

Carers Bucks - 0300 777 2722

Supporting the wellbeing of family carers, including young carers, parents of children with a physical or learning disability, older carers, and those looking after someone with a mental health condition.

Email: mail@carersbucks.org

Website: www.carersbucks.org

Smoke Free Support Services - 0845 2707 222

Free access to an NHS stop smoking adviser.

Website: www.smokescape.org

Adult Community Healthcare Team - 01494 426 030

If you are currently on the caseload of the community team, or have been within the last two months, you can call them directly to get advice on wound care, end of life care, continence assessments or equipment assessments.

Patient Advice and Liaison Service (PALS) - 01753 633365

A point of contact for patients, their families and their carers who use Wexham Park Hospital, offering confidential advice, support and information on health services. PALS can chase up hospital appointments after GP referral.

Non-Emergency Patient Transport Service - 0300 123 3235

For eligible patients who are unable to use public or other transport due to their medical condition, to transport them to and from their hospital appointments.

Community Transport Hub - 0800 085 8480

01844 348834 (mobile friendly)

Advises on all aspects of community transport, from Dial-a-Ride to community car schemes, mini bus hire to wheelchair accessible taxis.

SELF REFERRAL SERVICES 65 PLUS Services you can use without seeing the doctor



If you are aged 65 and over, there are lots of free and local health related services that you can go to directly and confidentially for help.

For minor injuries and illnesses when your GP is unavailable:

Slough Walk-in Health Centre

Upton Hospital

Albert Street

Slough, SL1 2BJ

Tel: 01753 635505

8:00am – 8:00pm, 7 days a week

St Marks Urgent Care Centre

St Marks Hospital

112 St. Marks Road

Maidenhead, SL6 6DU

Tel: 03000 242000

Mon-Fri 8.30am - 5.00pm

Weekends and Bank Holidays

9.00am - 1.00pm

Minor Injuries and Illness Unit

Wycombe Hospital

Queen Alexandra Road

High Wycombe, HP11 2TT

24 hour, 7 days a week

And if you aren't sure...

Call 111 at any time, day or night.

Visit: www.nhs.uk or

www.healthhelpnow-nhs.net

SOUTHMEAD SURGERY

Telephone (01753) 643195 www.southmeadsurgery.co.uk

Healthy Minds - 01865 901600

Information and support for anyone who may be experiencing difficulties with generalised anxiety, depression, stress, phobias or obsessive compulsive stress disorder.

Website: www.healthymindsbucks.nhs.uk

Text: send TALK <your name> to **07798 667169** so that they can call you back.

Podiatry (feet) - 01296 566459

An NHS service treating patients who have a medical condition that can harm your feet. Call to see if you are eligible and they can treat:

- Painful corns
- Calluses
- In-grown toenails
- Foot ulcers

This service does not provide a basic nail cutting service. Age Concern offers a private toe nail cutting service and can be reached on **01753 822890**.

Sexual Health, Advice and Treatments

For contraceptive advice, implants, tests for any sexually transmitted diseases, worrying symptoms or concerns.

Address: The Garden Clinic, Upton Hospital, Slough SL1 2BJ. Tel: 01753 635302

Website: www.berkshirehealthcare.nhs.uk/ServiceCatInfo.asp?id=3

or

Visit www.sexualhealthbucks.nhs.uk or call **0300 303 2880**.

Falls - 0844 2252 403

The Bucks Falls and Bones Service is available to assess anyone in Bucks who may have had a fall in the last 12 months and hopefully stop them from falling again. They can also offer equipment and mobility aids. A home visit can be arranged if needed.

Memory Support Service - 01296 331749

If you are worried about your own, or someone else's memory, this service offers memory assessments, information and practical guidance. Helping people understand dementia, cope with day-today challenges and prepare for the future.

Prevention Matters - 0300 666 0159

A free and friendly service linking eligible adults in Bucks, to social activities, volunteers and community services. They can help if you are struggling to remain independent in your own house, having difficulty getting out and about, feeling lonely and isolated, anxious, lacking confidence or recovering from illness.

Email: admin@preventionmatters.org.uk

Cruse Bereavement - 01494 511 117

Offering emotional support over the phone or through one-to-one meetings for those who have lost a loved one. The local support number goes through an answer machine, but if you leave your details they will call you back within 24 hours. If you need to talk to someone immediately please call **0808 808 1677**.

Bucks Integrated Respiratory Service (BIRS) - Community Respiratory Nurses - 01296 566 113

If you have a long standing lung condition such as COPD and are currently under BIRS you can contact your community Respiratory Nurse for help and advice.

Breathe Easy Buckinghamshire Support Group - 0300 030 555

A support group for people living with a chronic lung condition. Meets the second Friday of every month 1:00pm - 3:00pm.

Address: Pusey House, 9a Amersham road, High Wycombe, HP13 6PN.