped back mid-shift – plan for this.
* Contact detail to organise ambulance and emergency operations centre time: eleanor.rutter@scas.nhs.uk

2. Alcohol intervention team

* Best via the hospital team who are very accommodating to have GP trainees sit in with them on Saturday and Sunday clinic
* Bleep alcohol team via QA switchboard (02392286000)

3. Palliative care

* Rowans don’t allow GP trainees to do OOH there but Jubilee house
	+ Jubilee house: 02392 324034 - please make sure you arrange well in advance to ensure adequate nursing cover available to optimise experience

4. Minor injuries units

* Contact via their switchboards and find out who lead nurse/ ENP is to organise:
	+ St Marys ISTC CareUK (0333 321 8277) - open Mon - Fri: 7.30am - 10pm. Weekends and Bank Holidays: 8am - 10pm
	+ Gosport minor injuries (02392 524611) - open 8am - 9pm every day
* Welcoming, friendly team, really useful to see how walk in centres work.

5. Crisis Resolution / Home treatment team

* Elm Leigh, Havant (for Fareham and Gosport) 02392344562 - telephone and ask to speak to duty manager to arrange session
* The Orchard’s, St James’ Hospital (for Portsmouth City) 02392 683 400 - please ask for James Dawson until end of May 18 and Kyle Witkowski from June (local manager) to arrange session
* Many assessments take place “in hours”. Evenings can be quiet but are still useful eg to look at GP referrals to the crisis team.

6. COAST- Paediatric outreach team

* Telephone: 07990 805317
* An excellent option for those with no specific paediatric experience

7. Community Nursing Team

* Speak to your trainer and contact local team members in your area - each practice has district nurses attached to it
* Excellent for making links with community nursing teams and understanding their skills and roles
* Frailty, care home, rapid response and community nursing opportunities
	+ Portsmouth City: contact Mark Roberts RN, Lead Nurse – Community Localities, Solent NHS Trust, 3rd Floor Civic Offices, Guildhall Square, Portsmouth (Mark.Roberts@solent.nhs.uk).
	+ Fareham and Gosport: contact Sandra Spong, Head Of Nursing and Allied Health Professionals, Southern Health NHS Foundation Trust, Aerodrome House, Gosport, Mobile 07500570028, Sandra.spong@southernhealth.nhs.uk / sandra.spong@nhs.net

8. Adult social care

* Will vary depending on what area you work in (Portsmouth City/Hampshire)
	+ For Portsmouth City GP practices:

Hospital Team: Duty (OOHs) team based at QAH: 02392 286000 ext 3767 / Direct number 02392 283 690

(Community based OOH: 02392 680 810 - help desk/ email ascoppdadmin@porsmouthcc.gov.uk - although likely to be less productive than a weekend- more an emergency contact number)

* + Hampshire GP Practices (ie. non Portsmouth City):

Hospital team: 02392 283 250 - only available at the weekend - please liaise with team manager David Morgan

0300 555 1373 - for evenings (although likely to be less productive than a weekend- more an emergency contact number)

* The hospital team covers all out of hours social work. This is mostly related to hospital discharges – which are hugely community related. They occasionally become involved with safeguarding in the community.
* OOH children's and adults service email address to arrange in community: out.of.hours@hants.gov.uk

9. Eye casualty

* Happy to have GP Trainees but not really on the Saturday clinic due to a large work load – suggested more as an idea for CPD time
* Phone QAH and ask to be put through to the ophthalmology secretaries then give you the name of the Registrar who handles the rota (who changes on an ongoing basis).

10.Community midwifes

* Speak to midwife attached to your surgery and see if can shadow one on the weekends

11. Police

* Please contact response.patrol@hampshire.pnn.police.uk

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