



Important Dates

The surgery will be closed
Friday 25th December and
Monday 28th December
2026

We will also be closed
Friday 1st January 2027

Child Vaccine Clinics

We hold a child vaccination
clinic at the surgery every
Tuesday & Friday.

When your child is due a
vaccine or booster we will
contact you via text or letter.

Ask to speak with one of our
Practice Nurses if you have
any vaccination queries.

Alternatively, you can find
further info on vaccines at
[www.nhs.uk/conditions/
vaccinations/nhs-
vaccinations-and-when-to-
have-them](http://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them)

Surgery Hours

08:00-18:30
Monday to Friday

08:00-12:00
Saturday
(Pre-booked appts only)

Tel: 01772 376 777

Berry Lane Medical Centre NEWSLETTER

Sept 2026

Welcome to the Autumn Berry Lane Medical Centre Newsletter

A warm welcome from me, Doctor Vicki Miller, to our Autumn Newsletter.

As we move into autumn, we thought it would be a good opportunity to share some of the things happening at Berry Lane Medical Centre, introduce some of the newer members of our team and highlight some of the work that takes place behind the scenes to support our patients.

As well as my usual clinical work as a GP, I am a Partner and GP Trainer, alongside several additional roles including Medicines Management Lead, Safeguarding Lead and responsibility for our monthly Family Planning Clinics.

I really enjoy the variety these roles bring and the opportunity to contribute to patient care in different ways. However, my most important role is, and always will be, looking after our patients.

My roles within the practice

GP, Partner and GP Trainer

As a Partner, I am involved in the wider running and development of the practice, alongside a fabulous management team helping to ensure that Berry Lane continues to provide high-quality care for our patients and remains a supportive place for our team to work.

I am also a GP Trainer, helping to support the next generation of GPs as they develop their clinical knowledge, skills and confidence. We are very fortunate to be able to play a part in training doctors who will go on to provide care to patients across the NHS. Now we have 4 fabulous trainees at the medical centre (Dr Ali, Dr Hunter, Dr Master and Dr Alotaibi)

Alongside these responsibilities, I continue to work clinically as a GP. Looking after patients remains at the heart of everything I do.

Medicines Management Lead

This role focuses on making sure our patients receive safe, effective and evidence-based treatments, while also helping us to use NHS resources responsibly. Recent work, with the help of my wonderful medicines management team, has included:

- Supporting patients affected by the discontinuation of Levemir insulin.
- Reviewing prescribing of dapagliflozin in line with national guidance, helping to achieve significant cost savings that can be reinvested into frontline patient care.
- Promoting cost-effective prescribing where clinically appropriate.
- Working to reduce long-term opioid prescribing in line with growing evidence about potential long-term harm.
- Structured Medication Reviews

Safeguarding Lead

Protecting children and vulnerable adults is one of our most important responsibilities. I work closely with colleagues and partner organisations to make sure that concerns are identified and that patients receive the right support when they need it.

Family Planning Clinics

Once a month, I run specialist family planning clinics offering fitting and replacement of contraceptive coils (IUDs) and contraceptive implants.

These clinics provide convenient access to long-acting, highly effective contraception and allow patients to receive this care close to home.

Welcoming new members of our team

We're delighted to welcome several new colleagues to Berry Lane Medical Centre:

Gill Woan has joined our reception team.

Joanne Kellett has joined us as our new phlebotomist.

Dr Emma Wright completed the final year of her GP training with us, qualified in August and has accepted a permanent position with the practice. We are delighted that she has chosen to stay with us.

Dr James Greenwood has joined us in September. Dr Greenwood is a highly experienced GP relocating from Yorkshire, and we are very pleased to welcome him to Berry Lane.

Our new staff garden

A huge thank you to all the members of staff who gave up time to help create our new garden area.

This is the first year that the garden has been fully used, and it has already become a lovely space for colleagues to take a break, enjoy some fresh air and sunshine, and have a little time away from the busy working day.

Looking after the wellbeing of our staff is important to us. A happy and supported team helps us to continue providing the best possible care for our patients, so we are incredibly grateful to everyone who helped make this space possible.

