

RESOURCES FOR PATIENTS WHO DON'T HAVE ACCESS TO THE INTERNET:

*All helplines are understandably experiencing high demand at present, please only use these if you don't have access to the internet or cannot get the information you need from their website.

Local phone numbers for vulnerable and high risk groups for help with medicines and food

Cary Cares medicines and shopping support : 01963 351275

Other useful local numbers for support in Castle Cary:

Emergency Adult Social Care: 0300 123 2224

Local shop deliveries information : 01963 350160

Medicines and Shopping Help Scheme: 01963 351362

Looking after your personal wellbeing and health during COVID 19:

Helplines for emotional support:

Mind: 0300 123 3393 – support around mental health problems, anxiety around isolation and COVID 19 and where to get help.

Samaritans: 116 123 – 24 hour emotional support phone line.

Rethink Mental Illness: 0300 5000 927 (Open Mon-Fri 10am-2pm) Advice and information line around types of therapy, benefits, debt, money issues.

Childline: Children and young adults can call **0800 111**.

Parents' Young Mind Helpline: 0808 802 5544 (09.30am-1630pm Mon-Fri) For support and advice for parents and carers who have under 25 year olds in their care who they feel need emotional and mental health support.

Employee Support:

ACAS (Advisory, Conciliation and Arbitration Service): Support and advice for employers and Employees during coronavirus: **0300 123 1100 (Mon-Fri 0800am-1800pm)**.

Long term conditions that fall into at risk groups, pregnancy and those >70 years:

>70years

Age UK: 0800 678 1602 (8am-7pm) – Support and advice line for money, care, health and wellbeing.

Asthma:

Asthma UK Expert Nurse helpline: 0300 222 5800. Support and health advice for people with asthma.

Cancer:

Macmillan cancer support: 0808 808 00 00 (8am-8pm) Support and advice for patients with cancer.

COPD and other lung conditions e.g. pulmonary fibrosis:

British Lung Foundation: 03000 030 555. Support and advice line for those with chronic lung conditions.

Diabetes:

Diabetes UK: 0345 123 2399: support and advice line for people with type one and type two diabetes:

Heart conditions: Previous heart attacks/angina/heart failure etc:

British Heart Foundation: 0300 330 3311 – support and advice from British Heart Foundation Volunteers.

Pregnant Women:

Maternity Advice Line: Free telephone advice regarding rights at work for pregnant women. Maternity Advice Line: **0808 802 0029** (Mon-Fri 10am-1pm).

For your pregnancy specific advice and guidance if you have immediate concerns about your baby please contact your local midwifery unit.