

## CAN'T FIND IT HERE?

**ONE OF THE CONTACTS LISTED SHOULD  
HELP YOU MAKE A START**

**(please ask at Reception if you need this  
leaflet in a Larger Print Format)**

### HEART CONDITIONS

**Exeter Heartbeat (BHF):** for Cardiac Help group contact  
**01392 423744** or **01392 439958**

**Heart Information Line:** information service for the Public and Health Professionals on heart health:  
**0845 070 8070**

### MENTAL HEALTH

**Mind (at Victory Centre):** help with stress/anxiety problems, eating disorders and anger management:  
**01392 383788** or **279278** or **201541**

### MULTIPLE SCLEROSIS (MS)

**MS South West Therapy Centre:** **01392 447411**

### SEXUAL HEALTH/SEXUALITY

**Genito-Urinary Care:** sexually transmitted diseases — no GP referral necessary: **01392 405220**

**HIV/Aids:** **01392 494441**.

**Rape and Sexual Abuse Line (SAL):** listening service for victims in Devon: **0808 800 0188** (freefone)

**Rape and Sexual Abuse Support:** **0845 122 1331**

**Sexual Health Direct:** information on sexual health & contraception: **0845 310 1334**; [www.fpa.org.uk](http://www.fpa.org.uk)

**Sexwise:** help for Under 18s on anything to do with sex, relationships and contraception: **0800 282 930**

**Intercom Trust:** Lesbian/Gay/Bisexual/Trans-gender advice **0845 602 0818**; [helpline@intercomtrust.org.uk](mailto:helpline@intercomtrust.org.uk) or write to the Helpline: PO Box 285, Exeter EX4 3ZT

Sponsored by the Practice Patients' Group (PPG) with special thanks to Jo Moretta for help with presentation

## USEFUL PHONE NUMBERS

**Alcoholics Anonymous:** 0845 769 7555

**Alzheimer's Society:** 01392 411548

**British Heart Foundation:** 01392 439958

**British Red Cross:** 0845 331 5000

**Citizen's Advice Bureau (CAB):** 01392 201210

**Childline UK:** 0800 1111

**Cruse Bereavement Counselling:** 01392 272406

**Devon Doctors' Out of Hours:** 0845 671 0270

**Devon Race Equality Council:** 01392 422566

**Diabetes UK careline:** 0845 120 2960

**Disability Rights:** 0845 130 917

**Exeter Drugs Project:** 01392 666710

**Force Cancer Support:** 01392 406168

**Help the Aged:** 0808 800 6565

**Hospiscare:** 01392 688000

**Mental Health Helpline:** 01392 383788

**Multiple Sclerosis Helpline:** 0800 800 8000

**PALS:** 0845 111 0080/01392 385694

**NHS Direct:** 0845 4647

**NHS Walk-in Centres:**

**Sidwell Street:** 01392 276 892

**RD & E:** 01392 406300

**Samaritans:** 0845 790 9090

**Stroke Association:** 01392 447363

**WRVS:** 029 2073 9000

**St. Leonard's Practice**

Improving Health in Exeter

**Athelstan Road, Exeter, EX1 1SB**

**Tel: 01392 201790 (enquiries)**

**01392 201791 (appointments)**

# HELP AT HAND

## INFORMATION LEAFLET



**Doctors:**

**PHILIP EVANS**

**PIP HAYES**

**ADRIAN FREEMAN**

**HARRIET DICKSON**

**ALEX HARDING**

**DAVID BOSSANO**

**General Manager:**

**LUCILLE HUDSON**

## ADDICTIONS

**Al-Anon:** for families and friends of problem drinkers.  
Local meetings: **020 7403 0888; [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)**

**DrinkLine:** **0800 917 8282** (freefone)

**Drugs:** **0800 776 600** (freefone)

**Drug and Alcohol counselling:** **01392 255151**

**Narcotics Anonymous:** for those who think they may have a drug problem: **0845 373 3366; [www.ukna.org](http://www.ukna.org)**

**GamCare:** for those experiencing/affected by gambling problems: **0845 600 0133; [www.gamcare.org.uk](http://www.gamcare.org.uk)**

**NHS Smoking Helpline:** **0800 169 0169;**  
**[www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)**

**Quit:** a charity that helps people to stop smoking:  
**0800 002 2200; [www.quit.org.uk](http://www.quit.org.uk)**

## BEREAVEMENT

**Bereavement Services** (Exeter City Council): **01392 65370**

**Child Death Helpline:** **0800 282 986** (freefone)

**Stepping Stones Bereavement Support:** **Westbank** group meets first Monday each month; **Exeter** group meets second Monday each month: **01392 824752**