Looking ahead to winter

Although we are still enjoying the last of the summer, winter will soon be upon us. Over the coming months, we'll be starting our flu and covid vaccination programmes and sharing information to help our patients stay well and make the best use of the NHS during the busier winter period.

Healthier Together

As a mother of 2 young girls, I would recommend the Healthier Together website for parents and carers. This NHS-supported resource provides clear, evidence-based advice about many common childhood illnesses.

It includes symptom checkers, home-care guidance and an easy-to-follow traffic-light system to help parents and carers decide when their child may need further medical advice.

A thank you to our patients

We would also like to take this opportunity to thank our patients for their patience and understanding over recent months.

Like many healthcare services, we have experienced a challenging period with staff sickness, which has inevitably put some additional pressure on the practice and our team.

We appreciate that this may sometimes have meant longer waits, changes to appointments or difficulty getting through to us. We know this can be frustrating, and we are very grateful for the kindness and understanding that many of you have shown our staff during this time.

Our team continues to work hard to provide the best possible care for our patients, and we are very grateful for your continued support.

A final word

Thank you for taking the time to read our Autumn Newsletter.

We hope you've enjoyed finding out a little more about the people and work behind Berry Lane Medical Centre. We are very proud of our team and of the care we provide to our local community.

While there are many different roles involved in running and developing a modern GP practice, our patients remain at the centre of everything we do. For me personally, although being a Partner, GP Trainer and having additional clinical and leadership responsibilities are all important and rewarding parts of my role, my most important role is looking after our patients.

We hope these newsletters will help keep you informed about the services, people and developments within the practice.

We look forward to sharing more news with you over the coming months and, as always, thank you for your continued support of Berry Lane Medical Centre



It's never too late to quit and it's easier to stop smoking with the right support.

What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.

After 20 minutes

Check your pulse rate, it will already be starting to return to normal.

After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.

After 48 hours

Your carbon monoxide levels have dropped to that of a non-smoker. Your lungs are clearing out mucus and your senses of taste and smell are improving.

After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.

After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.

After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.

After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.

After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

For more information and support for quitting smoking visit

[Quit smoking - Better Health -](#)

[NHS](#)



berrylanemedicalcentre.co.uk



berrylanemedicalcentre@nhs.net



facebook.com/BerryLaneMedicalCentre

Flu and COVID-19 Vaccinations – Autumn 2026

As we head into autumn and winter, we are preparing for our 2026/27 flu and COVID-19 vaccination programmes here at Berry Lane Medical Centre.

Flu vaccinations

Our flu vaccination programme is now underway for eligible children and pregnant women, with the main adult programme starting from 1 October 2026.

You may be eligible for an NHS flu vaccination if you are:

- Aged 65 years or over
- Pregnant
- Aged 18–64 and in an eligible clinical risk group
- A child aged 2 or 3 years on 31 August 2026
- A child aged 6 months or over in an eligible clinical risk group
- A carer who receives Carer's Allowance or is the main carer for an elderly or disabled person
- A household contact of someone who is immunocompromised
- Living in a long-stay residential care setting

Eligible school-aged children are also offered flu vaccination through the school-age programme.

Most eligible adults should receive their flu vaccination from **1 October** onwards, helping provide protection during the period when flu is most likely to circulate.

COVID-19 vaccinations

The autumn 2026 COVID-19 vaccination programme is focused on those at higher risk of serious illness from COVID-19.

You may be eligible if you are:

- Aged 75 years or over
- Living in a care home for older adults
- Aged 6 months or over and immunosuppressed

If you are eligible for a COVID-19 vaccination, we will contact you with information about how to book your appointment.

When will I be invited?

Flu and COVID-19 vaccinations may be offered at the same appointment where appropriate.

If you are eligible for vaccination, please take up the offer — protecting yourself also helps protect those who may be more vulnerable to serious illness.

Thank you for helping us keep our patients and community protected this winter.

