

Self-care

There are many things you can do at home to keep yourself well. For more information, follow the links in this leaflet or talk to a member of the Community Red Cell team.



Community Red Cell Service

020 3316 8853 / ncl.redcellteam@nhs.net
Monday to Friday 9:00am - 5:00pm

If you require urgent care or advice:

North Middlesex University Hospital
Advice line: 0208 8872696 /07773735842

Whittington Health
Advice line: 02072885035

University College London Hospitals
Advice line: 0203 447 7359
Out of hours advice: 07852 220 900

Further information

The Red Cell Network has a wealth of useful information, resources, contact details and news about what is happening in North Central London and the East of England.

[Red Cell Network patients page](#)

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Community Red Cell Service

Thalassaemia and Rare Inherited Anaemias

The Community Red Cell service is for adults living with Sickle Cell, Thalassaemia and Rare Inherited Anaemias who are residents of the boroughs of Camden, Islington, Haringey, Enfield, or Barnet.



What is the service?

The Community Red Cell Service is a source of support, clinical care, advice, and advocacy for people with red cell disorders and their families. Our community service focuses on the individual and what they need at that point in time, it also recognises that these needs can change and be unpredictable. We will address the physical, emotional, and social needs of patients and families affected by these disorders.

This service does not replace the role of your hospital team, but works closely alongside them to provide broader, more joined-up support.

Access

You can refer yourself to this service by calling 020 3316 8853 or by emailing ncl.redcellteam@nhs.net. You can also be referred by your GP, haematologist, or any other member of your healthcare team. Care and advice can be provided over the phone or in person at your home, the George Marsh Centre or the Camden and Islington Sickle Cell and Thalassaemia Centre.

Service hours are Monday to Friday 9:00am - 5:00pm.

Support available to you

If...	Support Available
You need some further support to manage at home.	<ul style="list-style-type: none"> • Observations, blood, urine and sputum (phlegm) samples. • Communication with your GP and other community team who may be able to offer support. • Help ensure you have what you need at home to aid your recovery.
You need one off emergency assistance with getting a prescription or need an urgent test or specialist advice.	<ul style="list-style-type: none"> • Specialist nursing support. E.g. PICC line dressing change.
You need support with changing dressings for indwelling lines.	<ul style="list-style-type: none"> • Take blood tests at home or at a community centre.
You are unable to get to hospital for a unplanned blood test.	<ul style="list-style-type: none"> • A specialist will talk through your management plan and may make suggestions. • You may be sign posted to other community services in your area. • A Welfare Advisor can discuss your financial, social, and housing needs and offer support.

If you are experiencing any of the symptoms below, you should seek urgent input from a hospital or emergency service. Contact details are on the back of this leaflet.

- Severe unbearable pain or needing strong pain relief
- Shortness of breath or feeling tight in the chest
- Chest pain
- High temperature (over 38°C)
- Racing pulse
- Shaking or shivering
- Dizzy, faint or difficult to stay awake
- Fainting or 'blacking out'
- Vomiting and / or diarrhoea where you are unable to eat or drink
- Numbness or weakness in your limbs
- Slurred speech
- Severe headache