

COMMUNITY PHARMACY SIGNPOSTING DIRECTORY

August 2009

Also available at <http://www.peterborough.nhs.uk>

Comments/amendments to: Katherine Robinson, 2nd Floor, Town Hall, Peterborough, PE1 1FA

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Subject	Organisation	Services Provided	Website / Address	Contact Number
A				
Advice	Citizens Advice Bureau	Citizens Advice provides free, confidential, impartial and independent advice to clients on any subject, in person or on the phone.	www.peterboroughcab.org.uk www.citizensadvice.org.uk	01733 558 383
	Disability Information and Advice Line (DIAL)	Free, confidential, impartial advice on any aspect of disability issues or problems. Advice and assistance with welfare, benefits, housing, holidays, transport and mobility, aids and equipment, employment.	Kingfisher Centre The Cresset Peterborough PE3 8DX	01733 265 551
	NHS Direct	NHS Direct operates a 24-hour, 365 day a year service, led by nurses who can advise on health problems and if necessary put you in touch with the health service you need.	www.nhsdirect.nhs.uk	0845 46 47
	Patient Advice and Liaison Service	<ul style="list-style-type: none"> ▪ Give you information about all NHS services across PPCT ▪ Help sort out any concerns you have as quickly as possible ▪ Listen to what you have to say about local health services ▪ Make sure the NHS finds out from you what works well and what needs changing ▪ Advise and support you if you want to make a complaint ▪ Involve you in planning local health service 	PALS 2 nd Floor Town Hall Peterborough PE1 1FA PALSTeam@peterboroughpct.nhs.uk	Helpline 01733 758 584

Subject	Organisation	Services Provided	Website / Address	Contact Number
Age	Age Concern	Age Concern supports all people over 50 to ensure that they get the most from life. They provide essential services such as day care and information.	The Lindens Lincoln Road Peterborough PE1 2SN www.ageconcern.org.uk	Information Line - 0800 00 99 66 Peterborough - 01733 564 185
	Help the Aged	Free impartial advice on welfare and disability benefits, care at home, residential care, housing options and adaptations, access to health and community services.	www.helptheaged.org.uk	Freephone 080 8800 6565
AIDS	National AIDS Helpline	A 24-hour, 7 days a week, free and confidential telephone service with advice about HIV/AIDS, sexual health, STD's, local services, clinics and support services.	www.avert.org www.tht.org.uk	0800 567123
Alcohol	National Alcohol Helpline (Drinkline)	Drinkline offers the following services: <ul style="list-style-type: none"> • Information and self-help materials. • Help to callers worried about their own drinking. • Support to the family and friends of people who are drinking. • Advice to callers on where to go for help. 		0800 917 8282 9.00am - 11.00pm, Monday to Friday
	Alcoholics Anonymous	Alcoholics Anonymous is a voluntary fellowship of men and women who help each other to become and stay sober by sharing experiences and giving mutual support. Members are helped to achieve sobriety by staying away from drink, one day at a time.	www.alcoholics-anonymous.org.uk	0845 769 7555 Normal office hours best time to call

Subject	Organisation	Services Provided	Website / Address	Contact Number
Alcohol continued ...	Drinksense	A registered charity providing counselling, information and support for people with alcohol related problems and their carers and families.	79a Eastfield Road Peterborough PE1 4AS www.drinksense.org	01733 555 532 Mon – Fri 9.00am – 5.00pm
Arthritis	Arthritis care	Arthritis Care is the largest UK-wide voluntary organisation working with and for all people with arthritis. They aim to promote independence and empower people with arthritis to live positive lives as well as raise awareness of the condition.	 www.arthritiscare.org.uk	0808 800 4050 12pm - 4pm Mon - Fri
Asthma	National Asthma Campaign	Help and advice from asthma nurse specialists who have the time to listen to concerns and discuss what's right for you, in confidence.	 www.asthma.org.uk	Adviceline 0845 701 0203
Autism	National Autistic Society	The National Autistic Society exists to champion the rights and interests of all people with autism and to ensure that they and their families receive quality services appropriate to their needs. This site includes information about autism and Asperger syndrome, and about support and services available in the UK.	 www.nas.org.uk	0845 070 4004 Mon - Fri 10am - 4pm

