



Faringdon Health and Social Care information March 2011

White Horse Medical Practice

Volunteer Way, 01367 242388

www.whmp.co.uk

Extended surgery hours

Alternate Saturdays, and Monday or Tuesday evenings

Fernhill Medical Practice

Volunteer Way, 01367 242407

www.fernhillpractice.co.uk

Extended surgery hours

7am to 8am, Tuesday and Friday

Feeling well, want to stay well?

Both practices can arrange early warning checks for cancer, diabetes, high blood pressure, cholesterol and a number of other issues

Bowel Cancer Screening

This programme offers screening every two years to all men and women aged 60 to 69. The Faringdon area started April 2010 and will take two years. Freephone helpline **0800 707 60 60**

National Healthcheck programme

This programme aims to help prevent heart disease, stroke, diabetes and kidney disease. Everyone between the ages of 40 and 74, who has not already been diagnosed will be invited once every five years to be checked.

Full roll out is expected to be by 2012/13. Your GP will send you an invitation
<http://www.healthcheck.nhs.uk/>

Fortnightly Gynae clinic in Wantage on Mondays

Your doctor will refer you. It will be run by a Consultant from the JR

NHS Direct 0845 4647

For health advice and reassurance at anytime or visit
www.nhsdirect.nhs.uk

Doctor out of hours 0845 345 8995

After 6pm weekdays and all weekends

NHS Dentist 01865 337367

To find an NHS dentist

Faringdon Pharmacy 28A London Street

Monday to Saturday - 7am to 11pm
Sunday - 9am to 1pm
01367 244632

Boots 17 Market Place

Monday to Friday - 9am to 6.30pm
Saturday - 9am to 5pm
01367 240 505

Health centre dispensary

For patients who live more than one mile from Boots
Monday to Friday - 8.30 am to 1pm and 2pm to 6.30pm
White Horse 01367 245403
Fernhill 01367 242507

Before you contact NHS Direct or your GP remember that pharmacies can help with minor ailments and over the counter remedies & medicines

999 calls

Tell them your postcode, or be clear it's Faringdon, **Oxfordshire**
Make sure your house number is clearly visible for the ambulance driver

Help with health costs if you are on a low income

If you have difficulty in meeting your health costs (NHS prescriptions; NHS dental treatment; sight tests; repayment of hospital travel costs...and more) and do not qualify for any other kind of help, you may be able to get some assistance under the NHS low income scheme.

0845 850 1166 for further information and forms

Attendance Allowance

Attendance Allowance is designed to help you with any task you find difficult.

If you are over 65 and have a medical condition which has lasted for more than 6 months, you may be entitled to an attendance allowance (or a disability living allowance if you are younger than 65). You can spend the money as you wish. **It is not means-tested.**

You can ask the South & Vale Carers Centre for help in completing the form.

0800 882200 for information and forms.

Are you looking after someone, who is ill, frail or disabled?

South & Vale Carers Centre can help you with free and confidential advice, information, emotional and practical support and help with claiming benefits. **01235 510212**

British Red Cross

Short-term care and support in the home for people after an accident or illness. Equipment loan or purchase, including wheelchairs.

01235 552 660

Staying in your own home

Oxfordshire County Council provides a range of services to adults to enable them to live safely and independently in their own homes for as long as possible phone **0845 050 7666**

Health Walks

Wednesday – 10.30am from the Old Town Hall
01367 241142

Sole Mates

Foot care service to help maintain the mobility and independence of older people.
01865 717615

Gentle Exercise

Bowling Club Thursday – 10 am to 11am £2.50 Parking available **01367 244778**

GO Active

can help everyone lead a more active lifestyle
01235 547646 or email ashley.chapman@whitehorsedc.gov.uk

Oxfordshire mental health information

01865 247788
info@oxford-mentalhealth.org
www.omhi.org.uk

Advice on drinking and drug issues

01865 403151
Thursdays 10.30am -12.30pm Gloucester Street car park (private room in a mobile unit)

Citizens Advice Bureau (CAB)

The CAB service is independent and provides free, confidential and impartial advice for legal, housing, benefit, employment or debt problems.

