

BUCKFASTLEIGH AND AREA HEALTH AND WELL BEING DIRECTORY

Nationwide Information

www.bbc.co.uk/health **BBC Health and Well being** Covers just about everything you need to know
www.nhsdirect.nhs.uk **NHS Direct Helpline 0845 46 47**
www.doh.gov.uk **Department of Health general information site and public issues like M.M.R**

Local NHS healthcare information

www.sw-devon-ha.swest.nhs.uk/ICDirectory/teignbridge/teignbridgeICs.htm The **HOURS AND SERVICES OF BUCKFASTLEIGH MEDICAL CENTRE** Medical Centre phone **01364 642 534**
as well as other local doctors, dentists, opticians

www.sdhct.nhs.uk/info/info.htm **South Devon Healthcare NHS Trust**, covering **TORBAY HOSPITAL**
Information for **EMERGENCIES**, Patients, Visitors, Disabled, Parents, Relatives, Young Adults, Carers, Professionals, Students

www.derriford.co.uk/2003/pals/default.htm **DERRIFORD HOSPITAL** Plymouth. Patient Advice Liaison Service

www.swpsha.nhs.uk **South West Peninsula NHS Strategic Health Authority**, links to other Healthcare Trusts
CHEMISTS' telephones: **Buckfastleigh 01364 642235, Ashburton 01364 652222**

Health Visitor Services 01364 643731

Sharing-Patient Group Voluntary group of patients helping other patients in need

Co-ordinator – Mr George Black 01364 644469

Fitness

Buckfastleigh Walk This Way Organised walks for all ages. Phone the Medical Centre for information
01364 642 534

Body in Mind: Fitness Classes, Women's Running Group, Massage Therapy
with Jaine Swift (YMCA,RSA,ITEC) **01364 642 271**

Hatha Yoga with Kim Edwards 01364 644 613

Yoga Classes with Anne Wright 01364 642 150

Aerobics Classes with Tracey 01364 649 222

www.qigong-southwest.co.uk **Qigong Southwest Hua gong style qigong.**
Classes and workshops in the area – **0845 330 5056**

Parenting

www.minisurestart.org.uk **Buckfastleigh Mini Sure Start** for children 0 to 4 and their parents

www.bbc.co.uk/parenting **BBC parenting advice and directory**

www.practicalparent.org.uk **Practical Parenting Advice.** A one-stop resource for parents and professionals
on child behaviour, development and family relationships

Children & Teens

www.childline.org.uk **ChildLine** is the free confidential 24-hour helpline for children and young people in the UK. Call
0800 1111 about any problem, at any time - day or night.

The Bungalow Youth Project Victoria Park, Buckfastleigh **01364 644 481**

Teen drop-in café and advice centre with youth workers, referrals available to other specialists.

Opportunities for training and award schemes

hours of opening: Wednesday 4.00 pm - 10 pm, Thursday 6.30pm – 10 pm

www.connexions-cd.org.uk/health.asp **Connexions** The teen advisory service's health page, covering pregnancy,
drugs, and other health queries, with links and places to phone

www.stonerlemmings.com **Stoner Lemmings Teen Computer Game** addressing drug and alcohol use,
as well as information for parents on how to talk about the issues.

Disability & Carers

www.websouthwest.co.uk/mobility/index.htm **shopmobility in Southwest area**

www.devon.gov.uk/terms/disabled.shtml **Devon County Council site, includes equipment, training, blue badge and
RADAR key information. 01392 382000**

www.teignbridge.gov.uk/community/disabledleaflet.htm **Teignbridge Services for People with disabilities – with info
on Council Tax, Car Parking, Leisure Centres etc. 01626 215425**

www.skill.org.uk **National Bureau for Students with Disabilities, open 1.30 – 4.30 Mon to Thurs 0800 328 5050;
(textphone) 0800 068 2422**

Westbank League of Friends Teignbridge area carers link Rosemary Whitehurst **01392 824752**

Ashburton and Buckfastleigh Carers' Support Group 01364 644651

www.devon.gov.uk/carers/ **The Devon Carers** website offering support 24 hours a day, 7 days a week

www.patient.co.uk/showdoc.asp?doc=4 **Patient UK's Carers page**, with all the main organisations listed