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B				
Benefits	Department of Work and Pensions	Information about benefits and services you may be able to get and how to apply.	www.dwp.gov.uk	For general information about the Department Phone: 020 7712 2171
	Benefits Form Completion Service	For help completing a benefit form.		0800 441 144
C				
Cancer	CancerBACUP	CancerBACUP, Europe's leading cancer information service, with over 4,500 pages of up-to-date cancer information, practical advice and support for cancer patients, their families and carers.	www.cancerbacup.org.uk	0808 800 1234
	MacMillan Cancer Relief	Provides care for cancer patients and families in terms of nurses, doctors, day care services, information and financial help where needed.	Macmillan Day Care Edith Cavell Hospital Peterborough PE3 9GZ www.macmillan.org.uk	01733 875122 Mon to Fri 9 am to 6 pm

Subject	Organisation	Services Provided	Website / Address	Contact Number
Cancer continued ...	Marie Curie Cancer Care	Marie Curie Cancer Care provides high quality nursing, 365 days a year, totally free, to give terminally ill people the choice of dying at home supported by their families.	www.mariecurie.org.uk	020 7599 7777

Subject	Organisation	Services Provided	Website / Address	Contact Number
Carers	The Carers Centre	The Centre offers signposting to local services, help filling in forms and support and help for carers in the city. It also offers a sitting service to give short breaks from caring, drop-in sessions and social events, to meet people in a similar situation.	www.pcv.co.uk/carers.html 3 Lincoln Court Lincoln Road Peterborough PE1 2RP	Phone on: 01733 342683 / 311016 e-mail on: christine.atkinson@pcvs.co.uk o.uk janine.baxter@pcvs.co.uk

Subject	Organisation	Services Provided	Website / Address	Contact Number
Carers cont'd	Carers Direct	Carers Direct is a comprehensive information, advice and support service for carers. It contains information about money and legal matters, carer wellbeing and a step by step, practical guide to help, support and advice for carers. Carers Direct can be contacted 24 hours a day, 7 days a week.	www.nhs.uk/carersdirect	Phone on: 0808 802 0202.
	Voluntary Organisations	These organisations are designed to give extra help and support to carers. See our Carers leaflet for the full list of organisations and their contact information.		Age Concern Peterborough: (01733) 564 185 Alzheimer's Society: (01733) 893 853 Carers UK: 0207 378 4999 Headway: (01223) 576 550 Mencap: 020 7454 0454 NHS Direct: 0845 46 47 48 Parkinson's Society: (01733) 362806 Peterborough and Fenland MIND: (01733) 758 211 West Anglia Crossroads Care Ltd: 0845 241 0954 Young Carers: 0844 800 4361 / (01733) 342683

Subject	Organisation	Services Provided	Website / Address	Contact Number
Carers cont'd	NHS Peterborough Website	<i>This website offers a whole host of information especially designed for carers. By going to the website and clicking on 'Health and social Care services' then 'support for carers' anyone can gain access to information on everything from financial aid (carers allowance) & emergency support, to carers needs assessments and practical advice on moving and handling.</i>	www.peterborough.nhs.uk	Phone on: 01733 747474 e-mail on : carersteam@peterboroughpct.nhs.uk
Coronary Heart Disease	British Heart Foundation	The BHF is the largest independent funder of heart research in the UK. They play an important role in funding education, reaching the public and health professionals and provide life-saving cardiac equipment and support for rehabilitation and patient care.	www.bhf.org.uk	08450 70 80 70 Heart Information Line

D

Dementia	Alzheimers Society	Advice, information, social activities. Support for people with dementia and carers (individual and groups).	17 Manor House Street Peterborough PE1 2TL www.alzheimers.org.uk	01733 893 853
Dentists	PPCT	157 Dental Group	157 Broadway, PE1 4DD	0844147157
		1A Dental Practice	328 Lincoln Rd, Peterborough, PE1 2ND	01733 343444
		Bretton Dental Practice	125-126 Eyrescroft, Bretton, PE3 8EU	01733 262623

Subject	Organisation	Services Provided	Website / Address	Contact Number
		Bushfield Dental Practice	Fitzwilliam House, 10 Bushfield, Orton Goldhay, PE2 5RQ	01733 370331
		Cathedral Square Dental Surgery	Third Floor, Market Chambers, Cathedral Square, PE1 1XW	01733 314131

