





Helpful tips



Self Care	Hangover, grazed knee, coughs, colds and sore throats.	Many illnesses can be treated in your own home – keep a well-stocked first aid kit at home. See NHS Choices for advice. 
Pharmacist	Diarrhoea, minor infections, headache, bites and stings.	Your local pharmacist can help with lots of everyday ailments and offers good advice. Local pharmacies are listed overleaf.
GP Surgery	Feverish children, vomiting, ear pain, backache, feeling ill.	For infections and persistent symptoms or if your child has a high temperature choose your doctor. Local surgeries are listed overleaf. 
Dentist	Toothache	Contact your dentist – to find a local NHS dentist, see NHS Choices. The emergency dentist can be contacted through 111.
Surrey Adult Social Care	Looking after someone, support to stay at home, care assessments, help with disabilities.	0300 200 1005 (for emergencies outside normal working hours call 01483 517 898).
Mental Health Crisis Out-of-Hours	The Safe Haven project provides an alternative to A&E for adults with (or developing) mental health problems in the North East Hampshire and Farnham areas. Alternatively call the NHS Mental Health Crisis Line (0300 456 8342)	The Safe Haven at the Time Out Café, The Wellbeing Centre, 121-123 Victoria Road, Aldershot GU11 1JN. Monday to Friday: 6pm-11pm Weekends and bank holidays: 12.30pm-11pm. Tel: 01252 338 810
NHS 111	Unwell, unsure, confused, need help fast?	Contact 111 if you are ill and have any questions about your health. 111 can also help you find health services in your area. 
GP Out-of-Hours Services	Urgently need to see a GP out of surgery hours?	Medical assistance is still available if your surgery is closed. Call 111 to be directed to the GP Out-of-Hours Service. 
Accident & Emergency (A&E) or 999	Choking, chest pain, suspected stroke, blacking out, bleeding you can't stop, struggling to breathe, sprains and other injuries.	Visit A&E at Frimley Park Hospital, Portsmouth Road, Frimley GU16 7UJ (Tel: 01276 604 604) or call 999 for an ambulance. For minor injuries in normal working hours contact Haslemere Minor Injuries Unit, Church Lane, Haslemere GU27 2BJ (Tel: 01483 782 334).

Local Pharmacies 	Boots Farnham	48-49 The Borough, Farnham GU9 7NW	01252 715 121
	The Bourne Pharmacy	46 Frensham Road, Farnham GU10 3PX	01252 715 626
	Heath End Pharmacy	103 Farnborough Road, Farnham GU9 9AW	01252 323 289
	Laly's Chemist	4A Downing St, Farnham GU9 7PB	01252 723 326
	Rowlands Pharmacy	Farnham Centre For Health, Farnham GU9 9QL	01252 715 662
	Sainsburys Pharmacy	Water Lane, Farnham GU9 9NJ	01252 721 957
	Tesco Instore Pharmacy	5 Wellington Ave, Aldershot GU11 1SQ	0345 677 9004
	Vaughan James Pharmacy	113 West St, Farnham GU9 7HH	01252 716 274
GP Surgeries 	Downing Street Group Practice	4 Downing Street, Farnham GU9 7PA	01252 716 226
	Farnham Dene Medical Practice	Farnham Centre For Health, Farnham GU9 9QS	01252 730 100
		Lodge Hill Road, Lower Bourne GU10 3RB	
	The Ferns Medical Practice	Farnham Centre For Health, Farnham GU9 9QS	01252 723 122
	Holly Tree Surgery	42 Boundstone Road, Wrecclesham GU10 4TG	01252 793 183
River Wey Medical Practice	Farnham Centre For Health, Farnham GU9 9QS	01252 737 387	
Useful telephone numbers 	24 Hour NHS Health Advice, Emergency Dentist	111	
	Life-Threatening Emergency	999	
	Surrey County Council Adult Services	0300 200 1005 (01483 517 898 out of hours)	
	Surrey County Council Children's Services	0300 123 1640 (01483 517 898 out of hours)	
	Surrey Multi-Agency Safeguarding Hub (for safeguarding concerns about children and adults)	0300 470 9100 (01483 517 898 out of hours) or mash@surreycc.gcsx.gov.uk	
	Surrey Information Point	www.surreyinformationpoint.org.uk	
	Hampshire County Council Adult Services	0300 555 1386 (0300 555 1373 out of hours)	
	Hampshire County Council Children's Services	0300 555 1384 (0300 555 1373 out of hours)	
	Hantsweb	www3.hants.gov.uk	
	Police (Surrey and Hampshire)	999 (emergency) or 101 (non-emergency)	
	Crimestoppers	0800 555 111	
	NHS Mental Health Crisis Line	0300 456 8342	
	West Surrey Youth Counselling Service	0345 600 2516	
	TalkPlus NHS Psychological Therapies (Adult)	01252 533 355 or www.talkplus.org.uk	
	Samaritans	116 123	
	National Domestic Abuse Helpline	0808 2000 247	
	Childline	0800 1111	
	Citizens Advice	03444 111 444	
	Drugs and Alcohol – i-access (Surrey over 18)	0300 222 5932	
	Drugs and Alcohol – Catch 22 (under 18)	0800 622 6662 (Surrey) 0800 599 9591 (Hants)	
Drugs and Alcohol – Inclusion Aldershot (Hants over 18)	0300 124 0103 (select option 1)		
Waverley Carers Support (Surrey)	01252 718 166		
Carers Together (Hampshire)	01794 519 495		