**The Compassionate Friends (TCF):** bereaved parents supporting bereaved parents/families: **0845 123 2304**

## BLIND/PARTIALLY SIGHTED

**Royal National Institute for the Deaf (R.N.I.D):** **0845 766 9999**

## CARING FOR CARERS

**Care Direct:** information & help at Devon County Council, for older people and their carers: **0800 444 000**

**Carers' Link Network:** carers across Devon can join a local Carers' Link: contact **Westbank:** **01392 824752**

**Carers UK:** **0808 808 777**

**Exeter Carers Focus and Carers of Adults with Learning Difficulties:** **01392 202055**

## CHILDREN AND YOUNG PEOPLE

**Children & Young People's Services** Exeter/East Devon: **01392 384444**

**Childcare Link:** Children's Information Services on Child-care/related services in your area: **0800 096 0296**

**CHILDLINE:** **0800 1111** (freefone)

**NSPCC:** **0800 056 0566** (freefone)

## DEAFNESS/HARD OF HEARING

**Royal National Institute for the Deaf (R.N.I.D) — South-West:** **01225 485765**

**DEAFBLIND UK:** **01733 358100** or **0800 132320;**  
**[www.deafblind.org.uk](http://www.deafblind.org.uk)**

## DISABILITY

**DIAL UK:** Disability Information and Advice Line: **01302 310123; [www.dialuk.org.uk](http://www.dialuk.org.uk)**

**Disability Living Foundation:** aids for older and disabled people: **0845 130 9177**

**Face2Face:** parents supporting parents of Disabled Children: **01392 219952; [www.face2facenetwork.org.uk](http://www.face2facenetwork.org.uk)**

## DOMESTIC VIOLENCE AND ABUSE

**Adva:** against domestic violence/abuse in Devon: **01392 426483** and **0808 2000 247**

**National Domestic Violence Helpline:** Women's Aid/Refuge — safe accommodation (women and children): **0808 200 0247** (freefone)

**Devon MALE:** for male victims: **0845 064 6800**

**RESPECT:** perpetrators helpline: **0845 122 8609**

**Women's Outreach Services:** **01392 42683**

## EMOTIONAL HELP AND SUPPORT

**Careline:** counselling service for the general public: **020 8514 1177**

**PALS:** Patient Advice & Liaison Service for all NHS health and care concerns: **0845 111 0080/01392 385694**

**Relate (formerly Marriage Guidance Council):** **01392 275681; [reception@exrelate.org.uk](mailto:reception@exrelate.org.uk)**

**Victim Support helpline:** for those affected by Crime: **0845 3030 0099; [www.victimsupport.com](http://www.victimsupport.com)**

## FAMILIES AND PARENTS

**Flying Start Children's Centre:** support services for fives & under, across central Exeter: St Sidwell's Centre, Exeter, EX4 6NN: **01392 666224**

**Gingerbread Advice Line:** information for single parents: **0800 018 4318; [www.gingerbread.org.uk](http://www.gingerbread.org.uk)**

**One Parent families:** **0800 018 5026;**  
**[www.oneparentfamilies.org.uk](http://www.oneparentfamilies.org.uk)**

**Parent line Plus:** support/information for parents: **0808 800 2222** (freefone)

**Sahara Project:** support and advice for older people from Middle & Far East Countries: **01392 314753**

## HELP FOR OLDER PEOPLE

**Age Concern:** 23 Paris Street, Exeter EX1 2IB: **01392 218500; [www.ageconcern.org.uk](http://www.ageconcern.org.uk)**

**Counsel and Care:** support/advice/information to older people, relatives and carers: **0845 300 7585**

**Elder Abuse Response:** support for those concerned about the abuse of older people: **0808 808 8141**

**Help the Aged: Welfare Rights:** **0800 800 6565**

**WRVS—Staying Independent:** **0209 2073 9000**

## MEDICAL/PSYCHIATRIC CONDITIONS

**ARTHRITIS CARE:** **0844 888 2111**

**CANCER CHARITIES:**

**Hospiscare:** Dryden Road, Exeter EX2 5JJ: **01392 688000;**  
**[www.hospiscare.org.uk](http://www.hospiscare.org.uk)**

**Macmillan Cancer Support:** expert care/support for people living with cancer: **0808 808 2020** (freefone)

**DIABETES UK:** **020 7424 1000; [www.diabetes.org.uk](http://www.diabetes.org.uk) ..**