Help Us Help You

Blood pressure

Over 40? You need to know your blood pressure

Around 1 in 4 adults in the UK have high blood pressure, but many don't know it. It can increase your risk of having a heart attack or stroke. Knowing what your blood pressure numbers mean could save your life.

Symptoms of high blood pressure

High blood pressure does not usually cause any symptoms.

Many people have it without realising it.

Rarely, high blood pressure can cause symptoms such as:

- headaches
- blurred vision
- chest pain

But the only way to find out if you have high blood pressure is to get your blood pressure checked—you can do this at a pharmacy or your GP surgery

To find out how to get checked and manage your risk, visit nhs.uk/bloodpressure

Blood pressure checks at your local pharmacy

You can use this service to find a pharmacy that offers free blood pressure checks. You can get your blood pressure checked at a pharmacy without seeing a GP.

[Find a pharmacy that offers free blood pressure checks - NHS](#)

Who can get a free blood pressure check at the pharmacy?

You can get a free blood pressure check if all of the following apply, you:

are aged 40 or over

- live in England
- do not already have a diagnosis of high blood pressure
- have not had your blood pressure checked in the last 5 years

Sometimes, if you're aged under 40 but are at increased risk of developing high blood pressure, you may also be able to get a free blood pressure

Staying well this winter

Flu and COVID-19 vaccinations

Getting the vaccinations you're offered every year is important. It tops up your protection and reduces your risk of getting severe symptoms.

Other vaccinations

You may also be eligible for other vaccinations, including the:

- [pneumococcal vaccine](#) – if you're aged 65 or over
- [RSV vaccine](#) – if you are pregnant, aged 75 or over, aged 65 to 74 and have a weakened immune system or a long-term lung condition (this does not include asthma that is under control), or live in a care home for older adults

These vaccinations help protect against serious illnesses that are more common in the winter, including pneumonia.

Who's most at risk from cold weather?

Some people are more vulnerable to the effects of cold weather. This includes:

- people aged 65 and older
- babies and children under the age of 5
- people on a low income (so cannot afford heating)
- people who have a long-term health condition
- people with a disability
- pregnant women
- people who have a mental health condition

Get advice if you feel unwell

If you're 65 or over, or in one of the other at-risk groups, it's important to get medical help as soon as you feel unwell.

You can get help and advice from:

a pharmacy – pharmacists can give treatment advice for a range of minor illnesses and can tell you if you need to see a doctor

your GP – you may be able to speak to a GP online or over the phone, or go in for an appointment if they think you need to

NHS 111 – go to 111.nhs.uk or call 111 if you have an urgent medical problem and you are not sure what to do

The sooner you get advice, the sooner you're likely to get better.

In an emergency, go to A&E immediately or call 999.

For more information on staying well this winter visit [Winter vaccinations and winter health - NHS](#)

					
Self Care Care for yourself at home	Pharmacy Local expert advice	NHS 111 Non-emergency help	GP Advice Out of hours: Call 111	UTCs Urgent Treatment Centres	A&E or 999 For emergencies only
Minor cuts & grazes Minor bruises Minor sprains Coughs and colds	Minor illnesses Headaches Stomach upsets Bites & stings	Feeling unwell? Unsure? Anxious? Need help?	Persistent symptoms Chronic pain Long term conditions New prescriptions	Breaks & sprains X-rays Cuts & grazes Fever & rashes	Choking Chest pain Blacking out Serious blood loss

MenB (meningococcal B) vaccine

We are not offering the MenB vaccination for eligible 17–18 year olds.

If you are eligible, you can book your vaccination at a participating community pharmacy through the NHS online booking service:

<https://www.nhs.uk/nhs-services/vaccination-and-booking-services/book-a-menb-vaccination-appointment/>

Who is eligible?

You can use this service if you are:

- Aged **17 to 18 years** and **born between 1 September 2007 and 31 August 2008**, and registered with a GP surgery in England.
You may also be eligible if you:
- Were **born on or after 21 July 2001** and are **starting university** for the first time this autumn, or are starting at a **further education college as a residential student**, and are registered with a GP surgery in England.

