

Keep
me handy

our
SOMERSET
Together we care

NHS
Somerset



Healthcare and support on your doorstep in Shepton Mallet

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 ...



Shepton Mallet



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



Shepton Mallet Urgent Treatment Centre (UTC) at Shepton Mallet Community Hospital, Bucklers Way, BA4 4PG. Open 7 days a week 8am-8.30pm. Limited X-ray, over-18s only: Mon-Fri 9am-4pm. Call 111 or walk-in. Easier than A&E, shorter wait times, 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. Need to talk? Call Mindline on 0800 138 1692



... managing my long-term pain



Pain Cafés are free to join across Somerset. For information on your nearest Pain Café visit: <https://bit.ly/PainCafeSomerset>

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



Drop into a Talking Café – latest information is available at www.thrivesomerset.org.uk/help-advice

... 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

Boots Unit 2A, Townsend Shopping Park, BA4 5TZ. 01749 346953

Evercreech Pharmacy Victoria Square, BA4 6JP. 01749 830267

Shepton Mallet Pharmacy The Park Medical Practice, BA4 5RT. 01749 605989

1 in 3 people in

Somerset with

high blood pressure

don't know they have it.

It's a leading cause of severe health issues, such as stroke. Don't risk it, get checked at your local pharmacy or Somerset library.

bit.ly/blood-pressure-somerset



**TAKE THE
PRESSURE
OFF**

Search online:
'NHS find a pharmacy'

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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

nhs.uk/thinkpharmacyfirst