

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.
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Citizens Advice Bureau

Barnstaple-0344 4111444

Bideford-01237 479222

Website: www.ruraldevoncab.org.uk

TorrAGE

Supporting the health & wellbeing of elderly people. Call 01805 622666 or visit the website at 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

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

Sexual health/contraception

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

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For other Health & Medicine Information, you can visit:

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.

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

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RING 111 IF THE SURGERY IS CLOSED &

YOUR PROBLEM CAN'T WAIT

MINOR INJURIES UNIT

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

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NEED TO SEE A PHARMACIST?

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

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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 commodes/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 for nearby registered podiatrists.