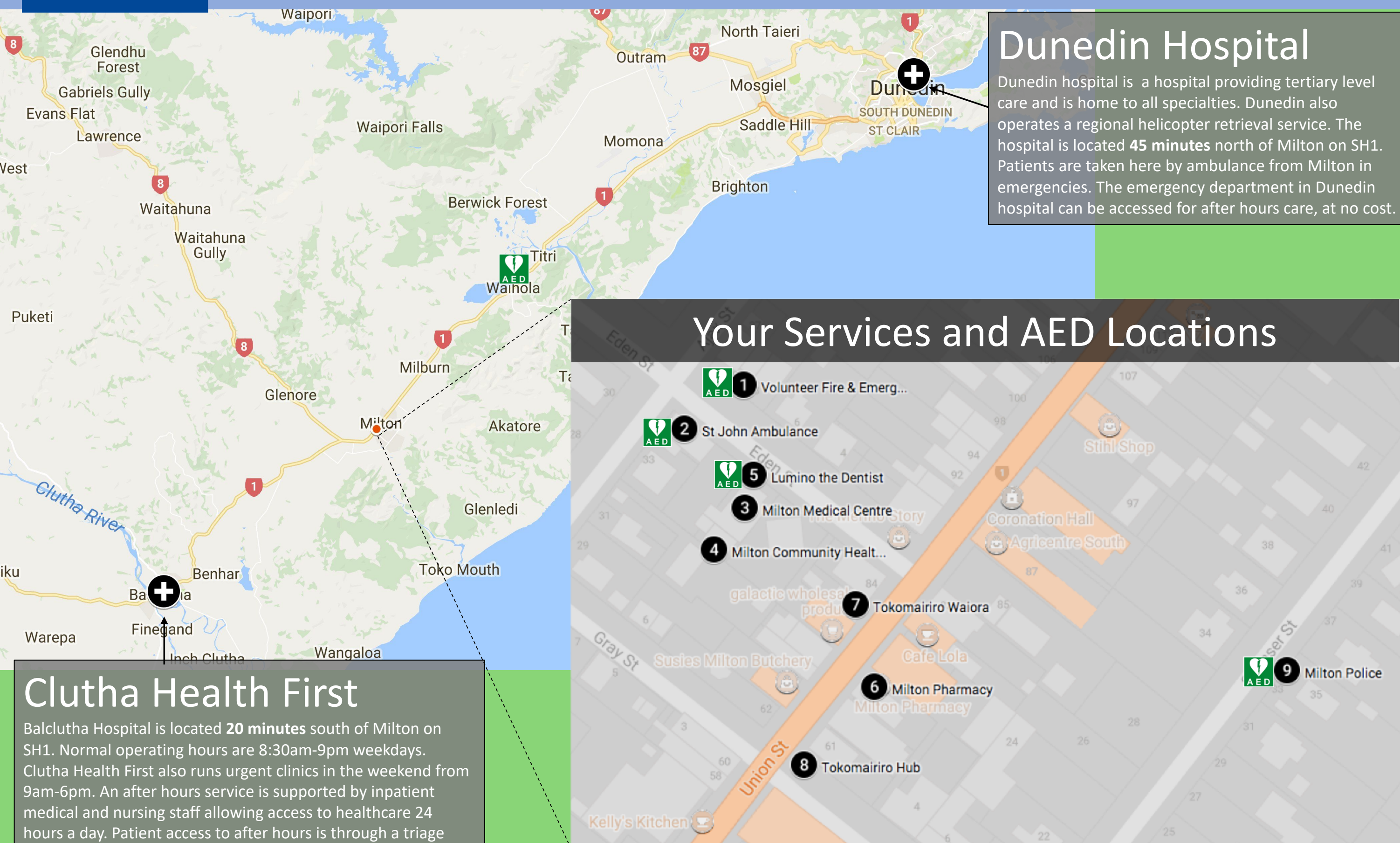


HEALTH IN YOUR COMMUNITY

DO YOU KNOW WHAT IS AVAILABLE IN MILTON?



Milton Health and Social Services

1 Volunteer Fire and Emergency: Call **111** in the case of a Fire or Emergency. The volunteer Fire and Emergency crew is a service running 24/7. They attend fires, car crashes as well as some medical events.



2 St John Ambulance: Call **111** in the case of a medical emergency. There is one ambulance in the Milton station, with one paramedic working 8am-5pm weekdays. After hours and weekend is managed by emergency medical technicians (EMT volunteers).



3 Milton Medical Centre: Contact phone: **(03) 417 8226**
Open from 8.30am to 5.30pm Monday to Friday. Late night clinic every second Wednesday from 5pm-7pm.
This Medical Centre provides appointments with both General Practitioners (G.Ps) and Registered Nurses. After hours care is not available in this clinic. Ringing the Medical Centre after hours will connect you with a Registered Nurse triage service.

4 Milton Community Health Trust: Contact phone: **(03) 417 4399**
7 day District Nursing service. Provider of Occupational Therapy, Physiotherapy, Meals on Wheels and a volunteer driving service.

5 Lumino the Dentists: Contact phone: **(03) 417 8290**
Open from 8:30am-5pm Monday to Friday. Provides dental health care by appointment. Also has a AED located at the site.



6 Milton Pharmacy: Contact phone: **(03) 417 8431**
Open Monday - Thursday 9am-5:30pm and Friday 9am-6pm.
For all your medication and health supplies.

7 Tokomairi Waioira: Contact phone: **(03) 417 7430**
Supporting whānau to achieve healthy, safe and independent living, using tikanga Māori values to address health and social needs

8 Tokomairi Community Hub: Contact phone: **027 596 5988**
Open Monday, Tuesday: 9:30am – 4:30pm & Thursday: 9:30am - 3:30pm. The Hub is your gateway to health and social services, providing support and resources. The services available include:

- Clutha Budget Advisory Service
- Southern Stop Smoking
- Mirror Services
- Plunket
- The Methodist Mission Support and Advocacy Service
- The Salvation Army - food bank, gambling service and support
- Well South Brief Intervention Service
- Community Probation Services
- Adventure Development
- Te Kakano Nurse Led Clinic
- Community Law Otago
- Hayward McAuslan & Co Accountant

As well as the services listed above, the Hub can help you get in touch with other health and social services on request - do not hesitate to ask.

What to have in your First Aid Kit:

- Triangular bandages
- Roller bandages
- Sterile gauze
- Adhesive wound dressing
- Plaster strip dressings
- Adhesive tape
- Sterile non-adhesive pads
- Sterile eye pad
- Eye wash container and solution
- Antiseptic solution
- Safety pins
- Scissors
- Splinter forceps
- Disposable gloves
- Pencil and paper
- First Aid Manual
- Card listing local emergency numbers



Strategies to reduce the need for after hours care:

- Keep your prescription medication up-to-date + have a stock of general medications such as pain relief and antihistamines
- Enrol in a first aid course to ensure you are prepared for emergencies
- Have a well-equipped first aid kit at home
- Know where you can access an AED (defibrillator) in your community
- Participate in healthy community initiatives
- Go to your doctor early if you are becoming unwell
- Access health advice in non life-threatening emergencies over the phone via the following numbers:
 - For general health advice contact **Healthline: 0800 611 116**
 - For child related health advice contact **Plunket line: 0800 933 922**
 - For mental health support and suicide prevention contact **Life line: 0800 LIFELINE** or text **HELP to (4357)**
 - For advice on the consumption of toxic substances contact **Poisons centre: 0800 764 766**
- Be prepared for natural disasters: Have an emergency kit ready, store water and non-perishable items, create a household emergency plan and practice it.