

# Health and Wellbeing

Image  
Health

***Everything you need to know about accessing medical services in Yorkshire and Humber region.***

[How to use the National Health Service \(NHS\) - video in Cantonese](#)

There are some good resources in Traditional Chinese, including the “Looking After Your Health” leaflet published by the [North East Hongkongers Club](#), and [a guide to the NHS](#) published by Doctors of the World.

You do not need proof of address or immigration status to register with a GP (a doctor or 'general practitioner') who is usually the first contact if you have a health problem.  
[Find your local GP.](#)

**NHS**

## Useful links:

### Accessing NHS services

[Entitlement to Free NHS treatment](#)

[What is an NHS number?](#)

[Moved to the UK – Immunisation leaflet in Traditional Chinese.](#)

[Online health and prescription services](#)

[What is specialist \(secondary\) care?](#)

[What happens when you are referred by your GP to see a specialist?](#)

[Guide to NHS waiting times in England](#)

## **Emergency**

[NHS 111 \(urgent medical problem phonenumber\)](#)

[Injury unit services](#)

[Accident and emergency services](#)

## **Mental Health Services**

[Children and young people's mental health services, info for parents and carers](#)

[Mental health services](#)

## **Dental Care**

[Find an NHS dentist](#)

[Free dental care](#)

[Understanding NHS dental charges](#)

## **Opticians**

[Find an optician](#)

## **Maternity Care**

[Ultrasound scans in pregnancy](#)

## **Registering Covid-19 vaccines**

Individuals can now book an appointment at one of a limited number of vaccination centres to record their vaccinations from outside of the UK. Learn more from the

Moved to the UK Immunisation leaflet, and [see how you can get a Covid-19 vaccine.](#)

This service is only available to people who have had the following jabs:

- Moderna (Spikevax)

- Pfizer/BioNTech (Comirnaty)

Health

## **Support provided by non-governmental organisations**

### **Barnardo's Helpline**

#### **Barnardo's**

The hotline provides advice on a range of issues including, but not limited to, housing options, access to education, benefits, settlement and resettlement. It has a team of culturally diverse staff who speak multiple languages, including Cantonese and English.

Helpline opening hours

Monday – Friday (10am-8pm)

Saturday (10-3pm)

via phone [0800 151 2605](tel:08001512605), and by email [Boloh.helpline@barnardos.org.uk](mailto:Boloh.helpline@barnardos.org.uk).

Macmillan's Support Line is open 8am to 8pm seven days a week. You can speak to the Macmillan Support Line team in your language. Call **0808 808 00 00** and tell them, in English, the language you need. You can also email them at [informationproductionteam@macmillan.org.uk](mailto:informationproductionteam@macmillan.org.uk).

Path Yorkshire

### **PATH Yorkshire**

**Positive Youth Pathways** (limited to West Yorkshire only) offers support and guidance to young Hong Kongers aged 17-21 residing in West Yorkshire. This programme aims to facilitate their understanding of the British culture, language, and values, fostering a seamless integration into British society. In this programme, participants will gain English language skills for both living and working in the UK.

This programme provides a diverse range of opportunities for personal and professional growth, including training sessions, seminars, cultural events, and heritage trips. Positive Youth Pathways is delivered by PATH Yorkshire. For further details and inquiries, please contact [daphne.mak@pathyorkshire.co.uk](mailto:daphne.mak@pathyorkshire.co.uk) or 07310 094533

wellbeing

## **Other resources**

Wellbeing: Looking After Myself – wellbeing videos covering a range of issues, with the aim of equipping people to start talking about and getting help with their own health and wellbeing. The videos are in Cantonese with English subtitles.

Welcome to the UK: Youth! – videos for Hong Kong teenagers on making friends, differences between UK/HK schooling and how to cope with change.

# Drop-in session on health

Accessing health services - 1 December 2021

This event explained how to access National Health Service (NHS), including registering with a GP, obtaining NHS number, finding dental services and opticians, transferring treatment to the UK, emergencies and more.

Other drop-in sessions

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## Contact us - Hong Kong Hub

You can contact us in English or Traditional Chinese/Cantonese.

Find out how we look after your data here:

<https://www.migrationyorkshire.org.uk/privacy-notice-enquiries-hong-kong-welcome-programme>

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