

USEFUL NUMBERS for the NORTHAMPTON AREA

Service	Telephone	Location	Notes
Adult Diabetes Specialist Nurses	01604 545930	Northampton General Hospital	A specialist nurse answers the phone between 12 noon and 1pm, Mondays to Fridays. An answer-machine message can be left at all other times
Children's Diabetes Nurses	01604 545517	Northampton General Hospital	The Paediatric Community Office is staffed Mondays to Fridays, office hours, for you to leave a message.
Footcare: check if a podiatrist attends your GP's surgery or local health clinic. If not, contact:	01604 545422	Receptionist, Podiatry Services, Battle House, Northampton General Hospital	Ask for advice about applying to your local clinic. People with diabetes do not need a GP's referral letter.
Diet	Ask at your GP's surgery or clinic if you can be referred for an appointment.		
Eyes	Everyone with diabetes, irrespective of age, is entitled to a free eyesight check every year with your optician. You should also receive a free annual appointment via the PCT to attend the Retinal Screening Service at a centre near you for the back of your eyes to be photographed to check for eye problems related to your diabetes. Check with the Practice Nurse at your surgery to make sure that you have been referred into the system.		
Northampton Diabetes drop-in sessions – free. Run by diabetes specialist nurses.	No appointment necessary. If you have any queries about diabetes concerning yourself, a relative or a friend, do call in.	Diabetes Centre, Northampton General Hospital	Every Tuesday 10.00 am - 12.00 noon
Disposal of sharps All lancets, needles, cartridges and Clip a safe devices are classed as hazardous clinical waste and MUST be disposed of in special yellow boxes (obtainable free on prescription) and destroyed by incineration, by law.	Northampton Borough, Daventry District and South Northants Councils all provide a free collection service to their clients and will collect full boxes by prior arrangement. Replacement boxes should be ordered through your surgery. To arrange for collections contact:		
	Northampton Borough Council, Cleansing Services		01604 838746
	Daventry District Council, Customer Services Department		01327 871100
	South Northants County Council Environmental Services at Towcester		01327 322344
Diabetes UK Website	www.diabetes.org.uk		