



**CRANLEIGH**  
EX CULTU ROBUR

YOUR  
SCHOOL  
MEDICAL  
CENTRE



# THE MEDICAL CENTRE

We have a team of nurses who you can see about any problem (Physical Health or Mental Health) that is bothering or worrying you.

## **NURSING STAFF:**

**Claire Agnew** – Lead Nurse

**Caroline Johnson** – Medical Centre Assistant Manager

**Sheila Smith** - Nurse

**Jade Fletcher** – Nurse

**Paddy Drain** – Cranleigh Prep School Nurse

**Holly Gorringe** – Nurse

**Laura Fleischer**– Nurse

**Liz Weeks** – Nurse

We will always do our utmost to respect your privacy and dignity. We understand that some medical matters are confidential and you may not want your matron/teachers/houseparent/parents to know about this.

There are some situations where, if we are worried about your safety or immediate wellbeing, we will have to pass this information on.

We will always tell you first before we inform anyone else.

## SCHOOL DOCTORS (GPS)

If you are a boarder or registered at Shere GP Surgery you can also see a school doctor.

The school doctors attend the school four times a week between 7:30am and 8:30am.

### SCHOOL GPS:

**Dr Douglas Wardrop** – Tuesdays

**Dr Emma Watts** – Wednesdays

**Dr Marcus McEwen** – Thursdays and Fridays

(You can request a male or female GP)

**Dr Dan Eckford** – Sport Doctor, Thurs 3-6pm

Physio led clinics in the Medical Centre:

Monday 2.30-6.30pm

In the Woodland Fitness Centre:

Tuesday 2.30-4.30pm

Wednesday 2.30-4.30pm

Thursday 1.30-3.30pm

## HOW TO MAKE AN APPOINTMENT?

Your matron can make an appointment for you to see the GP (you do not have to tell them the reason).

You can email us: [medicalcentre@cranleigh.org](mailto:medicalcentre@cranleigh.org)

Call us: **Ext 2020**

Phone: **01483 542020**

Sometimes we will ask to see you for a nurse appointment before you see the GP. You can also request to see Dr Eckford for any Sports Injury. Please speak to a nurse regarding this.

If you book to see a GP, it is important that you let us know if you can't attend your appointment.

### NEED TO ORDER A REPEAT PRESCRIPTION?

If you are on a prescribed medication (prescribed by the school doctor) and you are running low on your medication please do not hesitate to email us to order a repeat: [medicalcentre@cranleigh.org](mailto:medicalcentre@cranleigh.org)

Alternatively you can ask your matron to put a request in to the Medical Centre for a repeat prescription for you.

### OTHER WEBSITES/ PLACES FOR SUPPORT:

**Independent Listener**—Di Bloomfield 01483275119  
[goldeneye@btinternet.com](mailto:goldeneye@btinternet.com)

**Counsellors** – [counselling@cranleigh.org](mailto:counselling@cranleigh.org)

**Safeguarding Team** – [safeguarding@cranleigh.org](mailto:safeguarding@cranleigh.org)

**Papyrus** – 07786209697 – [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

**Childline** - 0800 1111 - [childline.org.uk](http://childline.org.uk)

**Kooth** - [kooth.com](http://kooth.com)

**NHS Go** - [nhsgo.uk](http://nhsgo.uk) (NHS app with confidential health advice and support for 16–25-year-olds)

**Samaritans** - 116 123 (freephone) [jo@samaritans.org](mailto:jo@samaritans.org)

**Talk to Frank** - 0300 123 6600 - [talktofrank.com](http://talktofrank.com) (Confidential advice and information about drugs, their effects and the law)

There is also a school counselling service. An appointment with a counsellor can be made for you by your matron or by the Medical Centre nurses.

### **SEXUAL HEALTH:**

Our team of nurses and doctors can provide lots of information and support regarding relationships, consent, contraception and sexual health.

- Contraception
- Free condom service
- Emergency contraception (morning after pill)
- STI/STD advice
- Pregnancy tests

### **MENTAL HEALTH:**

We will all, at some point in our lives, suffer with our mental health. This is something you should never be ashamed of. Our nurses, doctors and counsellors can support you with this. Come and chat to us! We can help with things like:

- Anxiety/panic
- Sleep
- Feeling low in mood
- Eating problems
- Body image problems

- Self-harm
- Suicidal thoughts
- Body dysmorphia
- Identity concerns

### **WHAT ELSE CAN WE HELP WITH?**

- Weight management
- Alcohol concerns
- Drug concerns
- Asthma
- Epilepsy
- Diabetes
- Crohn's
- Acne
- Wounds
- Sore muscles/joints
- Sports injuries
- Physiotherapy referrals
- Counselling services
- Mental health
- Sexual health
- Eating problems
- Period problems
- Urinary concerns
- Gynecological concerns

If you are worried about ANY physical or mental health problem please come and talk to us!

