

Useful Telephone Numbers:

Alcoholics Anonymous: 0845 769 7555

Alzheimer's Society: 01392 411548

British Heart Foundation: 01392 439958

Citizens Advice Bureau (CAB): 01392 201210

Childline UK: 0800 1111

Depression & Anxiety Service: 01392 385170

Diabetes UK Careline: 0845 20 2960

Force Cancer Support: 01392 666710

GUM Clinic (sexual health) 01392 284983

Hearing Aids: 01392 402223

Help the aged: 0808 800 6565

Hospiscare: 01392 688000

Macmillan Cancer Support: 0808 808 2020

Medic Alert: 0800 581420

Mental Health Helpline: 01392 383788

NHS 111: 111

Pals: 0845 111 0080

Police Emergency: 999

Police non-emergency: 101

Samaritans: 01392 411711

Splitz: 0345 155 1074

Information about Townsend House Medical Centre

Opening Hours:

Monday—Friday 8am-6pm

Telephone Number:

01297 20616

Website:

www.townsendhousesurgery.co.uk/

Facebook:

www.facebook.com/townsendhousesurgery

How to order repeat prescriptions:

Unfortunately we are unable to accept prescription requests over the telephone. You can request your repeat medication through the following ways:

- 1) via the surgery
- 2) By registering for SystmOne Online Service and completing your request using the internet
- 3) The Pharmacy can request medication on your behalf

Townsend House Medical Centre

49 Harepath Road, Seaton, Devon, EX12 2RY

Phone: 01297 20616

Fax: 01297 20810

E-mail: d-ccg.townsendenquiries@nhs.net



Help at Hand **Information leaflet**



Addictions

Addaction: 01392 431588

Drinkline: 0800 917 8282 (Freephone)

Drugs: 0800 776 600 (Freephone)

Drug & Alcohol Counseling: 01392
255151

NHS Smoking Helpline: 0800 169 0169 or
www.giveupsmoking.co.uk

Bereavement

Bereavement Services: 01392 65370

Child Death Helpline: 0800 282 986
(Freephone)

Blind / Partially Sighted

RNID (South West): 01225 485765

Caring for Carers

Care Direct: 0345 155 1007

Children & Young People

Childline: 0800 1111 (Freephone)

NSPCC: 0800 056 0566 (Freephone)

Disability

Loan of Medical Equipment: 01392
204144

Deafness / Hard of Hearing

Deafblind: 0800 1322320

Domestic Violence and Abuse

Domestic Abuse Helpline (24hr) : 0800
328 3970

Devon Male (for Male Victims): 0845 064
6800

Emotional Help & Support

PALS (Patient Advice & Liaison Service):
01392 385694

Relate: 01392 275681 or
reception@exrelate.org.uk

Victim Support Helpline: 0845 9090 0099
or www.victimsupport.com

Families & Parents

Axe-Valley Children's Centre: 01297 20542

Disc: 0345 155 1013

Help for Older People

Age concern: 01392 218500 or
www.ageconcern.org.uk

Help the Aged: 0800 800 8141

Hospitals

Axminster: 01297 630400

Honiton: 01404 540540

Seaton: 01297 23901

RD&E: 01392 411611

Medical / Psychiatric Conditions

Arthritis Care: 0844 888 2111

Crohn's and Colitis Support: 0845 130
3344

Diabetes: 020 7427 1000

MIND (help with stress and anxiety):
01392 383788

MS South West Therapy Centre: 01392
447411

Pharmacies

Beer: 01297 21823

Colyton: 01297 552348

Lloyds Harepath Road: 01297 20414

Lloyds Queen Street: 01297 21898

Tesco: 01297 529647

Pre-payment of prescriptions: 0845
8500030

Sexual Health and Sexuality

**Gentio-urinary Care (sexually transmit-
ted diseases no GP referral needed):**
01392 405220

HIV / Aids: 01392 494441

Rape & Sexual Abuse Support: 0808 800
0188

Sexual Health Direct: 0845 310 1334

Sexwise (help for Under 18's) 0800 282
930