If you think you are eligible, please use the NHS online booking service to arrange your vaccination at a participating pharmacy.

Antibiotic resistance

Antibiotics are no longer routinely used to treat infections.

This is because:

- many infections are caused by viruses, so antibiotics are not effective
- antibiotics are often unlikely to speed up the healing process and can cause side effects
- the more antibiotics are used to treat trivial conditions, the more likely they are to become ineffective for treating more serious conditions
- Both the NHS and health organisations across the world are trying to reduce the use of antibiotics, especially for health problems that are not serious.



Antibiotic resistance and 'superbugs'

The overuse of antibiotics in recent years means they're becoming less effective and has led to the emergence of "superbugs".

These are strains of bacteria that have developed resistance to many different types of antibiotics, including:

[MRSA \(methicillin-resistant Staphylococcus aureus\)](#)

[Clostridium difficile \(C. diff\)](#)

the bacteria that cause multi-drug-resistant [tuberculosis](#)

These types of infections can be serious and challenging to treat, and are becoming an increasing cause of disability and death across the world.

The biggest worry is that new strains of bacteria may emerge that cannot be treated by any existing antibiotics.

For more information in antibiotic resistance visit [Antibiotic resistance - NHS](#)

NHS Talking Therapies

NHS Talking Therapies can treat common anxiety conditions. If you're struggling with obsessions and compulsions, anxiety in social situations, flashbacks of a traumatic event or with panic attacks, obsessing about your appearance, or a phobia – being able to get on with your life again is cause for celebration. NHS Talking Therapies treatment involves talking to a trained professional about your thoughts, feelings and behaviours. Treatment can be in-person, on the phone or an online course. It gives you practical skills and techniques to overcome a range of mental health conditions like obsessive compulsive disorder (OCD), social anxiety disorder, post-traumatic stress disorder (PTSD), panic disorder, body dysmorphic disorder (BDD) and phobias. NHS Talking Therapies are effective, confidential and free treatments that can also be delivered in your chosen language – including British Sign Language (BSL), and for those whose first language is not English, via multi-lingual therapists or confidential interpreters.

Find out more, or refer yourself at nhs.uk/talk.

You do not need to have a diagnosed mental health condition to refer yourself to NHS talking therapies for anxiety and depression.

You can use this service to refer yourself if:

- you live in England
- you're aged 18 or over (and aged 16 or 17 in some areas)

If you're aged 17 or under, you can also find out about support through [children and young people's mental health services](#).

CHANGE
NHS

Help build a health service fit for the future

Changing the NHS is going to involve everyone. The government wants to hear people's views, experiences and ideas as part of this engagement to help shape the 10 Year Health Plan for England.

Have your say at change.nhs.uk

See your GP health record on the NHS App



Did you know you can see your GP health record in the NHS App?

You can view your allergies, vaccinations, test results and more!
Find out more: www.nhs.uk/nhs-app

Healthier Together



It can be extremely stressful when your child is unwell. We know that there is a huge amount of information available at your fingertips, but finding something that provides clear and accurate information is not always easy!

The resources on the Healthier Together website have been developed in partnership between parents and healthcare professionals in the NHS. You'll find clear information on common childhood illnesses, including advice on what 'red-flag' signs to look out for, where to seek help if required, what you should do to keep your child comfortable and how long your child's symptoms are likely to last.

Most importantly, the resources are used not only by parents but also by healthcare professionals.

This means that you and your child are receiving consistently high quality care, irrespective of which healthcare provider you take them to see. And their advice is likely to mirror that on the Healthier Together website. Reducing unnecessary variation improves the overall quality of care and reduces the parental anxiety that inconsistent advice generates

For more information visit

<https://www.healthiertogether.nhs.uk/>

Or download the app developed by the NHS. Trusted by families, young people and health professionals – from pregnancy to 18 years.

Services and support groups



The Age UK Network

The Age UK Network is made up of independent charities all working in partnership to change how we age. This is also called a charity federation.

