

# Useful contacts

## National

### **Action on Postpartum Psychosis**

020 3322 9900

[www.app-network.org](http://www.app-network.org)

### **Allergy UK**

01322 619 898

[www.allergyuk.org](http://www.allergyuk.org)

### **Anxiety UK**

03444 775 775

Mon-Fri, 9.30am-5.30pm

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### **Association of Breastfeeding Mothers**

0300 330 5453 9.30am-10.30pm

[www.abm.me.uk](http://www.abm.me.uk)

### **APNI – Association of Post Natal Illness**

0207 386 0868

[www.apni.org](http://www.apni.org)

### **Asthma UK**

0300 222 5800 (Option 1)

Mon to Fri, 9:00am to 5.00pm

[www.asthma.org.uk](http://www.asthma.org.uk)

### **Birth Trauma Association**

[www.birthtraumaassociation.org.uk](http://www.birthtraumaassociation.org.uk)

### **The Breastfeeding Network**

0300 100 0212

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

### **Child Accident Prevention Trust**

020 7608 3828

[www.capt.org.uk](http://www.capt.org.uk)

### **Cry-sis**

08451 228 669

[www.cry-sis.org.uk](http://www.cry-sis.org.uk)

**Family Lives**

0808 800 2222

[www.familylives.org.uk](http://www.familylives.org.uk)**Fatherhood Institute**[www.fatherhoodinstitute.org](http://www.fatherhoodinstitute.org)**Healthy Start**[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)**La Leche League GB**

0345 120 2918 available 24 hours 7 days a week.

[www.laleche.org.uk](http://www.laleche.org.uk)**The Lullaby Trust**[www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)**Maternal OCD**[www.maternalocd.org](http://www.maternalocd.org)**Meningitis Now**

0808 80 10 388

[www.meningitisnow.org](http://www.meningitisnow.org)**National Breastfeeding Network**

0300 100 0212, 9.30am-9.30pm

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)**National Childbirth Trust**

0300 330 0700 (Option 1)

8am - 12am, 7 days a week

[www.nct.org.uk](http://www.nct.org.uk)**National Domestic Violence Helpline**

0808 2000 247 (24-hours)

[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)**PANDAS – Pre and post-natal depression and advice service**[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)**PND & ME – Raising awareness of Perinatal Mental Health**[www.pndandme.co.uk](http://www.pndandme.co.uk)**Red Cross**

Information on CPR (kiss of life).

[www.redcrossfirstaidtraining.co.uk](http://www.redcrossfirstaidtraining.co.uk)

**Royal Society for the Prevention of Accidents (RoSPA)**

[www.rosipa.com/home-safety/advice/child-safety](http://www.rosipa.com/home-safety/advice/child-safety)

**Start4Life**

[www.nhs.uk/start4life](http://www.nhs.uk/start4life)

**To find an NHS dentist**

Call NHS 111 or visit [www.nhs.uk](http://www.nhs.uk)

**Smokefree**

Call **NHS 111** or visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

**Facebook - NHS Smokefree**

Find out what people are talking about on our Facebook page.

Join the discussion

**Twitter - NHS Smokefree**

Follow us on Twitter or why not join in on the discussion [@nhssmokefree](https://twitter.com/nhssmokefree)

## Local

**West Kent CCG**

[Contact us](#)

**General enquiries**

NHS West Kent Clinical Commissioning Group

Wharf House

Medway Wharf Road

Tonbridge

Kent

TN9 1RE

Tel: 01732 375 200

Email: [westkent.ccg@nhs.net](mailto:westkent.ccg@nhs.net)

**Please note, patient identifiable information must not be sent to the CCG via this email address.**

**Kent Children's Centres**

[www.kent.gov.uk](http://www.kent.gov.uk)

### **Kent Children and Families Information Service**

03000 412 323

Monday-Friday, 9am-5pm (except bank holidays).

[www.kent.gov.uk](http://www.kent.gov.uk)

[kentcfis@kent.gov.uk](mailto:kentcfis@kent.gov.uk)

Childcare directory [www.kent.gov.uk](http://www.kent.gov.uk)

### **Kent Safeguarding Children Board (KSCB)**

If you are worried about a child

03000 421 126

[kscb@kent.gov.uk](mailto:kscb@kent.gov.uk)

[www.kscb.org.uk](http://www.kscb.org.uk)

### **Patient Advices and Liaison Service (PALS)**

- Previously known as the Customer Care Team.

