

## **USEFUL NUMBERS**

### **Chemists**

Boots Heanor	01773 712042
Manor Ilkeston Road	01773 530209
Asda Langley Mill	01773 536130
Rowlands (Kelvingrove)	01773 712022

### **Hospitals**

Ilkeston Hospital	01159 305522
London Road Community Hospital	01332 347141
Royal Derby	01332 340131
Ripley Hospital	01773 743456
Nottingham City Hospital	01159 691169
Queens Medical Centre	01159 249924

### **Out of hours**

NHS 111	111
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### **Other**

Amber Valley Social Services – Call Derbyshire	01629 533190
Amber Valley Borough Council	01773 570222
Age UK Derby and Derbyshire	01773 768240
Citizens Advice Bureau Heanor	0844 375 2712
Derbyshire Alcohol Advice Service	0845 308 4010
Derbyshire Carers' Association	01773 743355
Derbyshire Stop Smoking Service	0800 085 22 99
District Nurse Liaison	01332 258200
Heanor Health Centre	01773 713149
Hearing Help Derbyshire	01773 570976
Physio/OT Direct	01335 230079
Treetops Bereavement Service	0115 949 1264

**Talking Therapies/Counselling and Cognitive Behavioural Therapy - choice of providers**

Talking Mental Health Derbyshire	0300 123 0542
Trent Psychological Therapies Services	01332 265 650
Let's Talk Wellbeing	01159 560 888
Insight Healthcare	0300 555 5852

**Helplines**

Childline	0800 1111
Samaritans	116 123
Alcoholics Anonymous	0800 9177 650
Derby Rape Crisis/SV2	01773 746115
Relate	01332 349177
Parentline	0808 800 222
Domestic Violence	0808 2000 247