

Keep  
me handy

our  
**SOMERSET**  
Together we care

**NHS**  
Somerset



# Healthcare and support on your doorstep in the Minehead 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 ...



# Minehead



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



**Minehead Urgent Treatment Centre (UTC) at Minehead Community Hospital, Luttrell Way, TA24 6DF. 01643 701715. Open 7 days a week 8am-8.30pm. X-ray: Mon-Fri 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



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



... managing my long-term pain



Minehead Pain Café last Wednesday of each month, 10am-12pm at The Beach Hotel, TA24 5AP. <https://bit.ly/PainCafeSomerset>

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



Drop in to Talking Cafés: Minehead Methodist Church, Mondays 10am-12pm; The Beach Hotel, 4th Wednesday of the month 6-7.30pm; The Pavillion, Williton, Tuesdays 1-3pm.

... staying healthy and living well



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



## Your local pharmacies

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### MINEHEAD

**Alcombe Pharmacy** 39-41 Alcombe Road, TA24 6BA. 01643 703478

**Allied Pharmacy** 7 Friday Street, TA24 5UB. 01643 222001

**Boots** 14-16 The Parade, TA24 5UG. 01643 702004

**Tesco in-store pharmacy** Seaward Way, TA24 5BY. 0117 291 3890

### WATCHET

**Quantock Pharmacy** 11 Swain Street, TA23 0AB. 01984 631343

### WILLITON

**Allied Pharmacy, Williton Surgery,** Robert Street, TA4 4QE. 01823 747008

### PORLOCK

**Porlock Pharmacy** Doverhay, High Street, TA24 8PT. 01643 862455

## 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](https://nhs.uk/thinkpharmacyfirst)