

Useful contacts

National contacts

Allergy UK

01322 619 898

www.allergyuk.org

Association of Breastfeeding Mothers

0300 330 5453 9.30am-10.30pm

www.abm.me.uk

Asthma UK

0800 121 62 44

www.asthma.org.uk

Baby LifeCheck

www.babylifecheck.co.uk

Child Accident Prevention Trust

020 7608 3828

www.capt.org.uk

Cry-sis

08451 228 669

www.cry-sis.org.uk

Dental Helpline

0845 063 1188

Diabetes UK

www.diabetes.org.uk

Family Lives

0808 800 2222

www.familylives.org.uk

Healthy Start

www.healthystart.nhs.uk

La Leche League GB

0845 120 2918 available 24 hours 7 days a week.

www.laleche.org.uk

The Lullaby Trust

www.lullabytrust.org.uk

Meningitis Now

0808 80 10 388

www.meningitisnow.org

National Breastfeeding Network Helpline

0300 100 0212, 9.30am-9.30pm

www.breastfeedingnetwork.org.uk

National Childbirth Trust

0300 330 0700 8am-10pm 7 days a week
www.nct.org.uk

National Domestic Violence Helpline

0808 2000 247
www.nationaldomesticviolencehelpline.org.uk

NHS Choices

Online information from the NHS on conditions, treatments, local services and healthy living.
www.nhs.uk

Red Cross

Information on CPR (kiss of life).
www.redcrossfirstaidtraining.co.uk

Start4Life

Healthy tips.
www.nhs.uk/start4life

Stay at Home Dads

Dad's views, chat, news and support.
www.stayathomedads.co.uk

To find an NHS Dentist

Call **NHS 111** or visit www.nhs.uk
In an emergency or for out-of-hours treatment call your Dentist or **NHS 111**

The Institute of Health Visiting

Tips for parents.
www.iHV.org.uk

Cannock Chase

For local services

www.healthwatchstaffordshire.co.uk/information-hub/resources/choosewell or
www.nhs.uk/Service-Search

This includes late night Pharmacies, Minor Injuries Units and Walk-in Centres.

Staffordshire Mental Health Helpline

For over 18s feeling concerned, worried, stressed or low or who are worried about someone they know.

0808 800 2234
www.staffordshirementalhealth.info

Young Minds

Worried about your child's behaviour, emotional problems or mental health?
www.youngminds.org.uk

Staffordshire Families Information Service

Information on childcare, Children's Centres and family activities.

0300 111 8007
fis@staffordshire.gov.uk

First Response

If you are worried about the safety or care of a child.
0800 1313 126

Staffordshire Cares

Family advice and advice on improving your health visit.
0300 111 8010
www.staffordshirecares.info

Staffordshire Marketplace

Parent support, services and things to do.
www.staffordshiremarketplace.co.uk

GP Out of hours

GPs are experts in everyday health problems. If you need to contact a GP out of hours call **NHS 111**.

Minor Injuries Units/Walk-in Centres

If you are in any doubt about which service you need, or which is your closest service, please call **NHS 111**.

Cannock Chase Minor Injury Unit (10.30am-6.30pm)

Cannock Chase Hospital, Brunswick Road,
Cannock WS11 5XY.
01543 576200

Samuel Johnson Community Hospital (24h)

Trent Valley Road, Lichfield, Staffordshire WS13 6EF.
01543 412900 Ext 3130

Accident and Emergency (A&E)

For immediate life-threatening emergencies call 999

County Hospital (Not 24h)

Stafford ST16 3SA.
01785 257731 Press 4

New Cross Hospital

Wolverhampton WV10 0QP.
01902 307999 Ext 5080

Manor Hospital

Walsall WS2 9PS.
01922 721172 Ext 7045

Queen's Hospital

Burton-upon-Trent DE13 0RB.
01283 566333 Ext 5004

Russells Hall Hospital
Dudley DY1 2HQ.
01384 456111 Ext 2300

Alcohol and drugs

T3 - Young people's service
01785 241393
www.cri.org.uk/t3_staffs.php

One Recovery - Adult service
www.adsolutions.org.uk/one-recovery-staffordshire

The Good Life

Home grown by the community of Cannock Chase, this website is packed with activities to show living a healthy lifestyle is great fun.
www.thegoodlife.uk.net

Seisdon Peninsula

For local services

www.healthwatchstaffordshire.co.uk/information-hub/resources/choosewell or
www.nhs.uk/Service-Search

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Minor Injuries Units/Walk-in Centres

Local urgent care and walk-in services are changing. Please call your GP during normal working hours or call **NHS 111** for advice on the best local services for minor injuries or urgent care.

