

DIRECTORY OF CONTENTS	Telephone Number
DRUG AND ALCOHOL ABUSE	
STARS	0300-4564291
Telford After Care Team (TACT)	01952-899204
HEALTHY LIVING	
Healthy Lifestyle Hub	01952-382582
Wellington Leisure Centre	01952-382720
Walking for Health	07512-123995
Age UK – Living Well Groups	01952-201803 Ext 001
HELP AND ADVICE	
Local Pharmacy	
Care Navigator Age UK	01952-201803 Ext 006
Dementia Companion	01952-250392
Admiral Nurses	01952-580479
Telford Carers Centre	01952-240209
NHS Choices website – www.nhs.uk	
Patient website – www.patient.info	
MacMillan Information and Support Centre at Princess Royal Hospital	01952-641222 Ext 5702
Hamar Centre at Royal Shrewsbury Hospital	01743-261035
MINOR AILMENTS	
Local Pharmacy	
EQUIPMENT	
Rehabitat Shop - Princess Royal Hospital	01952-624249
Love Mobility 1 Tan Bank, Wellington	01952-246060

DIRECTORY OF CONTENTS	Telephone Number
MENTAL HEALTH	
Branches	01952-899205
CRUSE Bereavement Service	0845-6066812
Primary Care Well-being Service	01952-457415
Samaritans	01952-256161
Mental Health Access	0300-1240365
0-25 Emotional Health and Wellbeing – Family Connect	01952-385385
OLDER PEOPLE	
Age UK - Care Navigator	01952-201803 Ext 006
Alzheimer's Society - Dementia Companion	01952-250392
Telford Senior Citizens Forum	07552-975676
Voluntary Services Link	01952-580354
UNDER 18S and FAMILY SUPPORT	
Home Start 0-5	01952-872280
Healthy Lifestyle Hub	01952-382582
Children's Public Health Service 0-19: School Nurse 5 - 18 – <i>Text only</i>	03333-583328 07520-619051
Health Visitor 0 - 5 – <i>Text only</i>	07520-619053
VOLUNTARY SUPPORT ORGANISATIONS	
Directory of Services – a comprehensive guide for all local voluntary / NHS services, available in the Medical Centre Foyer.	
Voluntary Services Link	01952-580354
Telford Senior Citizen Forum	07552-975676

Issue 1



SELF HELP CARE DIRECTORY

This Directory was produced by the
Shawburch Medical Centre
Patient Participation Group

The Directory does not stop you
from consulting your GP

EQUIPMENT
Rehabitat Shop
Love Mobility

MINOR AILMENTS
Local Pharmacy

VOLUNTARY SUPPORT ORGANISATIONS
Medical Centre
Directory of Services
Voluntary Services Link
Telford Senior Citizens Forum

MENTAL HEALTH
Branches
CRUSE
Bereavement Service
Samaritans
Primary Care Wellbeing Service
Mental Health Access



HELP AND ADVICE
Local Pharmacy
NHS Choices Website
Patient Website
Care Navigator
Dementia Companion
Admiral Nurses
Telford Carers Centre
MacMillan Information and Support Centres
Hamar Centre at the Royal Shrewsbury Hospital

OLDER PEOPLE
Age UK Care Navigator
Dementia Companion
Telford Senior Citizens Forum
Voluntary Services Link

UNDER 18s AND FAMILY SUPPORT
Healthy Lifestyle Hub
Home Start Age 0-5
Children's Public Health Service 0-19, including:
School Nurse Age 5-18
Health Visitor Age 0-5

DRUG AND ALCOHOL ABUSE
Telford After Care Team (TACT)
STARS

HEALTHY LIVING
Healthy Lifestyles Hub
Leisure Centres
Walking for Health
Age UK – Living Well Groups