Together, we're providing crucial support for older people and driving change in pursuit of our vision of a world where every older person feels included and valued.

How we help

Age UK offer information and advice to support:

- Money and legal issues
 - Health and wellbeing
 - Care and support
- And much more..

To find out more information on the services provided by age UK visit [Age UK | Let's change how we age](#)

LONGRIDGE PARKINSON'S GROUP

A friendly and supportive group for people living with Parkinson's, their families and carers.



VENUE:
Longridge Library



DATE: Thursday, 20th August
Thereafter, meetings will be held on the third Thursday of every other month.



2:00pm-3:00pm



CONTACT:
Sue Wallace
07576 476555



Together we can
make a difference

Respiratory Peer support Group

Living with a lung condition? You are not alone. Connect with others navigating COPD, asthma, pulmonary fibrosis, and chronic breathlessness. Share everyday strategies for managing symptoms.

Connect with peers who truly understand. Open to all patients, family, and caregivers.

Details

Where - Community Roots
@Deepdale, Lowthorpe Road,
Preston,
PR1 6SB

When - First Tuesday Of The Month
Starting August 2026 10.30am to
12pm

LONGRIDGE LIBRARY Chaps Who Chat

MEN'S SOCIAL GROUP WITH BOARD GAMES, PUZZLES,
OR JUST A BREW AND A CHINWAG.



First Wednesday of the month
Drop in 10am to 11.30am

Managing the Menopause



A free 6 week interactive course will help you learn how to cope with anxiety, stress, and low mood. The aim is to improve your overall wellbeing during the menopause. The course is based on Cognitive Behavioural Therapy (CBT) techniques and each session will look at different things that can affect our wellbeing and we will teach you coping strategies.

Wednesdays, 9th September - 14th October 2026
Wednesdays, 11th November - 16th December 2026
11am-1pm via Microsoft Teams

Session 1: Introduction to Managing Menopausal Symptoms and Employment Support
Session 2: Stress, Worry and Problem Solving
Session 3: Restructuring our Thoughts
Session 4: Improving Sleep and Mood
Session 5: Self-Esteem & Assertiveness
Session 6: Managing Symptoms, Tying it all Together and Maintenance Plans

"I found it helpful, enlightening, so pleased it was a group session as I don't think I'd have got this far if it had been 1:1"

"I enjoyed the non-judgmental and inclusivity aspect of the workshop"

To refer yourself scan the QR code to access our online referral form. Alternatively, contact your local team via phone:

Blackburn with Darwen: 01254 226037
Burnley: 01282 657268
Hyndburn & Rossendale: 01254 226007
Pendle & Ribbles Valley: 01282 657927



Please note that NHS Talking Therapies offer short-term psychological interventions for people who experience common mental health problems and cannot provide urgent/emergency services. If you feel at risk of harming yourself, or someone else please contact your GP or for immediate support call 111.

August 2026 Monthly Statistics

- 491 telephone consultations with a GP or Nurse Practitioner
- 1813 face to face appointments with a GP or Emergency Surgery Clinician
- 1582 Nurse Appointments
- 49 home/Community Hospital Visits
- 4602 requests for medication
- 140 nursing Home Visits/Telephone calls
- 146 patients came to see our First Contact Physiotherapist
- 16 appointments in our minor op clinics
- 219 new patients were registered
- Our secretaries actioned 587 referrals
- Our reception team answered 10,057 phone calls

174 People did not attend their booked appointments

Total Clinical time lost: 58 hours

If you do not need an appointment that you have booked please cancel it.

Appointments

Appointments can be booked at the reception desk, over the telephone or by using the online Patient Access system or the NHS app.

If we have your mobile telephone number you will receive a text confirming the appointment date and time. You will receive a text reminder 48 hours prior to the appointment.

The emergency surgery is a service provided by the Practice for patients who feel their condition is urgent and wish to be seen that day

If you cannot attend an appointment for any reason please inform us as soon as possible in order for us to give the slot to someone else.

Saturday Clinics

The surgery is open on Saturdays from 08:00-12:00 offering limited pre-booked appointments. There are limited staff on duty and we kindly ask that you do not attend or call the surgery with any routine enquiries.