01235 521894 (weekdays) or email admin@abingdon.cabnet.org.uk

Outreach to older people (OTOP)

OTOP cares about older people who are lonely and have little contact with the outside world.

Arrange a visit: **01367 240227**

VERA Vale Elderly Residents' action

involves police support officers keeping in regular contact with over 75s who have either been victims of crime or do not have family and support networks. **0845 8 505 505**

Help through pregnancy

Free antenatal classes in Faringdon Baptist Church, Bromsgrove.

01367 242661 or Family Centre **01367 242432**

National Childbirth Trust (NCT) provide ante-natal and post-natal classes

0844 243 6887 or email enquiries@nctfaringdon.org.uk (Charges will apply)

Faringdon Family Centre, Bromsgrove

0845 050 7666

Sessions for new parents

- First babies (0-15 months) Friday – 1.45pm to 3.15pm
- Dad's group (0-6 years) 1st and 3rd Saturdays of the month – 10am to noon
- Baby Clinic drop in. Tuesdays 1.30pm – 3.30pm (health visitor led session, weighing/measuring)
- Buddiez. Wednesdays 1pm-2.30pm for mums up to 21 years
- Parenting courses held 3 times a year

Help with children

- **01367 245417** for advice and support from the health visitors at Faringdon Medical Centre
- Oxfordshire County Council provides advice and services to assist and protect children and support their families. **0845 050 7666**

FAZE Faringdon Young People's Centre

The Cromwell Centre, Highworth Road

01367 243940 or email faringdon.youth@oxfordshire.gov.uk

Youth Club at the Baptist Church, Bromsgrove, Faringdon

More information on **07729 985662**, stephen@faringdon-baptist.org

Are you experiencing domestic violence?

Do you know someone who is experiencing abuse and may need help and support?

24-hour National Domestic Violence **Freephone Helpline 0808 2000 247**

The Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

Outpatient Appointments

If you need to change your hospital appointment at an Oxford hospital phone **0845 330 8888** to see if it is possible.

Transport to Hospitals

Public transport

The buses to Oxford and Swindon now run every 30 minutes during the day. Allow at least 30 minutes for the journey from Oxford or Swindon bus station

Faringdon to central Oxford

Stagecoach bus number 66 to Gloucester Green bus station.

Oxford to John Radcliffe hospital

Stagecoach bus numbers 14,14A, departs from outside Debenhams. Oxford Bus Company number 13, X13, departs from St. Aldates; opposite the Town Hall.

Oxford to Nuffield and Churchill hospitals

Oxford Bus Company number 4, departs from Castle Street.

Oxford hospitals by park and ride

The number 700 park & ride service runs from Water Eaton Park & Ride (north of Oxford), to the John Radcliffe Hospital, then the Nuffield Orthopaedic; then Churchill Hospital.

Faringdon to central Swindon

Stagecoach number 66 to Swindon bus station.

Swindon bus station to Great Western Hospital

Thamesdown Service numbers 11, 16, 19, 20, 21, 46, 47, 47A, 48, 48A

Without a car or unable to use public transport?

Volunteer drivers provide a hospital transport service on weekdays. There is a charge for this service and you must book in advance. **01235 765348**. Alternatively check your local parish newsletter for volunteer car schemes

Non-emergency ambulance transport scheme

For patients with a disability or a genuine reason for being unable to travel by private or public transport. **0845 330 8888** for Oxford hospitals and **01249 813604** for Swindon

Faringdon Area Project (FAP) Health and Social Care Group

FAP Health and Social Care are a voluntary group trying to improve health services in Faringdon. **01367 241162** or email jane.haynes@bordengate.co.uk if you would like to join the group

Tell us your views and get more information on health services in Faringdon in the health section of www.faringdon.org .