

Self-care and signposting directory

This self-care and signposting directory can be used to locate services that you may need



Table 1: Local services and their contact details

Service	Name of service provider	Contact details	Distance from pharmacy	Notes (opening times, etc)
Accident and emergency	Bradford Royal Infirmary	01274542200	2 miles	24 hours
Chiropodists	Ace Clinic Podiatry	01274296092	3 miles	See website
Hospitals	St. Lukes	01274734744	1 mile	24 hours
	Bradford Royal Infirmary	01274542200	2 miles	24 hours
Urgent care, for example, walk-in centres	4 Butler Street, Bradford, BD3 0BS	08451211024	3 miles	See Website
Care homes (in Notes column specify nursing/residential)	Please check google for latest			
GP surgeries	The Ridge Medical Practice	01274425600	0.1 miles	See Website
	Little Horton Lane Medical Centre	01274731700	0.5 miles	See Website
	Parkside Medical Practice	01274521111	1miles	See Website
	Mughal Medical Centre	01274504425	1.1 miles	See Website
Dentists	Dental Practice	01274 571791	0.5 mile	See Website
	Little Horton Surgery	01274 571791	0.5 mile	See Website
	P tsakpo	01274 571791	0.5 mile	See Website
	Clayton T	01274 521190	0.5 mile	See Website
Optometrists	Eye Clinic	01274 772787	1.2 miles	See Website

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	Opticians Ltd			
	Boots Opticians	01274 738993	2.5 miles	See Website
Pharmacies	The Ridge Pharmacy	01274502761	0.2 miles	See Website
	Siddique Pharmacy	01274 502758	0.6 miles	See website
	Midnight Pharmacy	01274 911786	0.6 miles	See Website
	Horton Park Pharmacy	01274322449	0.6 miles	See Website
Sexual health services/family planning clinics	Locala Sexual Health	0303 330 9500	2.5 miles	See Website
Social services	Bradford Social Services for children	0800 953 0966	2 miles	See Website
	Adult Services Access Point	01274435400	2.5 miles	See Website
	Department of Adult & community services	01274435100	2.0 miles	See Website
	Bradford Social Care	01274 435100	3.6 mles	

Signposting by popular topics

The following table is a reference guide to support services and organisations for popular topics. Fill in the details of any organisations in your local area.

Table 2: Support services/organisations and contact details

Support service/organisation	Website	Telephone number	Notes
ALCOHOL/SMOKING/SUBSTANCE MISUSE			
Addiction helper	www.addictionhelper.com	0800 024 1488 - Freephone	
We are with you	www.wearewithyou.org.uk	Contact through website	
Alcoholics Anonymous	www.alcoholics-anonymous.org.uk	0800 917 7650 -	

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		Freephone	
Smokefree	https://www.nhs.uk/better-health/quit-smoking/	0300 123 1044 – Freephone (England Only)	Monday - Friday, 9am -8pm Saturday and Sunday, 11am – 4pm
CANCER			
Macmillan Cancer Support	www.macmillan.org.uk	0808 808 0000 - Freephone	8am – 8pm
Marie Curie	www.mariecurie.org.uk	0800 090 2309 - Freephone	Monday – Friday, 8am – 6pm Saturday, 11am – 5pm Bank holidays, 10am – 4pm
Cancer Research UK	www.cancerresearchuk.org	General enquiries – 0300 123 1022 Cancer related enquiries - 0808 800 4040	Monday-Friday, 8am – 6pm
Orchid (male cancer)	www.orchid-cancer.org.uk	0808 802 0010	
Prostate Cancer UK	prostatecanceruk.org	0800 074 8383	Mon-Fri: 9am-6pm, Weds: 10am-8pm
Cancer Research UK	www.cancerresearchuk.org	0808 800 4040	Monday-Friday, 8am – 6pm
CARDIOVASCULAR DISEASE			
Circulation Foundation	www.circulationfoundation.org.uk	020 7205 7151	
British Heart Foundation	www.bhf.org.uk	0300 330 3311-Heart Helpline	Monday-Friday, 9am-5pm Saturdays, 10am – 4pm
Blood Pressure Association	www.bpassoc.org.uk	Contact through website	
Stroke Association	www.stroke.org.uk	0303 3033 100	
Heart UK	https://www.heartuk.org.uk/	0345 450 5988	Monday-Friday, 10am-3pm
DIABETES			

