

Keep
me handy

our
SOMERSET
Together we care

NHS
Somerset



Healthcare and support on your doorstep in the Bridgwater area

Your handy guide to local health and care services

- ✓ Help for minor injuries or illnesses like sprains, cuts or fever
- ✓ Discover how your local pharmacy can help you
- ✓ Find mental health support when you need it
- ✓ Help with finances, food, feeling isolated and living well

Need advice? Call NHS 111

Emergency? Call 999



I need help with ...



Bridgwater



... sprains and strains; broken bones; minor injuries such as cuts, bruises and sports injuries; rashes; vomiting; bites; throat infections or fever



Bridgwater Urgent Treatment Centre (UTC) at Bridgwater Community Hospital, TA6 4GU. Open 7 days a week 8am-8.30pm. X-ray: Mon-Fri 8.30am-5pm, Sat-Sun 9am-5pm. Call 111 or walk-in. Easier than A&E, shorter waiting times and free parking

... coughs and colds, sore throats, aches and pains, ear infections, contraception and more



Local pharmacies can help with more than you might think. See back page for more details and to find your nearest pharmacy

... my mental health



- Call Mindline 24/7 on 0800 138 1692 or openmentalhealth.org.uk
- Crisis Safe Space in Bridgwater Mon-Sun 6pm-11pm. Book via 0800 138 1692 or at openmentalhealth.org.uk/crisis-safe-space

... managing my long-term pain



Monthly Pain Café last Wed of every month, 10.30am-12noon at the Mingle Café, TA6 5HY. <https://bit.ly/PainCafeSomerset>

... caring for someone, getting essentials, cost of living or feeling isolated



Drop in to Talking Cafés: ReCreation Community Hub, Rhode Lane, Bridgwater, TA6 6HZ, Wednesdays 1.30-3.30pm; North Petherton Community Centre, TA6 6QA, 2nd Tuesday of month 10am-12noon

... staying healthy and living well



- Quit-smoking support – smokefreesomerset.org.uk
- Free blood pressure checks – visit your GP, pharmacy or library
- Sports, walks and help with long-term conditions – sasp.co.uk
- Warm welcoming spaces in winter for anyone who needs it – sparksomerset.org.uk/find-warm-welcome



Your local pharmacies

Allied Pharmacy Somerset Bridge Pharmacy, Stockmoor Park, Taunton Road, TA6 6LD. 01278 263016

ASDA Pharmacy East Quay, TA6 5AZ. 01278 720410

Boots 34–38 Fore Street, TA6 3NG. 01278 422011

Cranleigh Gardens Pharmacy Cranleigh Gardens Med Ctr, TA6 5JS. 01278 427645

North Petherton Pharmacy 105 Fore Street, TA6 6RY. 01278 662288

Redgate Pharmacy Redgate Health Centre, TA6 5BF. 01278 445333

Rowlands Pharmacy New East Quay Medical Ctr, TA6 4GP. 01278 423015

Stockmoor Pharmacy Unit R3, Nokoto Drive, TA6 6WU. 01278 429255

Superdrug Pharmacy 19 Fore Street, TA6 3NH. 01278 423055

Taunton Road Pharmacy 14–16 Taunton Road, TA6 3LS. 01278 444756

Woolavington Pharmacy 4–6 Windmill Crescent, TA7 8HP. 01278 683333

Think Pharmacy First!

Your pharmacist can provide treatment, including prescription medicines for common conditions, without the need to see a GP, including:

- Sinusitis (age 12+)
- Sore throat (age 5+)
- Earache (age 1-17)
- Infected insect bites (age 1+)
- Impetigo (age 1+)
- Shingles (age 18+)
- Urinary Tract Infections (women age 16-64)

Your pharmacist can provide oral contraception, including the emergency contraceptive or morning after pill, without the need for a prescription or GP appointment

Search online:
'NHS find a pharmacy'

nhs.uk/thinkpharmacyfirst