Kinver (South Staffordshire) Minor Injuries Unit Kidderminster Hospital

Bewdley Road, Kidderminster DY11 6RJ.
01562 513039

Featherstone (South Staffordshire) Minor Injuries Unit Cannock Chase Hospital

Brunswick Road, Cannock WS11 5XY.
01543 576200

Accident and Emergency (A&E)

For immediate life-threatening emergencies call 999

New Cross Hospital

Wolverhampton WV10 0QP.
01902 307999 Ext 5080

Manor Hospital

Walsall WS2 9PS.
01922 721172 Ext 7045

Russells Hall Hospital

Dudley DY1 2HQ.
01384 456111 Ext 2300

Alcohol and drugs

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www.cri.org.uk/t3_staffs.php

One Recovery - Adult service

www.adsolutions.org.uk/one-recovery-staffordshire

The Good Life

Packed with ideas and information on healthy activities in South Staffordshire.

www.southstaffordshire.thegoodlife.uk.net

South East Staffordshire

For local services

www.healthwatchstaffordshire.co.uk/information-hub/resources/choosewell or
www.nhs.uk/Service-Search

This includes late night Pharmacies, Minor Injuries Units and Walk-in Centres.

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0808 800 2234

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Lichfield Minor Injuries Unit

Samuel Johnson Community Hospital

Trent Valley Road, Lichfield, Staffordshire WS13 6EF.

01543 412900 Ext 3130

**Tamworth Minor Injuries Unit
Sir Robert Peel Hospital**

Plantation Lane, Mile Oak, Tamworth, Staffordshire B78 3NG.
01543 412900 Ext 3806

Accident and Emergency (A&E)

For immediate life-threatening emergencies call 999

Queen's Hospital

Burton-upon-Trent DE13 0RB.
01283 566333 Ext 5004

Good Hope Hospital

Sutton Coldfield B75 7RR.
0121 424 7699

Manor Hospital

Walsall WS2 9PS.
01922 721172 Ext 7045

Alcohol and drugs

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One Recovery - Adult service
www.adsolutions.org.uk/one-recovery-staffordshire

Home-Start

A national family support charity that helps parents to build better lives for their children.

Home-Start Tamworth

01827 62400
www.homestarttamworth.org.uk

Home-Start Lichfield

01543 301128
www.homestartlichfield.org.uk

Stafford and surrounds

For local services

www.healthwatchstaffordshire.co.uk/information-hub/resources/choosewell or
www.nhs.uk/Service-Search

This includes late night Pharmacies, Minor Injuries Units and Walk-in Centres.

Staffordshire Mental Health Helpline

For over 18s feeling concerned, worried, stressed or low or who are worried about someone

Common childhood illnesses - A guide for parents and carers of children aged birth - 5 years

Stafford and Surrounds, Cannock Chase, South East Staffordshire and Seisdon Peninsula Clinical Commissioning Groups

they know.

0808 800 2234

www.staffordshirementalhealth.info

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Cannock Chase Hospital, Brunswick Road,

Cannock WS11 5XY.

01543 576200

Haywood Walk-in Centre (not 24h)

High Lane, Stoke-on-Trent ST6 7AG.

01782 673500

Local Urgent Care and Walk-in Services in the Wolverhampton area are changing. Please call **NHS 111** for advice on the best local services for minor injuries or urgent care.

Accident and Emergency (A&E)

For immediate life-threatening emergencies call 999

County Hospital

Stafford ST16 3SA.

01785 257731 Press 4 (NB NOT 24h)

New Cross Hospital

Wolverhampton WV10 0QP.

01902 307999 Ext 5080

Royal Stoke University Hospital

Stoke ST4 6QG.

01782 674455

Queen's Hospital

Burton-upon-Trent DE13 0RB.

01283 566333 Ext 5004

Princess Royal Hospital

Telford TF1 6TF.

01952 641222

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01785 241393

www.cri.org.uk/t3_staffs.php

One Recovery - Adult service

www.adsolutions.org.uk/one-recovery-staffordshire