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Diabetes UK	www.diabetes.org.uk	0345 123 2399	Monday- Friday, 9am-6pm
DISABILITY(PHYSICAL AND MENTAL)			
Disabled Living Foundation	www.dlf.org.uk	0300 999 0004	Opening hours: Monday to Friday, from 10am to 4pm
Mencap	www.mencap.org.uk	0808 808 1111	Monday-Friday, 10am – 3pm
Epilepsy			
Epilepsy Action	https://www.epilepsy.org.uk/	0808 800 5050	Monday 8.30am-7.00pm Tuesday 8.30am-7.00pm Wednesday 8.30am-4.30pm Thursday 8.30am-4.30pm Friday 8.30am-4.30pm Saturday 10.00am-4.00pm
Epilepsy Society	https://epilepsysociety.org.uk/	01494 601 400	Monday to Friday 9am to 4pm (Wednesday 9am to 7.30pm)
GASTROINTESTINAL DISEASE			
Crohn's & Colitis UK	www.crohnsandcolitis.org.uk	0300 222 5700	Monday – Friday, 9am – 5pm
crohns.org.uk	www.crohns.org.uk	Contact through website	
Guts UK	https://gutscharity.org.uk/		
Glaucoma			
Glaucoma UK	https://glaucoma.uk/	01233 64 81 70	Monday – Friday, 9am – 5pm
Gout			
UK Gout Society	http://www.ukgoutsociety.org/		
HEPATIC DISEASE			
British Liver Trust	www.britishlivertrust.org.uk	0800 652 7330	Monday – Friday, 10am – 3pm
Guts UK	https://gutscharity.org.uk/		

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MENTAL HEALTH			
Samaritans	https://www.samaritans.org/	116 123 – freephone	Free 24-hour helpline
Mind	https://www.mind.org.uk/	0300 123 3393 – Mind infoline	
Anxiety UK	www.anxietyuk.org.uk	03444 775 774	Monday - Friday, 9.30am - 5.30pm
Osteoporosis			
Royal Osteoporosis Society	https://theros.org.uk/	0808 800 0035	
Age UK	https://www.ageuk.org.uk/	0800 055 6112	Age UK's advice line is a free, confidential national phone service for older people, their families, friends, carers and professionals
PAIN			
Pain UK	www.painuk.org		Pain UK is an umbrella group that provides support to individual charities. For individual in need of help, please contact one of the member charities directly by clicking on the members link on the website.
Chronic Pain Support Charity	https://www.awaywithpain.co.uk/		'A way with pain' has ceased to operate as a charity from 29 th February 2020. However, support and help is still available at Northamptonshire Chronic Pain Support at info@awaywithpain.co.uk
Parkinson's Disease			
Parkinson's UK	https://www.parkinsons.org.uk/	0808 8000 303	Monday to Friday, 9am to 6pm

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			and Saturday, 10am to 2pm
RENAL CONDITIONS			
Kidney Research UK	www.kidneyresearchuk.org	0300 303 1100	
RESPIRATORY CONDITIONS			
Asthma UK	www.asthma.org.uk	0300 222 5800	Monday-Friday, 9am-5pm
British Lung Foundation	https://www.blf.org.uk/	0300 003 0555	Monday – Friday, 9am – 5pm
SEXUAL HEALTH			
FPA (The Family Planning Association)	www.fpa.org.uk	0300 123 7123	Monday – Friday, 9am -8pm Saturday and Sunday, 11am – 4pm
Brook	www.brook.org.uk		
GMFA(gay men’s health)	www.gmfa.org.uk		
Wellbeing of Women	www.wellbeingofwomen.org.uk	0203 697 7000	
SENSORY IMPAIRMENT			
ENT UK	www.entuk.org	0207 404 8373	ENT UK is a professional membership body. There are resources available on the website for patients and healthcare professionals.
RNID (Royal National Institute for Deaf People)	https://rnid.org.uk/	0808 808 0123	
British Deaf Association	www.bda.org.uk	Tel: 0207 6974 140 Text: 07795 410 724	Monday – Friday, 9am – 5pm
EMC accessibility (X-PIL Website)	https://www.medicines.org.uk/emc/xpil#anchor1	0800 198 5000	Patient can call the number to listen to and/or request patient information leaflet (PILs) in large/clear print, in braille or on audio CD. The name of the

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			medicine and medicine's product code number will need to be provided.
RNIB (Royal National Institute of Blind People)	www.rnib.org.uk	0303 123 9999	
Easyhealth	www.easyhealth.org.uk	074874221 50	Patients can access health leaflets, health video's, and contact details of useful organisations
[OTHER]			
Fittleworth	https://www.fittleworth.com/	080037884 6	Customisable appliance contractor
Ainsworth	https://www.ainsworthsurgical.co.uk/	080041317 2	Customisable appliance contractor

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