



### **Fiddler's Hill 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:**

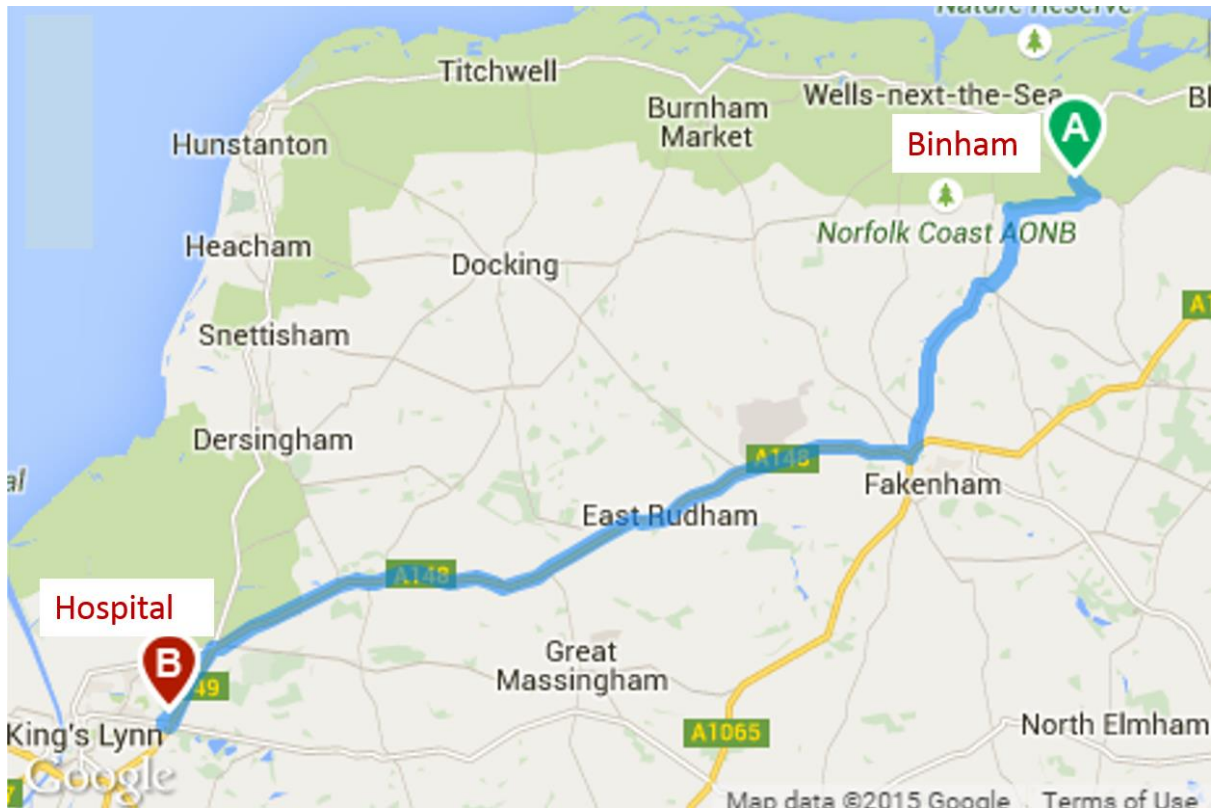
The Queen Elizabeth Hospital  
Gayton Road  
King's Lynn  
PE30 4ET  
Tel: 01553 613 613

**Directions to hospital (see also map below):** 27.9 miles- about 46 minutes to Kings Lynn

1. Head southeast	0.6 mi
2. Turn right – towards Wighton	1.8 mi
3. Slight right	295 ft
4. Turn left	20 ft
5. Continue straight (towards the Walsinghams)	1.2 mi
6. Turn right onto Scarborough Rd (towards Lt Walsingham)	0.6 mi
7. Turn right onto Holt Rd (going into Lt Walsingham)	0.3 mi
8. Turn left onto High St, Lt Walsingham	0.1 mi
9. High Street turns slightly right and becomes Fakenham Rd	3.4 mi
10. Continue onto B1105	0.5 mi
11. Turn right onto A148 towards Kings Lynn	0.2 mi
12. At the roundabout, take the 3rd exit onto Creake Rd/A148 Continue to follow A148	16.6 mi
13. At the roundabout, take the 1st exit onto Queen Elizabeth Way/A149	1.9 mi
14. At the roundabout, take the 3rd exit onto Gayton Rd/A1076 Go through 1 roundabout	0.2 mi
15. At the roundabout, take the 2nd exit	0.2 mi
16. Turn left Destination will be on the left	



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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:

Fiddler's Hill, Warham Road, north-west of Binham

**Nearest post code:** NR23 1NT

**Grid reference:** TF 96140 41077

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

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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:

David Jagger Ltd (Pharmacy)  
5-7 Staithe Street  
Wells-Next-The-Sea  
NR23 1AG

Fakenham Pharmacy  
Meditrina House  
Trinity Road  
Fakenham  
NR21 8SY  
Telephone: 01328 850301

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

Holt Medical Practice  
Old Cromer Rd,  
Kelling Hospital  
Holt  
NR25 6QA  
Telephone: 01263 712461

Minor Injury Service: The Holt medical practice provides a minor injury during normal opening hours.

Cromer Hospital Minor Injuries: open 8am - 8pm.

- **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/>