

Bloodgate Fort South Creake 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.

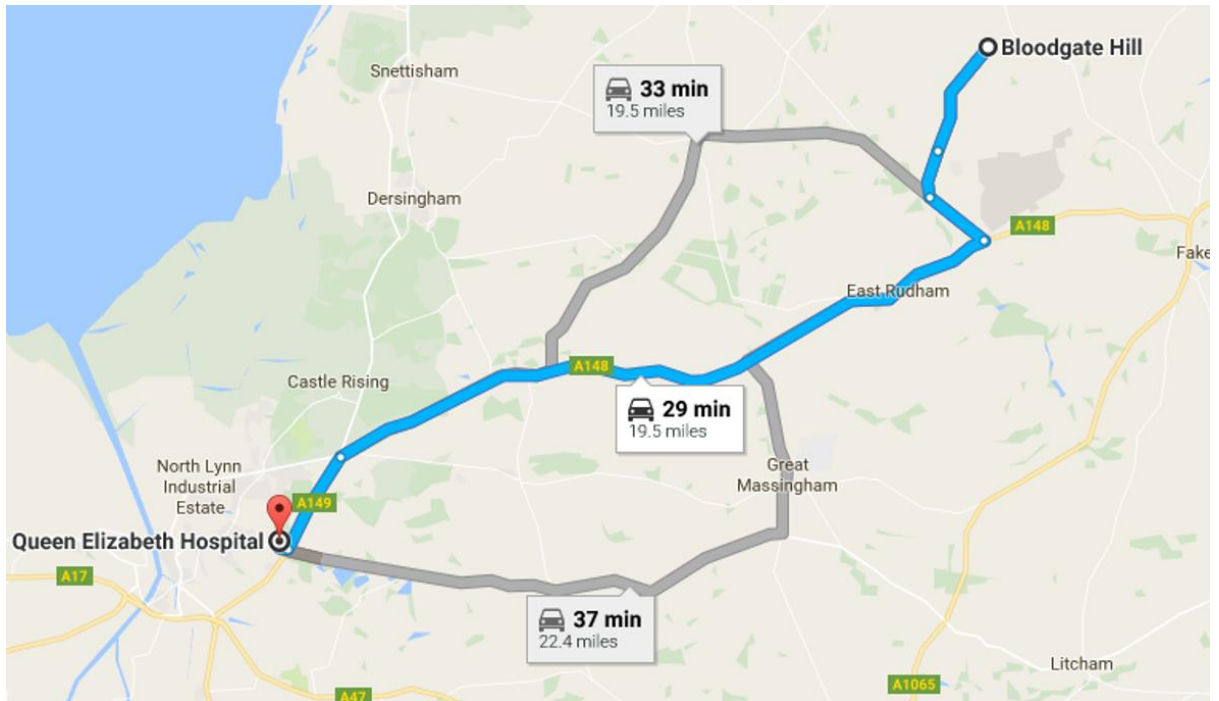
If you believe a person needs to go to hospital, can they get there by car, public transport or taxi? They will not be seen any quicker at the hospital if they arrive by ambulance.

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): approx 29 minutes (19.5 miles)

- Turn right out of Fort car park
- Continue along this road (Bloodgate Hill)
- At first crossroads continue straight across (Tattersett Road)
- At T-junction turn left onto B1454
- At next T-junction turn right onto A148 towards Kings Lynn
- Continue along A148 to outskirts of King's Lynn
- Go straight over 1st roundabout (1st exit)
- At the next roundabout take 3rd exit onto A1076
- At the next roundabout take the 2nd exit into the Hospital



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:

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| <ul style="list-style-type: none">• Address: Bloodgate Hill Fort Bloodgate Hill, South Creake, Fakenham• Nearest post code: NR21 9LZ• Grid reference: TF 85050 35358 |
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- 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 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:
Sands Pharmacy, 67 Market Place, Burnham Market PE31 8HD
Tel: 01328 738215
- Visiting the local GP or NHS walk-in centre:
The Surgery, Church Walk, Burnham Market, King's Lynn, Norfolk, PE31 8DH
Tel: 01328 737000
www.theburnhamssurgery.co.uk
The surgery is open Monday to Fridays 08.00am to 06.30pm.

If you need to see a doctor or nurse in an emergency you can call the Surgery on **01328 737000** during opening times or the patient can be taken immediately to the Surgery if well enough to be moved.

Out of hours: If you require urgent medical assistance which cannot wait until the surgery re-opens **call 111**. Calls are free from both landlines and mobiles.

- **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>