

# Urgent help when you need it



## Call your GP surgery first

- If out of hours there will be a message. Or call **111**



## Late night and Sunday pharmacies

Here are some pharmacies who offer longer opening hours in your local area. Please note this is not an exhaustive list. More pharmacies can be found online at [www.nhs.uk](http://www.nhs.uk)

- Sainsburys, Frankley Beeches Road, B31 5AA **0121 476 9133**
- Twilight Pharmacy, 134 Anderton Road, B11 1ND **0121 460 1940**
- Lloyds Pharmacy, 1533 Stratford Road, B28 9JA **0121 772 5955**



## Minor injuries

Sprains, minor burns and cuts

- South Birmingham Walk In Centre, 15 Katie Road, Selly Oak, B29 6JG **0121 415 2095** (open 8am-8pm, 7 days a week)



## Community Services

- District Nurses **0300 555 1919 - option 1**



## Dental emergency? Contact your dentist

- No dentist? **0800 014 1538** (evenings and weekends)
- Midlands Smile Centres **07828 309 096** (evenings and weekends)
- This is a dentist in your local area. Please note this is not an exhaustive list. More dentists can be found online at [www.nhs.uk](http://www.nhs.uk)



## Confidential emotional support 24/7

- Birmingham Mind / Solihull Mind helpline **0121 608 8001 / 0121 742 4941** [www.birminghammind.org](http://www.birminghammind.org)



## Social Services

- **0121 303 1888** (8.45am-5.15pm Mon-Thu / 8.45am-4.15pm Fri)
- Emergency Duty Team **0121 675 4806** (out of hours)



- Check symptoms online at [www.nhs.uk](http://www.nhs.uk)
- **Save A&E for when you really need it**

## Contacts for social care advice, benefits, home safety and many more organisations that can help you stay independent at home:

### **Birmingham City Council:**

#### – **Older people's services, Adults and Communities Access Point:**

☎ 0121 303 1234 ☎ Minicom 0121 303 6230 @ acap@birmingham.gov.uk

#### – **Blue Badge Scheme** parking concessions for people with severe mobility problems who have difficulty using public transport or need closer parking spaces.

☎ 0121 303 1234 to request an application form.

#### – **Visual Impairment Service, social work team and rehab team**

☎ 0121 303 1234 (option 3) to apply – you do not have to be registered blind.

#### – **Meals on Wheels:** Hot meals delivery services are usually available to anyone, but may only deliver to specific areas. Lunch clubs and day centres also offer meals.

☎ 0121 303 1234 if you are unable to make your own arrangements.

#### – **Birmingham Institute for the Deaf (BID):** For care management, support, equipment services, information and guidance.

✉ The Deaf Cultural Centre, Ladywood Road, Birmingham B16 8SZ

☎ 0121 246 6100 ☎ Minicom 0121 246 6101

#### – **Careline:** 24 hour emergency contact run by the council, includes pendant alarm

☎ 0121 303 4205 (24 hours)

#### – **West Midlands Fire Service:** FREE Home Safety Check includes hazard checks, fire safety advice, and fitting of smoke alarm(s) if required.

☎ 0800 389 5525

#### – **Birmingham Carers Centre:** Range of information and advice for carers.

Open: Mon - Fri 9am - 4.30pm

✉ Birmingham Carers Centre, 198 Corporation Street, Birmingham B4 6QB

☎ 0121 262 3033 (10am - 4.45pm) @ helpline@birminghamcarerscentre.org.uk

#### – **Carers Emergency Response:** 24 hour service is FREE but you must be registered. The service can arrange appropriate alternative care for a person if their carer is unable to carry out their work due to accident, illness or other emergency.

☎ 0121 622 5521 (24 hours) @ info@cers.org.uk to register

#### – **Benefits: Attendance Allowance (AA):** For over 65s who need help due to disability or illness. It's not means-tested and won't affect any other benefits.

☎ 0845 712 3456 ☎ Text 0845 722 4433 for a claim form (if you need help with the paperwork, contact your local Age UK or Citizens Advice Bureau)

#### – **Birmingham City Centre Citizens Advice Bureau:** Helps people resolve their problems with debt, benefits, employment, housing, discrimination, etc.

✉ Ground Floor, Gazette Buildings, 168 Corporation Street, Birmingham B4 6TF

☎ 08444 77 1010 (9.30am - 4.30pm Mon - Fri) ☎ From a mobile 0300 330 0650

#### – **Age UK:** provides independence services designed to help you to stay well at home for longer, e.g. benefits advice, handyman, gardening, shopping, nail care.

☎ 0121 437 0033