Drug, Alcohol and Smoking Helplines

National Drugs Helpline 0800 776600 For confidential support and impartial advice

www.alcoholconcern.org.uk **Alcohol Concern** The national agency on alcohol misuse

www.adfam.org.uk/html/gethelp08_2.cfm **Adfam**. Families, drugs and alcohol

www.addaction.org.uk **Addaction** The UK's leading drugs and alcohol treatment agency. Helping individuals and communities manage the effects of drug and alcohol abuse

NHS Smoking Helpline 0800 169 0 169

www.quitsmokinguk.com **The UK's online community for quitting smokers by quitting smokers**

www.givingupsmoking.co.uk **Welcome to the NHS giving up smoking site**. Your online resource for all the advice, information and support you need to stop and stay stopped

www.bhf.org.uk/smoking/default.asp **The British Heart Foundation** 'Give up before you clog up'

www.bhf.org.uk/smoking/quit/three_minute_game.asp **The Smoking Tetris Game** To keep you occupied instead of smoking

Domestic Violence

New 24 Hour National Domestic Violence Helpline 0808 2000 247

www.bbc.co.uk/health/hh **Hitting Home** BBC site covering every facet of domestic issues, with excellent links to national organisations

www.womensaid.org.uk **Women's Aid 0808 2000 247** Until women and children are safe

www.rapecrisis.co.uk **Rape Crisis Federation 0115 900 3560** Working to end rape, providing information and support to individual women to put them in touch with their local group

www.samaritans.org.uk **Samaritans 08457 90 90 90** Confidential emotional support 24 hours a day

Travel

www.fitfortravel.scot.nhs.uk/ **Travel Health Information** for people travelling abroad from the UK, provided by NHS Scotland with world maps, diseases, inoculation advice

www.bbc.co.uk/health/travel **BBC travel site**, full of daily updated topics and health advice for the traveller

Online Medical Information

www.surgerydoor.co.uk/index.asp **Surgery Door** Provides comprehensive health care information

www.patient.co.uk **Patient UK** Has over 500 patient information leaflets on most health concerns, with diagrams. Also many other resources like private medical insurance, directories of health providers.

Complementary Healthcare Local

www.tnhc.jellypeople.com **Totnes Natural Health Centre 01803 864587**

www.arcturusclinic.co.uk **Arcturus Clinic Totnes 01803 868282**

www.newtonabbothealingcentre.co.uk **The Newton Abbot Healing Centre 01626 360622**

www.redtek.net/abc/community/alternative.htm **A-Z of Complementary Practitioners** in the Plymouth area

www.findanosteopath.co.uk/index.asp **Find an Osteopath** published by the British Osteopathic Association

www.homeopathy-soh.org/cgi-bin/findbyregion.pl?findregion=DEVON&submit=Find+by+Region

Devon Homeopaths registered with the Society of Homeopaths

www.karuna-institute.co.uk **Institute of Core Process Psychotherapy and Cranial Sacral Bio-Dynamics, Dartmoor 01647 221457** for practitioner referrals

Complementary Healthcare Information

www.patient.co.uk/showdoc.asp?doc=6 **Patient UK's Complementary Health** page which lists all the umbrella organisations, and individual licensing associations, councils and societies for the main complementary therapies used in the UK

www.fihealth.org.uk/f_home.html **The Prince of Wales's Foundation for Integrated Health** providing information about the integration of complementary and conventional healthcare

www.nhsdirectory.org **The NHS directory of Complementary and Alternative Medicine**

www.uclh.org/services/rlhh/index.shtml **The Royal London Homeopathic Hospital**, part of the University College London Hospitals NHS Trust. List of services provided

Disclaimer: Whilst every attempt has been made to provide up to date information, we cannot take responsibility for changes to information since publishing. Also, the website is by no means definitive, nor intended to cover all therapies and services available, rather it may inspire those who use it to find other sources they feel are more appropriate to them. However it is hoped that it may provide useful information as and when required.