Subject	Organisation	Services Provided	Website / Address	Contact Number
Dentists continued ...	PPCT	Eastfield House	147 Eastfield Road, PE1 4AU	01733 348670
		Fulbridge Road	107 Fulbridge Road, PE1 3LE	01733 564999
		Hampton Court Dental Practice	55 Hampton Court, Westwood Centre, PE3 7JB	01733 334400
		The Hamptons Dental Practice	52 Hargate Way, Hampton Hargate, PE7 8DS	01733 341777
		Herlington Dental Surgery	Herlington, Orton Malborne, PE2 5PR	01733 234566
		Lincoln Road Dental Surgery	95 Lincoln Road, PE1 2SJ	01733 562436
		London Road Dental Surgery	81 London Road, PE2 9BS	01733 340005
		Mace Dental Surgery	7 Mace Road, Stanground, PE2 8RQ	01733 566203
		Matley Dental Surgery	Matley, Orton Brimbles, PE2 5YQ	01733 230066
		Newborough Dental Surgery	1 School Road, Newborough, PE6 7RG	01733 810235
		Oral Care	87a Princes Street, PE1 2QP	01733 560700
		Park Road Dental Surgery	150 Park Road, PE1 2UB	01733 551534
		Werrington Dental Practice	14 Skaters Way, Werrington, PE4 6NB	01733 573244
		Eye Dental Care	62 High Street Eye PE6 7UY	01733 573244

Subject	Organisation	Services Provided	Website / Address	Contact Number
Dentists continued ...		Werrington House Dental Surgery	97 Church Street, Werrington, PE4 6QF	01733 574666
		Stanground Dental Practice	Whittlesey Rs, Stanground, PE2 8RB	01733 346676
	Dental Access Centre	Provides dental care for people who are not registered with a dentist.	5 Midgate Peterborough	01733 295 854
	Dental Helpline	For advice and information on availability of NHS practices.		01223 415 126
Diabetes	Diabetes UK	Diabetes UK is the largest organisation in the UK working for people with diabetes, funding research, campaigning and helping people live with the condition.	www.diabetes.org.uk	0845 120 2960
Downs Syndrome	Down's Syndrome Association	Provide information and support for people with Down's syndrome, their families and carers, as well as being a resource for interested professionals.	www.downs-syndrom.org.uk	0845 230 0372
Drugs	Bridgegate Drug Advice	Free and confidential advice, support, counselling and information for drug users their families and concerned others	49 – 51 Broadway Peterborough PE1 1SQ	01733 314 551 Office 9.00am – 5.00pm

Subject	Organisation	Services Provided	Website / Address	Contact Number
Drug Abuse continued ...	PPCT Community Drugs Team	An NHS service offering a range of drug treatment services primarily for people addicted to opiates but also to people with problematic drug dependency.	62 Lincoln Road Peterborough PE1 2SN 9.00am – 5.00pm Mon - Fri www.cambsmh.nhs.uk	01733 898 385
	National Drugs Helpline			0800 776600
E, F				
Eczema	National Eczema Society	Offers advice and support to people coping with eczema, including carers.	www.eczema.org	Help Line 0870 241 3604 (Mon - Fri 8am - 8pm BST)
Epilepsy	Epilepsy Action	The website contains everything you need to know about epilepsy - and if you can't find something, email using the Email Helpline service and they will do their best to email you a reply within five working days	www.epilepsy.org.uk	0808 800 5050

Subject	Organisation	Services Provided	Website / Address	Contact Number
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G

**AILSWORTH MEDICAL CENTRE, 32 MAIN STREET, AILSWORTH,
PETERBOROUGH, CAMBS, PE5 7AF**

LALIWALA Dr (dispensing)

Principal:- Dr Mohsin Laliwala

Practice Manager – correspondence to Dr Laliwala

Telephone: 01733 380686 Fax: 01733 380400

Branch Surgery. Newborough Primary Care Centre,
Guntons Lane, Newborough,
Peterborough, PE6 7QW

Telephone number 01733 810274 Fax No. 01733 810428

**ALMA ROAD PRIMARY CARE CENTRE, ALMA ROAD,
PETERBOROUGH, PE1 3FG**

3Well Medical Limited

Principal; Dr Rupert Bankart

Dr Kenneth Anderson

Practice Manager: Rob Longhurst

Telephone : 01733 758388 Fax 01733 758389

Subject	Organisation	Services Provided	Website / Address	Contact Number
BOTOLPH BRIDGE COMMUNITY HEALTH CENTRE, Sugar Way, Peterborough, PE2 9RT				
<i>3Well Medical</i>				
Principal; Dr Rupert Bankart				
Dr A van Niekerk, Dr R Shields				
Practice Manager: Rob Longhurst				
Telephone: Reception 01733 774500, Appointments: 01733 774500, Results: 01733 774516 Fax: 01733 774514				

