

## Activities

Arden Road Social Club 01422 362349  
Phoenix Shed (men 55+) 07481 543881 / 07930207537  
*email: phoenixshed@outlook.com*  
Maurice Jagger Centre 01422 364691  
*email: info@mauricejaggercentre.org*

**Breast Screening:** 01274 365521 / 2 / 3

**Carers:** [www.calderdale-carers.co.uk](http://www.calderdale-carers.co.uk) 01422 369101

## Citizens Advice Bureau

(Help and support to sort out finances and benefits)  
01422 842 848 or 0300 330 9048

## Counselling / Emotional Support

Mental Health Crisis Team **01924 316830** Samaritans **116 123**  
IAPT – 01484 343700 Insight - 0300 555 0191  
Cruse - Bereavement counselling - 0844 800 3309  
Kooth.com - Online counselling for children  
Andy's Man Club - andysmanclub.co.uk (*meet Mon's @ the Shay 7pm  
excluding Bank Hols*)  
Women's Centre - Domestic Violence 01422 323339 *email:*  
*dvteam@womenscentre.org.uk* for Counselling 01422 386503  
Healthy Minds – 01422 345154

**Continence Advisory Service:** 01422 252086

## Dentist – Emergency Treatment or to find one

Telephone 111

## District Nursing Team

(For housebound patients)  
01422 361374 / Out of Hours 07917106263

## Drug & Alcohol support

Basement Project - 01422 383063  
Calderdale Drug and Alcohol Service - 01422 415550

## Eye Problems

(Assessment of sudden eye conditions at most opticians)  
Boots 03451 253776 King Cross 01422 353000  
Specsavers 01422 255055 Vision Express 01422 331018  
***Please contact any local optician***

**Falls Prevention Team** - St Johns Health Centre 01422 307323

**Gateway to care** – 01422 393000

## Healthy Weight / Better Living Team

(Lifestyle advice regarding diet & exercise)  
01422 230230 or via Gateway to Care 01422 393000

## Health Visitors

(Support with children under 5) Locala 0300 304 5076

## Maternity Services/Midwives

Provides care for pregnant women and their families before, during and after birth.

*01422 261364 or 01422 360336*

***For first pregnancy appointment: 07771973229***

**Medical Help and Advice - Out of Hours** - Call 111

**School Nurses-** Locala 030 3330 9974

## Sexual Health Services at Broad St Plaza, Halifax

(Family planning, STI checks & also ToP)  
01422 261370

## Smoking Cessation

Yorkshire Smoke Free - 0800 612 0011 / 0330 660 1166  
<https://yorkshiresmokefree.nhs.uk/>

## Social Services – Well Being

Gateway to Care - 01422 393000  
[www.calderdale.gov.uk/socialcare](http://www.calderdale.gov.uk/socialcare)

## Speech & Language or Occupational Therapy for Children

<https://www.cht.nhs.uk/services/clinical-services/childrens-therapy-services/making-a-referral/> 01422 261340

**Staying Well** -01422 347392

## Termination of Pregnancy (ToP)

Calderdale Royal Hospital - 01422 224962 / 224979  
Bradford Infirmary – Lilac Clinic 01274 383341  
BPAS - 03457 30 40 30 or Marie Stopes 0345 300 80 90

# Try Your Local Pharmacy First?

They can give advice and treatment for the following:

- ⊕ Athletes Foot
- ⊕ Bacterial Conjunctivitis
- ⊕ Cold Sores
- ⊕ Constipation
- ⊕ Coughs, Colds, Fever
- ⊕ Cystitis
- ⊕ Dermatitis
- ⊕ Diarrhoea
- ⊕ Earache / Minor Infection
- ⊕ Hayfever (Allergic Rhinitis)
- ⊕ Head Lice
- ⊕ Headache
- ⊕ Indigestion / Reflux
- ⊕ Insect Bites and Stings
- ⊕ Mouth Ulcers
- ⊕ Nappy Rash
- ⊕ Scabies
- ⊕ Sore Throat
- ⊕ Teething
- ⊕ Thread Worm
- ⊕ Thrush (not oral)
- ⊕ Verrucas / Warts

**If you don't pay for prescriptions  
you can get medicines free  
without needing to see your GP!**



**01422 349501**

[calccg.secretariesspringhallsurgery@nhs.net](mailto:calccg.secretariesspringhallsurgery@nhs.net)

## Self-Referral Options

**“Help for you to help yourself”**

Admin/ Patient Services/ Self Referral Leaflet Feb 2019