There are a limited number of appointments available with the GP and Nurse on Saturdays. You may be able to book annual health checks, NHS health checks, smears and injections with the nurses (Please note availability may change depending on the nurse on duty).

Please contact the surgery Monday-Friday to book routine appointments and annual reviews, collect blood forms and paperwork and order prescriptions.

Missed appointments

! MISSED 3 APPOINTMENTS IN 3 MONTHS?

Our reception team check all missed appointments daily. If you don't attend and no reason is given, it is recorded as Did Not Attend-in your medical record.

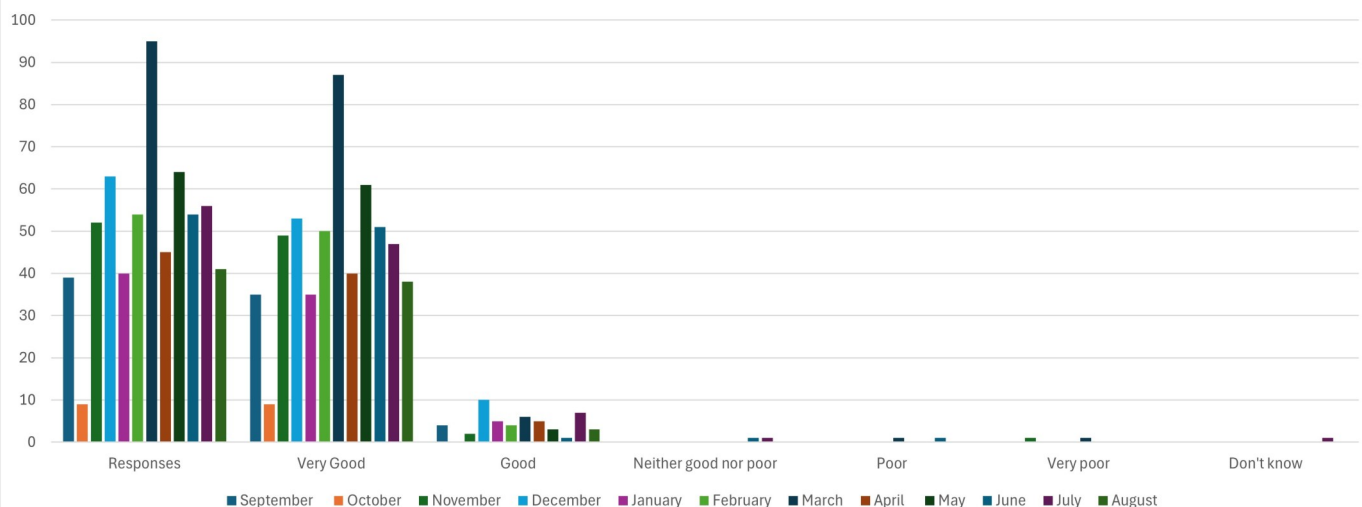
Here's what happens after repeated missed appointments:

- **Letter 1** - First warning: 3 missed appointments in 12 months.
- **Letter 2** -Final warning: If you miss another appointment within 3 months
- **Letter 3** - If you miss another after your final warning, you WILL be asked to register elsewhere.

This policy is in place to be fair to all patients.

Family and friends Survey

THINKING ABOUT YOUR RECENT CONTACT/VISIT TO BERRY LANE MEDICAL CENTRE OVERALL HOW WAS YOUR EXPERIENCE OF THE SERVICE



Each month we run a survey to allow patients, family and friends to have their say on the service provided by the practice. To participate you can visit our Berry Lane Medical Centre Website and complete the NHS Friends and Family questionnaire.

Thinking about your recent
contact/visit to Berry Lane Medical
Centre

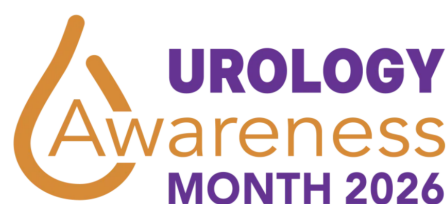


Awareness campaigns: Dates and events

Urology awareness month —September 2026

Urology Awareness Month is an annual campaign running in September to raise awareness of urology diseases.