BRETTON MEDICAL PRACTICE, RIGHTWELL EAST, BRETTON, PETERBOROUGH, CAMBS, PE3 8DT				
<i>HENCHY Dr, & Partners</i>				
Principals:- Dr Michael Henchy, Dr John Youens, Dr Mark Attah, Dr Ritu Dhillan, Dr Madhuri Gupta, Dr Charlene Williams, Dr Inga Wilson.				
Business/Practice Manager – Steve Robertson				
Telephone: 01733 264506 Fax: 01733 266728				

BURGHLEY ROAD SURGERY, 94 BURGHLEY ROAD, PETERBOROUGH PE1 2QE				
<i>First Health</i>				
Dr Simon Brown, Dr John Twelves, Dr Patrick Byrne,				
Practice Manager –Amanda Harrington				
Telephone number 01733 346085 Fax No 01733 345065				

**ORTON BUSHFIELD MEDICAL PRACTICE, ORTON GOLDHAY,
PETERBOROUGH, CAMBS PE2 5RQ**

OKECH Dr & Partner

Principal:- Dr Walter Robert Bongomin-Okech; Dr Konjo Girma

Practice Manager – Christine Brown

Telephone: 01733 371451 Fax: 01733 371453

**DOGSTHORPE MEDICAL CENTRE, POPLAR AVENUE, DOGSTHORPE,
PETERBOROUGH, CAMBS, PE1 4QF**

First Health

Dr Simon Brown, Dr John Twelves, Dr Patrick Byrne,

Practice Manager – Amanda Harrington

Telephone: 01733 560061 Fax: 01733 346001

**GRANGE MEDICAL CENTRE, 144 MAYORS WALK, PETERBOROUGH,
CAMBS, PE3 6HA**

CARTMEL Dr

Principal:- Dr Richard Cartmel, Dr Jo Sacks,

Practice Manager – Andrew Slater Mon-Fri PM only

Telephone: 01733 310110 / 315511 Fax: 01733 352574

HAMPTON HEALTH, UNIT 6B, SERPENTINE GREEN SHOPPING CENTRE, THE SERPENTINE, HAMPTON, PETERBOROUGH, CAMBS PE7 8DR

HOLMES Dr & Partners

Principal:- Dr David Holmes Dr Alison Smith, Dr Madeline Smith, Dr Ian Alcock.

Practice Manager – Leona Charity

Telephone: 01733 556900 Fax: 01733 556911 or 07092 024094 (only if not linked to email)

HODGSON MEDICAL CENTRE, HODGSON AVENUE, WERRINGTON, PETERBOROUGH, CAMBS, PE4 5EG

IYER & IYER Drs,

Principals:- Dr Vijay Iyer, Dr (Mrs) Parvati Iyer

Practice Manager – Pauline Kelly

Telephone: 01733 573232 Fax: 01733 328355

HUNTLY GROVE PRACTICE, THOMAS WALKER MEDICAL CENTRE, PRINCES ST PETERBOROUGH, CAMBS, PE1 2QP

SHOBAN Dr, B K

Principal:- Dr Bandi Shoban

Practice Manager – Mrs Sumathi Shoban

Telephone: 01733 551771 Fax: 01733 556260

63 LINCOLN ROAD SURGERY, 63 LINCOLN ROAD, PETERBOROUGH, CAMBS, PE1 2SF
<i>WATSON DR, & PARTNERS</i>
Principals:- Dr Stephen Watson, Dr Richard Trounce , Dr Sohrab Panday, Dr Susan Grant, Dr Bernadine Sharma, Dr Penelope Miller, Dr Catherine Jones.
Practice Manager – Carole Smith
Telephone: 01733 567807 Fax: 01733 569230
Other Surgery: 2a Church Street, Werrington, Peterborough, Cambs, PE4 6QB
Telephone: 01733 571110

MILLFIELD MEDICAL CENTRE, ST MARTINS STREET, MILLFIELD, PETERBOROUGH, CAMBS, PE1 3BF
<i>KENNEDY Dr M & Dr KUNDAJE</i>
Principal – Dr Michael Kennedy, Dr Shireen Rifat, Dr Mangala Patankar, Dr Hanish Kundaje, Dr Amber Siggs, Dr Sian Dronfield, Dr Nicholas Waters.
Practice Manager – Sarah Kennedy
Telephone: 01733 310095 Fax: 01733 892356

MILLFIELD SURGERY, 10 SERJEANT STREET, PETERBOROUGH, CAMBS, PE1 2LR
<i>WESTGATE GP's</i>
Principal:- Westgate Surgery Caretaking
Practice Manager – Geoff Tinson
Telephone 01733 563051 Fax: 01733 563338

**MINSTER MEDICAL PRACTICE, THOMAS WALKER MEDICAL CENTRE.
PRINCES ST, PETERBOROUGH, CAMBS, PE1 2QP**

BURLEY & BAILEY Drs,

Principals:- Dr Terence Burley, Dr Robert Bailey, Dr Ian Alcock.

