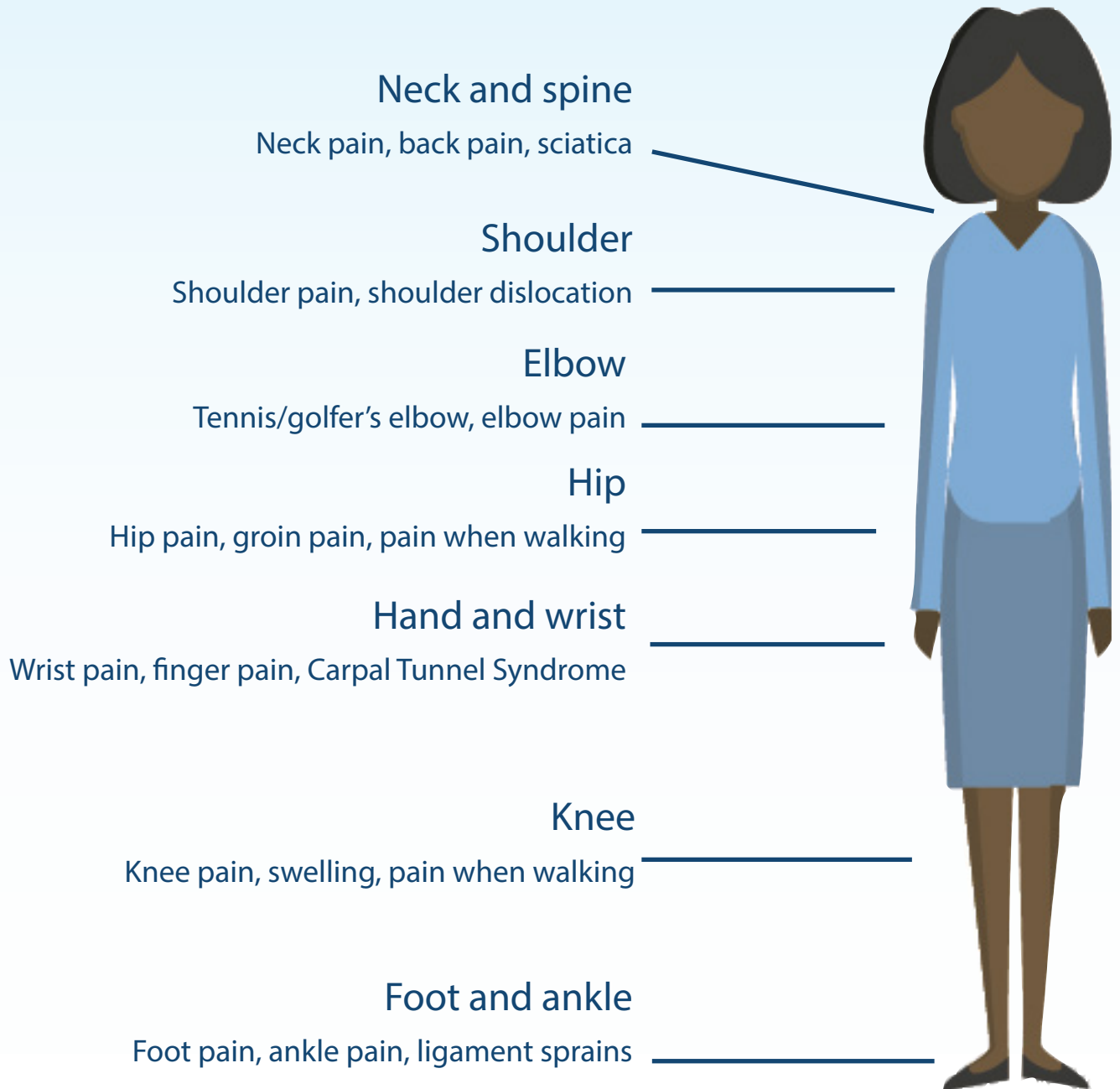


Refer yourself for physiotherapy

You can now refer yourself for physiotherapy without having to see your GP first.



Download a self-referral form from <https://firstcommunityhealthcare.co.uk/> and email it to fchccic.msk@nhs.net or pick up a paper version from reception and post to Oxted Therapies Unit, Barnetts Shaw, Oxted RH8 0NQ. If you have a pre-existing condition check with reception before submitting a self-referral form.