



Tasburgh Earthworks Volunteer notes: What to do in an emergency

Do not hesitate to call 999 in the case of a genuine life-threatening emergency, such as chest pain, shortness of breath, unconsciousness or serious bleeding.

If you believe a person needs to go to hospital, can they get there by car, public transport or taxi? They will not be seen any quicker at the hospital if they arrive by ambulance.

NEAREST HOSPITAL WITH A&E:

Norfolk and Norwich University Hospital, Colney Lane, Norwich, Norfolk, NR4 7UY

Tel: 01603 286 286

Directions to hospital (see also map below):

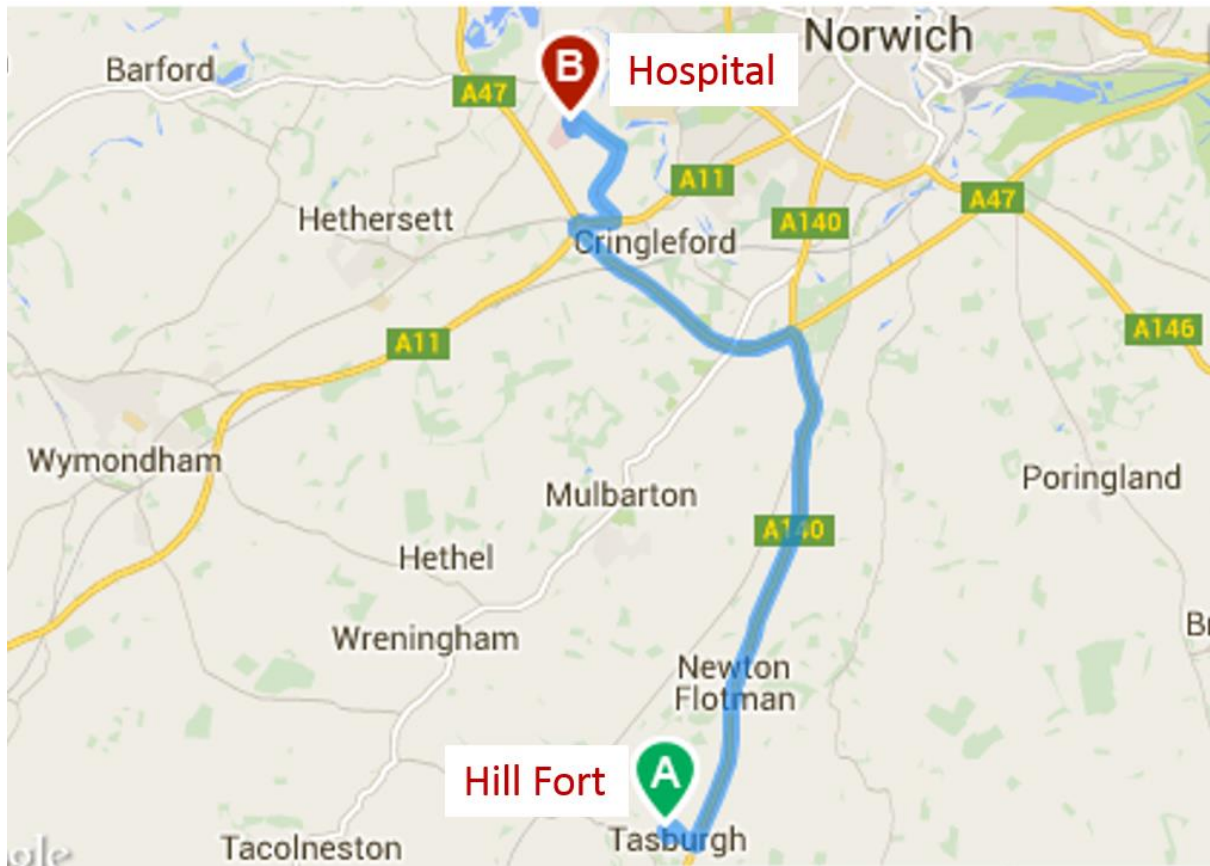
10.5 miles from Tasburgh - about 18 minutes

1. From the church, turn right into Grove Lane
4. Turn left onto Ipswich Rd/A140 5.4 mi
5. At the roundabout, take the 1st exit onto the A47 ramp
To A11/Swaffham/Thetford 0.2 mi
6. Merge onto A47 2.1 mi
7. Take the A11 ramp to London/Thetford/Norwich 0.2 mi
8. At the roundabout, take the 5th exit onto Newmarket Rd/A11 0.5 mi
9. At the roundabout, take the 1st exit onto Round House Way 456 ft
10. At the roundabout, take the 1st exit and stay on Round House Way 0.3 mi
11. At the roundabout, take the 1st exit and stay on Round House Way 0.5 mi
12. At the roundabout, take the 1st exit onto Colney Ln 0.5 mi
13. At the roundabout, take the 1st exit and stay on Colney Ln 0.1 mi
14. Turn right 135 ft
15. Turn right 0.1 mi

[See map below]



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In a medical emergency you should stay calm and dial 999.

You will be asked for some information, including:

- Details of what is wrong and what has happened
- The exact location of the incident:

Tasburgh Hill Fort, near church, Church Hill, Tasburgh, Norfolk

Nearest post code: NR15 1NH

Grid reference: TM 20139 95944 (outside church)

- The phone number you are calling from
- Write your mobile phone number here:

If it is appropriate an ambulance response will be dispatched immediately, but you will be asked to stay on the phone so that the ambulance call-taker can give you medical advice on how best to help the patient. This will not delay the ambulance response.

There are a number of ways you can help the ambulance responder or crew before they arrive:

- Stay with the patient until the ambulance or rapid response vehicle arrives. Call back if their condition or location changes
- If you are not near the access road, get someone to wait by the road and signal where the response is required
- If you can, write down the patient's GP's details and collect any medication they may need
- Remember to stay calm - ambulance crews are there to help and violence towards them will not be tolerated.

A traditional ambulance may not be the first vehicle to arrive on scene. It could be:

- A Community First Responder
- A single crewed response vehicle with an emergency care practitioner, paramedic or emergency medical technician
- An air ambulance
- An emergency doctor



There are a number of other options for less seriously ill or injured people, including:

- Visiting local pharmacy:

The Co-operative Pharmacy
The Angel Site
Long Stratton
NR152XJ
Tel: 01508 530 303

Boots Pharmacy
Old School, School Rd
Bracon Ash
NR14 8AE
Tel: 01508 570770

- Visiting the local GP or NHS walk-in centre:

Longstratton Medical Partnership
Saint Mary's Close
Newton Flotman
NR15 1AH
Tel: 01508 470300

Millgates Surgery, Mill Rd, Hempnall
NR15 2LP
Tel: 01508 499333

- **NHS 111 Service for non-emergencies**

The NHS 111 Service can be contacted free if you feel you need advice or reassurance about a health issue. All calls to NHS 111 are free from land lines and mobile phones.

- **For medical emergencies you should call 999.**

For more information on the East of England Ambulance Service have a look at their website: <http://www.eastamb.nhs.uk/>