

BANKFIELD SURGERY

Walking group:

Our practice champions hold a walking group that meet at the surgery every WEDNESDAY at 2pm and walk for about an hour.

All abilities are welcome, just come along on the day.

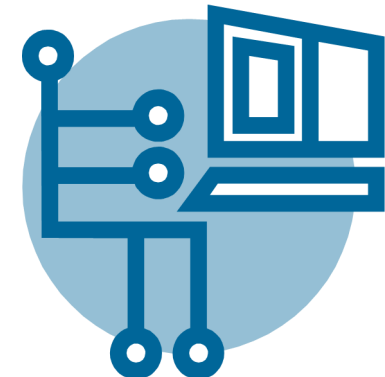


April 2022

BANKFIELD SURGERY



Free services
for patients to
self refer



Improving Access to Psychological Therapies (IAPT) - 0333 0153 494

Leaflet available

Healthy Minds:

01422 345154

www.healthymindscalderdale.co.uk

Bereavement counselling:

Cruse helpline – 0808 808 1677 Volunteers can help talk you through things and also help you find your local Cruse service

Turning point Brighouse:

Counselling service – 01484 950 808

Andy's Man Club:

Suicide prevention and mental health support for men – andysmanclub.co.uk

Women's Centre:

Help for women going through domestic violence – 01422 386500

Noah's Ark Centre:

Support for children who have suffered loss – 01422 300457

Online counselling for children:

Kooth.com



Healthy Weight and Better Living team:

Lifestyle advice regarding diet & exercise – 01422 230230

Drug & Alcohol support:

The Basement Project (drugs) – 01422 383063

Al-Anon (alcohol) - 0800 0086 811

Calderdale Drug and Alcohol Service – 01422 415550



Smoking cessation:

Yorkshire Smoke Free – 0800 612 0011

<https://yorkshiresmokefree.nhs.uk/>

Sexual Health Services:

Broad Street Plaza – 01422 261370

Termination of pregnancy:

BPAS – 03457 30 40 30

Adult Social Services:

Gateway to Care – 01422 393000

Voluntary Action Calderdale:

<https://cvac.org.uk/directory/>

Calderdale Council – Wellbeing Hub

www.calderdale-carers.co.uk

01422 369101

Bladder and Bowel Advisory Service (adults):

01422 252086

Falls Prevention team:

01422 393000

Health visitors:

0300 304 5076

Midwives (General Services):

01422 261351

Podiatry:

Foot and lower limb care

01422 355626

Speech & Language Therapy:

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

Eye problems:

Refer to your local opticians

District Nursing Team:

01484 355428

Sure Start:

Support for families

<http://surestartchildrenscentresnhp.org.uk/>