Practice Manager - Louise Allen

Telephone: 01733 554478 Fax: 01733 556230

**NENE VALLEY MEDICAL PRACTICE, CLAYTON, ORTON GOLDHAY,
PETERBOROUGH, CAMBS, PE2 5GP**

FLETCHER Dr, & Partners

Principals:- Dr Nicholas Fletcher, Dr Kevin Stanton-King, Dr Stephen Walker, Dr Sanath Yogasundram, Dr David J Marr, Dr Gillian Cronau

Practice Manager – David Mucklin

Telephone: 01733 366600 Fax: 01733 366677

**NORTH STREET MEDICAL PRACTICE , 1 NORTH STREET,
PETERBOROUGH, CAMBS, PE1 2RA**

MYSZKA Dr Z, & Partners

Principals:- Dr Zbignief Myszka, Dr Keith Sampson, Dr Laurence Jacobs, Dr Anne Fowlie, Dr Paul Van Den Bent , Dr Manon Collombon, Dr Peter Hadfield, Dr Rodbe Tunkuda, Dr Penelope Hobhouse

Practice Manager:- Anita Lemon

Telephone: 01733 312525 Fax: 01733 311447 Appts 01733 312731

OLD FLETTON MEDICAL PRACTICE, RECTORY GARDENS, OLD FLETTON, PETERBOROUGH, CAMBS, PE2 8AY
<i>CHINN Dr, & Partners (dispensing)</i>
Principals:- Dr David Chinn, Dr John Gemmell, Dr Howard Blatchford, Dr Cosmas Nnochiri, Dr Martina Barrett, Dr Thomas Coxon, Dr Lakshmikanth Challa.
Practice Manager – Maria Stanton-Azafad
Telephone: 0844 4773919 Fax: 0844 477 3920

ORTONS MEDICAL PRACTICE, ORTON CENTRE, ORTON GOLDHAY, PETERBOROUGH, CAMBS PE2 5RQ
OUTAR Dr & Partner
Principal:- Dr Kampta Outar, Dr Jonathan Okonkwo,
Practice Manager – Andrew Slater Mon-Fri AM only
Telephone: 01733 391022 Fax: 01733 391034

PARK MEDICAL CENTRE, 164 PARK ROAD, PETERBOROUGH, CAMBS, PE1 2UF
<i>CASKEY Dr M, & Partners</i>
Principals:- Dr Michael Caskey, Dr Simon Mulla, Dr Reema Joshi, Dr Ebele Tunkuda, Dr Margaret Wood.
Practice Manager — Caroline Rees/ Lynn Gray
Telephone: 08444 144 164 Fax: 01733 425015
Other Surgery: Castor

PARNWELL MEDICAL CENTRE, SALTERSGATE, PETERBOROUGH, CAMBS, PE1 4YL
<i>THEIN Dr</i>
Principal:- Dr Myint Thein
Practice Manager - Linda Martin/Fran Harrison
Telephone: 01733 896112 Fax: 01733 892286

PASTON HEALTH CENTRE, CHADBURN, PETERBOROUGH, CAMBS, PE4 7DG
PATEL Dr & Partners
Principals:- Dr Ramesh Patel, Dr Sunil Sood, Dr Mansukhlal Shah, Dr Mukund Mehta, Dr Yewanda Ogunyoye
Practice Manager - Kim Robinson (Paston) Jo Evans (Werrington)
Telephone: 01733 572584 Fax: 01733 328131
Other Surgeries: Werrington Health Centre, Skaters Way, Werrington, PE4 6NB Telephone: 01733 578231 Fax: 328132

THISTLEMOOR MEDICAL CENTRE, 6-8 THISTLEMOOR ROAD, PETERBOROUGH, CAMBS, PE1 3HP
MODHA Dr J , & Partners
Principal:- Dr Jitendra Modha (FH Lead), Dr (Mrs) Nalini Modha, Dr Raph Zerafa, Dr Neil Modha, Dr Danielle Witherick.
Practice Manager – Dr J Modha Jacqui Bassam(Admin) – 01733 707705 Hayley Owens (Clin Admin) 01733 707705
Telephone: 01733 551988 Fax: 01733 707702

