

Useful contacts

National

Allergy UK

01322 619 898

www.allergyuk.org

Asthma UK

0300 222 5800

www.asthma.org.uk

Caroline Walker Trust

Healthy eating and nutrition.

www.cwt.org.uk/publications

Change4Life Healthy tips

www.nhs.uk/change4life

Child Accident Prevention Trust

020 7608 3828

www.capt.org.uk

Dental Helpline

0845 063 1188

Diabetes UK

www.diabetes.org.uk

Family Lives

0808 800 2222

www.familylives.org.uk

Institute of Health Visiting

www.ihv.org.uk/families/top-tips

Meningitis Now

0808 80 10 388

www.meningitisnow.org

National Domestic Violence Helpline

0808 2000 247

www.nationaldomesticviolencehelpline.org.uk

A parent's for children aged 5-11
Common childhood illnesses & well-being

Livewell Southwest

National At-home Dad Network

Dad's views, chat, news and support.

www.athomedad.org

Netmums

Parenting advice and information.

www.netmums.com

NHS Choices

www.nhs.uk

Red Cross

Information on CPR (kiss of life)

www.redcrossfirstaidtraining.co.uk

To find an NHS dentist

Call **NHS 111** or visit www.nhs.uk

NHS 111

If you think you need help urgently during the day or night you should call **NHS 111** before you go to any other health service. By calling **NHS 111** you will be directed straight away to the local service that can help you best. It is free to call, including from a mobile, and is available 24 hours a day, 365 days a year.

When should I call **NHS 111**?

- When you need help fast but it's not life threatening.
- When you think you need to go to A&E or another NHS urgent care service.
- When it's outside of your GP's surgery hours.
- When you do not know who to call for medical help.
- If you do not have a local GP to call.

Call 999 in an emergency

Smokefree

Call 0300 123 1044 or visit www.nhs.uk/smokefree

Local

Livewell Southwest

Mount Gould Local Care Centre,
200 Mount Gould Road, Mount Gould,
Plymouth PL4 7PY.
01752 434700

General Enquiries

For general enquiries, or to be directed to a specific service or individual, please contact our switchboard on 01752 268011 or 0845 155 8100

POD (Patient Online Directory)

The POD website is a key part of Plymouth City Council's plans to offer greater choice and control for people who need social care and health services. You can find information about the full range of services and support available in the city.

www.plymouthonlinedirectory.com

Gateway

If you are worried that a child or young person is at risk of abuse, harm or neglect.

01752 668000

gateway@plymouth.gov.uk

Health visiting

North locality 01752434188

Livewell.HVNorthTeam@nhs.net

South locality 01752 435169

Livewell.HVSouthTeam@nhs.net

East locality 01752 435370

Livewell.HVEastTeam@nhs.net

West locality 01752 434008

Livewell.HVWestTeam@nhs.net

School nursing

01752 434119

PCHCIC.schoolnursingreferrals@nhs.net

Children's speech and language

01752 434119

PCHCIC.childrens-sl@nhs.net

Minor Injuries Unit

Cumberland Centre Plymouth

01752 434390 open 08:30-21:00

Kingsbridge TQ7 1AT

01548 852349 open 09:00-17:00

Tavistock Hospital PL19 8LD

01822 612233 open 08:00-22:00

Dental access centre (DAC)

For enquiries about finding a dentist

0845 002 0034

01392 822348

Family nurse partnership (FNP)

01752 434314

Livewell.fnp@nhs.net

Wellbeing

Health professional and self-referral for smoking cessation, e-cigarette support and other services.

01752 437177

livewell@nhs.net

www.livewellsouthwest.co.uk

click onto Wellbeing top bar to show range of services available.