

**Help with stopping smoking, losing weight, exercise & alcohol**

Ring 0800 2982654 or 01392 908139

**Help with alcohol/drug problems**

Ring 01271 859044 to get help/counselling

**Mental Health** – Ring 01271 335041

or book online at NorthDevon-DAS.nhs.uk to get help with panic attacks, low mood, anxiety, phobias, post-traumatic stress, obsessive compulsive disorder, bulimia and anorexia. Remember, if there is a delay getting help and your problem can't wait always seek help from the team here at the surgery.

**Citizens Advice Bureau**

Barnstaple-0344 4111444

Bideford-01237 479222

Website: [www.ruraldevoncab.org.uk](http://www.ruraldevoncab.org.uk)

**TorrAGE**

Supporting the health & wellbeing of elderly people. Call 01805 622666 or visit the website at [www.torrage.org.uk](http://www.torrage.org.uk)

**Energy 361**

For problems with heating, paying bills, fuel poverty etc. Contact them on 07731 540215 or visit the website at [www.361energy.org](http://www.361energy.org)

**Help with Baby/Children**

Ring 01271 341500 to contact Health Visitors who are trained to help with behaviour problems (sleeping/feeding/potty training/tantrums/bed wetting/school refusal/growth/allergy minor infections/postnatal depression/parenting issues)

**School Nurse**

- Bedwetting
- Bullying
- Drug Advice
- Health
- Education
- Safe Guarding
- Immunisations
- General Support
- Signposting Services
- Behaviour Issues
- Developmental Screening
- Safe Sex
- Stop Smoking

**Sexual health/contraception**

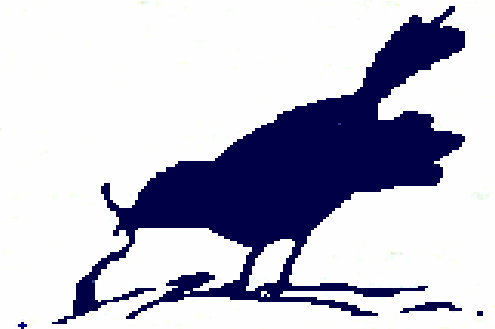
Ring 01271 341562 for an appointment or book online at [thecentresexualhealth.org](http://thecentresexualhealth.org) for help concerning contraception/sexually transmitted diseases/screens/vaginal discharge/dryness. (Men and women any age)

**For other Health & Medicine Information, you can visit:**

[Patient.co.uk](http://Patient.co.uk)

# Useful NHS Telephone Numbers & Information

## Castle Gardens Surgery



General Practice is currently under more pressure than ever. We know that a GP appointment is not always needed and actually may lead to delays in treatments and poorer standards of care being provided. Often patients may be able to self-care or direct themselves the most appropriate healthcare professional and we would like to help empower our patients to be able to do this.

**MINOR INJURIES UNIT**

- Bites & Stings
- Burns & Scalds
- Cuts & Grazes
- Eye Problems
- Foreign Bodies in Skin
- Minor Head Injuries
- Sprains & Strains
- Road Traffic Accidents
- Minor Wound Infections

**NEED TO SEE A PHARMACIST?**

- Athletes Foot
- Mouth Ulcers
- Bloating & Wind
- Nasal Congestion
- Cold Sores
- Piles
- Conjunctivitis
- Runny Nose
- Constipation
- Scabies
- Cough & Cold
- Sinus Problems
- Cystitis
- Sleep Problems
- Dermatitis & Eczema
- Sore Throat
- Diarrhoea
- Styes
- Ear Wax
- Teething Problems
- Emergency Contraception
- Thread Worms
- Hay Fever
- Thrush
- Headaches
- Urine Infections (Not all Pharmacies)
- Head Lice
- Verruca
- Indigestion
- Viral Infections
- Irritable Bowel
- Warts
- Minor Allergies

**ARE YOU IN DANGER—CALL 999**

- Anaphylaxis
- Severe Breathlessness
- Suspected Heart Attack
- Drowning
- Low Blood Sugar
- Deep Lacerations/Cuts
- Suspected Stroke
- Severe Bleeding
- Severe Burns
- Choking
- Uncontrollable Seizure
- Hypothermia
- Suspected Meningitis
- Unconscious
- Appears very Unwell

**Carers**

Ring 0845 1551007 or contact [csc.caredirect@devon.gov.uk](mailto:csc.caredirect@devon.gov.uk) to get help with carers/help at home/residential care/falls prevention/home adaptations/commodos/community alarms.

**Just out of Hospital**

The Red Cross volunteers will help with non-clinical problems e.g. taking those first steps out of doors, shopping etc. for a period of 6 weeks after discharge from hospital. Ring 01235 552665. Red Cross shops also have mobility aids and commodos/urinals to buy or borrow. Ask for their catalogue or look online.

**Foot Problems**

Ask reception for a self-referral form if over 65 (any foot problem) or if you have diabetes/rheumatoid arthritis/poor circulation/foot deformity (any age). If under 65 and none of the above ring 02073 576655 or check [hpcheck.org](http://hpcheck.org) for nearby registered podiatrists.

**RING 111 IF THE SURGERY IS CLOSED & YOUR PROBLEM CAN'T WAIT**