[Urology Awareness Month - The Urology Foundation](#)



Worlds Biggest Coffee Morning – 25 September 2026



Support Macmillan by hosting your own coffee morning to raise awareness.

[Charity Coffee Morning | Macmillan Coffee Morning](#)

Breast Cancer Awareness Month—October 2026

To raise awareness for the disease and to raise funds for research. Information and free resources to help you with local campaigns.

[Breast Cancer Awareness Month UK | Breast Cancer Now](#)



National Cholesterol Month — October 2026

Devoted to raising funds for HEART UK and raising awareness of the dangers of high cholesterol.

[Heart UK](#)

World Mental Health Day —10 October 2026

An opportunity to raise awareness and advocacy against mental health stigma.

[World Mental Health Day | Mental Health Foundation](#)



World Antimicrobial Resistance (AMR) Week—18-24 November 2026



Aims to increase awareness of global antimicrobial resistance (AMR) and encourage best practices among the general public, health workers and policy-makers.

[World Antimicrobial Resistance \(AMR\) Week](#)

Online Services

Did you know that you can order prescriptions, book/cancel appointments, view results and look at aspects of your medical records online? It's simple to register, all you need are login details provided by us and a computer, tablet or smartphone to access the website or app.

To sign up, please visit the surgery in person with a copy of your photographic ID, for example a passport or driving licence, and we will print your unique linkage key & password along with a list of GP online services you can access.

Access to GP Online Services

As from 18th October 2023 NHS England have changed what patients can view in their own medical record online/in an app. You will now have full access to all your medical records after 18th October 2023.

WHAT IS IN YOUR RECORD

- Illnesses or diagnosis
- Operations
- Examinations and screening
- Medicines
- Allergies
- Vaccinations and immunisations
- Test results such as blood and urine tests
- X-rays and scans
- Notes about your appointments with doctors and nurses at the surgery
- Letters from hospitals and other medical staff that look after you
- Lifestyle information, for example whether you smoke and drink alcohol or not, or how much you exercise
- Height and weight
- Contact details

If you are a new patient registering with us after this date, you will only get full access from the day you registered with us NOT any historic date from your last practice.

If you are already registered with us prior to this date, you will be able to view all medical records from 18th October 2023, not anything prior to this date.

For more information go to - <https://www.nhs.uk/nhs-services/gps/using-online-services>

We are now using a new online service for non clinical requests

It is a great way for you to contact our practice for non-urgent admin requests such as sick notes, repeat prescriptions, referral enquiries, test results or anything else admin related. It is very simple to fill out so please do give it a go if you need to contact us. We really think it is easier for most people than waiting on hold to speak to a receptionist we would love to hear your feedback. If you do not have access to the internet or find it difficult to use a computer or smartphone you can call reception instead or you can use the online form by accessing the link on our website.

Local Pharmacies

Cohens Pharmacy Berry Lane - 01772 782643
Well Pharmacy - 01772 784700
Goosnargh Pharmacy - 01772 865238
Grimsargh Pharmacy - 01772 797351

Useful Numbers

Referral Management Centre - 01772 660011
Longridge Hospital - 01772 777400
Royal Preston Hospital - 01772 716565
Chorley Hospital - 01772 522972
District Nurses - 01772 777323
Health Visitors - 0300 247 0040
MindsMatter - 01772 773437
Urgent Mental Health Line - 0800 953 0110

Useful Links

nhs.111.uk

www.nhs.uk/nhs-services/urgent-and-emergency-care-services

www.whenshouldiworry.com

www.nhs.uk/conditions/

www.nhs.uk/nhs-services/prescriptions-and-pharmacies/

WE CAN DO THIS

Join millions of people
who have quit smoking
with Stoptober.



Scan for
help to quit



STOP TOBER

LET'S QUIT SMOKING TOGETHER