THE THOMAS WALKER SURGERY, THOMAS WALKER MEDICAL CENTRE. PRINCES ST. PETERBOROUGH, CAMBS, PE1 2QP
<i>HASTIE Dr, & Partners</i>
Principals:- Dr John Hastie, Dr Harshad Mistry, Dr Gillian Smart, Dr Faheem Mazi-Kotwal, Practice Manager - Helen Mills
Telephone: Appts. 01733 551008 Fax: 01733 556222 Enquiries 01733 556200 Emergencies 01733 562846
Branch surgery: 405a Fulbridge Road, Walton, Peterborough PE4 6SE 571816

THORNEY MEDICAL PRACTICE, WISBECH ROAD, THORNEY, PETERBOROUGH, CAMBS, PE6 0SD
<i>JACKSON Dr & Partners (dispensing)</i>
Principals:- Dr Nicholas Jackson, Dr Andrew Knights, Dr Simon Richards, Dr Tahmina Ruhi Practice Manager – Lisa Butcher
Telephone: 01733 270219 Fax: 01733 270860
Other Surgeries: Laurel Farm Health Centre, Eye, Peterborough, PE6 7UX

THORPE ROAD SURGERY, 64 THORPE ROAD, PETERBOROUGH, CAMBS, PE3 6AP
BISHOP Dr
Principal:- Dr Malcolm Bishop, Dr Aisha Bashir Practice Manager – Janet Martyr
Telephone: 0844 477 3880 Fax: 0844 477 3881

**WELLAND MEDICAL PRACTICE, 144 EYE ROAD, PETERBOROUGH,
CAMBS, PE1 4SG**

MAZUMDAR & SRINIVASAN Drs,

Principals:- Dr Ranjit Mazumdar & Dr Swaminathan Srinivasan, Dr Esther Green

Practice Manager: Steve Leadbitter

**Telephone: 0844 477 3842 Fax: 01268 248663 Non patient enquiries 0844
815 1321**

Other Surgery: 14 Church Walk, Peterborough, PE1 2TP

**Telephone: 0844 477 3842 Fax: 0844 815 1330 Non patient enquiries 0844
815 1328**

**WESTGATE SURGERY, QUEENSGATE CENTRE, PETERBOROUGH, PE1
1NW**

SANDERS Dr, & Partners

Principals:- Dr Neil Sanders, Dr Jose Lopez Longas, Dr Francis Bailey, Dr Rupa Kamath.

Practice Manager – Geoff Tinson

Telephone: 01733 318440 Fax: 01733 311780

WESTWOOD CLINIC, WICKEN WAY, PETERBOROUGH, CAMBS, PE3 7JW

PRASAD Dr, & Partners

Principal:- Dr Koneru Prasad , Dr Usha Koneru, Dr Mallik Koneru

Practice Manager : Karen McNally

Telephone: 01733 265560 Fax: 01733 264263

Subject	Organisation	Services Provided	Website / Address	Contact Number
H				
Health	City Health Clinic	Provides free confidential advice and information on sexual health to men and women of all ages. See Sexual Health.	Wellington Street Peterborough PE1 5DU	01733 466601
	City Care Centre	NHS Walk-in-Centre. Offers services for minor injuries, minor illness, emergency contraception, ear care, smoking cessation and general health advice.	Thorpe Road Peterborough PE3 6DG	01733 776100
Hospitals	Peterborough District Hospital			01733 874000
	Edith Cavell Hospital			01733 874000
	Stamford and Rutland Hospital			01780 764151
Housing	Axiom Housing Association Ltd	Housing Association providing affordable housing to rent.	Maskew Avenue Peterborough PE1 2SX	01733 347135
	Nene Housing Society	Registered Housing Association providing rented accommodation	Manor House 57 Lincoln Road Peterborough PE1 2RR	01733 295442

Subject	Organisation	Services Provided	Website / Address	Contact Number
I, J, K, L				
Immunisation	NHS immunisation information	This website contains information on vaccines that were introduced on the 27 September 2004.	www.immunisation.nhs.uk	
Learning Disabilities	MENCAP	Royal Mencap Society campaigns on behalf of people with learning disabilities and their families. Also provide advice and support to meet people's needs throughout their lives.	www.mencap.org.uk	Helpline 0808 808 1111
Lungs/ breathing	Breathe Easy Group	A local group for anyone who suffers from chronic lung disease, supported by British Lung Foundation.	Meets 2 nd Thursday of the month at 2pm, at the Thomas Walker Medical Centre	01733 344135
	British Lung Foundation	British Lung Foundation is the organisation working for those affected by lung disease. Here you can find out more about specific conditions or locate your nearest support group, read about the vital research and discover the many different ways you can help us in our work.	www.britishlungfoundation.com	Help Line 08458 50 50 20 Mon – Fri 10am – 6pm 0121 627 2260 Midlands Regional Office