Text: 07899 903499

[www.kentcht.nhs.uk/PALS](http://www.kentcht.nhs.uk/PALS)

[kentchft.PALS@nhs.net](mailto:kentchft.PALS@nhs.net)

Twitter: [@NHSKentCHFT](https://twitter.com/NHSKentCHFT)

Facebook: [/KentCommunityHealth](https://www.facebook.com/KentCommunityHealth)

### **ThinkAction West Kent**

0300 012 0012

[www.thinkaction.org.uk](http://www.thinkaction.org.uk)

### **Urgent help and advice**

GPs are experts in everyday health problems. If you need to contact a GP out of hours, phone NHS 111. NHS 111 can also offer urgent advice. In an emergency, visit your nearest A&E.

### **Late night and Sunday pharmacies**

\*open late

#### **Aylesford**

Lloyds Pharmacy\*, Quarry Wood Industrial Estate, ME20 7NA. Tel: 01622 701820

#### **Larkfield**

- Tesco Instore Pharmacy, Lunsford Park ME20 6RJ. Tel: 0345 6779445

#### **Maidstone**

- Boots the Chemist, 18 Fremllin Walk, ME14 1QP. Tel: 01622 663341
- Medipharmacy\*, 13A Tonbridge Road ME16 8RL. Tel: 01622 750785
- Morrisons Pharmacy, Sutton Road ME15 9NN. Tel: 01622 661750
- Link Pharmacy\*, 88b King Street ME14 1BH. Tel: 01622 752990 (not open Sundays)

#### **Sevenoaks**

- Boots the Chemist, 120 High Street TN13 1XA. 01732 454276
- Lloyds Pharmacy\*, Otford Road TN14 5EG. 01732 469198

#### **Tonbridge**

- Boots the Chemist, 9 High Street TN9 1SG Tel: 01732 353586

- East Street Pharmacy\*, Warders Medical Centre TN9 1LA Tel: 01732 770055

### **Tunbridge Wells**

- Boots the Chemist, 7-11 Calverley Road TN1 2TE Tel: 01892 535060/526486
- Greens Chemist, 140 London Road TN4 0PJ Tel: 01892 529315
- Lloyds Pharmacy\*, Linden Park Road TN2 5QL Tel: 01892 532569

### **Minor injuries**

Broken arms or lower legs, sprains, cuts, minor burns. Illnesses such as ear, nose and throat infections.

- **Sevenoaks Community Hospital**, TN13 3PG. 01732 470200 Open 8am-8pm 7 days a week. X-ray 9am-5pm, Mon-Fri, except bank holidays.
- **Edenbridge District and War Memorial Hospital**, TN8 5DA. 01732 862137. Open 8.30am to 6.30pm, every day of the year. X-ray: 9am to 5pm, Monday, Wednesday and Friday. Closed between 1 and 2pm.

### **Dental emergency**

Contact your dentist first.

If you don't have a dentist call 0300 123 4412.

Open 8am-4pm Mon-Fri.

Evenings and weekends, phone DentaLine  
01634 890300.

### **Confidential emotional support 24/7**

Mental Health Matters helpline 0800 107 0160 or visit [liveitwellkent.org.uk](http://liveitwellkent.org.uk)

### **Social Services**

Offers advice and support so that vulnerable people are not left at risk.

**Call** 03000 411111 (Monday to Friday, 9am-5pm)

**Call** 03000 419191 (outside of office house – for emergencies only)

**Text relay** 18001 03000 411111

**Email** [social.services@kent.gov.uk](mailto:social.services@kent.gov.uk)

Visit [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

**Smokefree Kent - Kent County Council**

[Facebook - NHS Smokefree](#)

Find out what people are talking about on our Facebook page

[Join the discussion](#)

**Twitter - NHS Smokefree**

[Follow us on Twitter](#)

or why not join in on the discussion [@nhssmokefree](#)

### **For immediate life-threatening emergencies call 999.**

West Kent A&E emergency services are available at Maidstone Hospital ME16 9QQ and Tunbridge Wells Hospital TN2 4QJ.