

Keep
me handy



Healthcare and support on your doorstep in the Burnham-on-Sea and Highbridge 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 ...



Burnham-on-Sea and Highbridge



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



Minor Injury Unit (MIU) Burnham-on-Sea War Memorial Hospital. 6 Love Lane, TA8 1ED. 01278 773103. Open 7 days a week, 10am-6pm. No X-ray service. Call 111 or walk-in but check ahead. Easier than A&E, free parking and shorter waiting times.

... 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



Open Mental Health provides 24/7 support for people in Somerset at openmentalhealth.org.uk. Need to talk? Call Mindline on 0800 138 1692



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



Drop into a Talking Café: **Burnham-on-Sea Talking Café** at Burnham-on-Sea Methodist Church, TA8 1AS, Tuesdays, 10am-12noon. **Highbridge Talking Café** at Purplespoon Café (YMCA), TA9 3DD, Thursdays, 10am-12noon; **Berrow Village Hall**, 3rd Tuesday of month 1-3pm; **Brean Village Hall**, 3rd Thursday of month 1-3pm; **St Peter and All Hallows Church**, West Huntspill, 1st Monday of month 10am-12noon. Details: www.thrivesomerset.org.uk/help-advice

... staying healthy and living well



- Pain Cafés for long-term pain support – bit.ly/PainCafeSomerset
- 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

BURNHAM-ON-SEA:

Boots 15-17 High Street, TA8 1NX.

01278 782029

Burnham-on-Sea Pharmacy

18 Victoria Street, TA8 1AN.

01278 497740

Day Lewis Pharmacy Burnham

Medical Centre, Love Lane, TA8 1EU.

01278 783079

Day Lewis Pharmacy

Berrow Medical Centre, TA8 2JU.

01278 773912

Tesco In-store Pharmacy. Ben

Travers Way, TA8 1EZ. 01278 252000

HIGHBRIDGE:

Allied Pharmacy 22 Market Street,

TA9 3BT. 01278 783757

Allied Pharmacy Highbridge

Medical Centre, TA9 3YA.

01278 263017

BERROW:

Day Lewis Pharmacy Berrow

Medical Centre, Brent Road,

TA8 2JU. 01278 773912

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