Subject	Organisation	Services Provided	Website / Address	Contact Number
M, N				
Mental Health	Mental Health Foundation	<p>The Mental Health Foundation aims to help people survive, recover from and prevent mental health problems. They bring together teams that do research, develop services, design training, influence policy, and raise public awareness - all under one roof.</p> <p>This website provides information about their work. But it also provides the latest news and events on mental health issues, information on problems, treatments and strategies for living with mental distress, as well as links to key mental health organisations and websites.</p>	<p>www.mentalhealth.org.uk</p>	<p>020 7803 1100</p>
	MIND	<p>Mind is the leading mental health charity in England and Wales. It provides a confidential, free and independent advocacy service for adults (18-65) who have mental health needs and / or concerns about mental health services also a drop in facility.</p>	<p>439 Lincoln Road Peterborough Cambridgeshire PE1 2PE</p> <p>www.mind.org.uk</p>	<p>MIND in Peterborough and Fenland - 01733 340 602</p>
	Rethink	<p>Services include home treatment and nursing care for people with severe mental illness, support for carers, and helplines for anyone who needs to contact them. Rethink also offers a range of specialist services, including advocacy help on legal issues and projects aimed at young people.</p>	<p>www.rethink.org</p>	<p>National Advice Service Tel: 020 8974 6814 (open 10am to 3pm, Monday to Friday)</p>

Subject	Organisation	Services Provided	Website / Address	Contact Number
Migraine	Migraine Action Association	The Migraine Action Association bridges the gap between the migraine sufferer and the medical world by providing unbiased information on all aspects of migraine, its causes, diagnosis and treatment.	www.migraine.org.uk	Enquiries about Migraine: 0870 050 5898 Office 01536 461333
Motor Neurone	Motor Neurone Disease Association	An independent charity providing aid and assistance to sufferers and carers of those with MND.	www.mndassociation.org	01604 250505
Multiple Sclerosis	Multiple Sclerosis Society	The Society funds MS research, runs respite care centres, provides grants (financial assistance), education and training on MS. It produces numerous publications on MS and runs a freephone specialist helpline.	www.mssociety.org.uk	Helpline 0808 800 8000

Subject	Organisation	Address	Contact Number
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O

Opticians	PPCT	Boots Opticians, Queensgate	01733 313380
		Dollond & Aitchison, Long Causeway	01733 562019
		Dollond & Aitchison, Queensgate	01733 312705

Subject	Organisation	Address	Contact Number
Opticians continued ..	PPCT	Hayes, W, Lincoln Road	01733 563845
		One Stop Eye Care Centre, Netherton	01733 333778
		Special Eyes, Westgate	01733 893998
		Specsavers, Bridge Street	01733 348822
		Tesco Opticians, Hampton Hargate	01733 410514
		The Eye Centre, Wentworth Street	01733 343380
		Vision Express, Queensgate	01733 555655
		Westgate Optical, Park Road	01733 342464

Subject	Organisation	Services Provided	Website / Address	Contact Number
Osteoporosis	National Osteoporosis Society	The only national charity dedicated to improving the diagnosis, prevention and treatment of this fragile bone disease.	www.nos.org.uk	0845 4500 230 Monday - Friday 10-3)

P, Q, R

Parkinson's Disease	Parkinson's Disease Society	A registered charity providing support, advice and information to people with Parkinson's, their carers, families and friends, and to health and social services professionals involved in management and care.	www.parkinsons.org.uk	Help line 0808 8000 303 Mon – Fri, 9.30am to 5.30pm Peterborough – 01733 370694 or 01733 241021
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Subject	Organisation	Address	Contact Number
Pharmacies	PPCT	Thomas Walker Pharmacy Thomas Walker Medical Centre 87 Princes Street PETERBOROUGH PE1 2QP	Tel: 01733 313130

Subject	Organisation	Address	Contact Number
Pharmacies continued ...	PPCT	Boots The Chemists Ltd Unit 2 Bretton Centre Bretton PETERBOROUGH PE3 8BD	Tel: 01733-262555
		Dogsthorpe Pharmacy 54 Central Avenue Dogsthorpe PETERBOROUGH PE1 4LH	Tel: 01733-565423
		Eastchem 127 Eastfield Road PETERBOROUGH PE1 4AU	Tel: 01733-310751
		Graham Young Chemist 683 Lincoln Road New England PETERBOROUGH PE1 3HD	Tel: 01733-554778

Subject	Organisation	Address	Contact Number
Pharmacies continued ...	PPCT	Granville Pharmacy 35 Granville Street PETERBOROUGH PE1 2QQ	Tel: 01733-349244
		City Pharmacy 50 Lincoln Road PETERBOROUGH PE1 2RY	Tel: 01733-562045
		Millfield Chemist 387 Lincoln Road PETERBOROUGH PE1 2PF	Tel: 01733-312933
		Co-op Chemists Chadburn Centre Paston PETERBOROUGH PE4 7DH	Tel: 01733 322907
		Chemistree 57 Ledbury Road Netherton PETERBOROUGH PE3 9RF	Tel: 01733-261121

Subject	Organisation	Address	Contact Number
Pharmacies continued ...	PPCT	Park Rd Pharmacy 164 Park Rd Peterborough PE1 2UF	Tel: 01733-565971
		Sainsbury's in store Pharmacy 112 Oxney Road PETERBOROUGH PE1 5NG	Tel: 01733-349346
		Shrives Chemist 14 Westgate PETERBOROUGH PE1 1RA	Tel: 01733-554319
		Rowlands Pharmacy 46 Westgate PETERBOROUGH PE1 1RE	Tel: 01733-319398
		Alfa Chemist Ltd 12b Skaters Way Werrington Centre PETERBOROUGH PE4 6NB	Tel: 01733-578277

Subject	Organisation	Address	Contact Number
Pharmacies continued ...	PPCT	Walton Pharmacy 178a Mountsteven Avenue Walton PETERBOROUGH PE4 6HN	Tel: 01733-322776
		Werrington Pharmacy 97 Church Street Werrington PETERBOROUGH PE4 6QF	Tel: 01733-322322
		Sainsbury's Pharmacy Flaxland Bretton Peterborough PE3 8DA	Tel: 01733 264733
		West Town Chemist 63-65 Mayors Walk West Town PETERBOROUGH PE3 6EX	Tel: 01733-564144
		Jhoots Valley Park centre Unit B Sugar way PETERBOROUGH PE2 9QY	Tel: 01733-895974

Subject	Organisation	Address	Contact Number
Pharmacies continued ...	PPCT	Boots The Chemists Ltd 2 Serpentine Green Shopping Centre Hampton PETERBOROUGH PE7 8BE	Tel: 01733 893528
		Boots The Chemists Ltd Queensgate Centre Peterborough PE1 1NW	Tel: 01733 312211
		Newborough Pharmacy 42-46 School Rd Newborough PE6 7RG	Tel: 01733 811917
		Asda Pharmacy Viersen Platz Peterborough PE1 1ET	Tel: 01733 556310
		Glinton Pharmacy 4 Rectory Lane Glinton PETERBOROUGH PE6 7LR	Tel: 01733 253433
		Pharmacy First 7 Lincoln Rd PE1 2RJ	Tel: 551441

Subject	Organisation	Address	Contact Number
Pharmacies continued ...	PPCT	Boots The Chemist Bretton Health Centre Rightwell East Peterborough PE3 8DT	Tel: 01733 267810
		Lloyds Pharmacy Nene Valley Medical Centre, Clayton Orton Goldhay PETERBOROUGH PE2 5SD	Tel: 01733 234244
		Lloyds Pharmacy 3 Bushfield Orton Goldhay PETERBOROUGH PE2 5UW	Tel: 01733 235026
		Co-op Chemists Ltd Westgate House Westgate Peterborough PE1 2TA	Tel: 01733 560952

Subject	Organisation	Address	Contact Number
Pharmacies continued ...	PPCT	Co-op Chemists Ltd 2 Central Square Stanground PETERBOROUGH PE2 8RH	Tel: 01733 343678
		Co-op Chemists Ltd 2-6 Hampton Court Westwood Peterborough PE3 7JA	Tel: 01733 262854
		Odedra Chemist Rectory Gardens Old Fletton PETERBOROUGH PE2 8AY	Tel: 01733 342081
		Co-op Chemists Ltd 303-307 Lincoln Rd Millfield Peterborough PE1 2PH	Tel: 01733 567208
		Tesco Instore Pharmacy Serpentine Green Shopping Centre Hampton PETERBOROUGH PE7 8BD	Tel: 01733 410547

Subject	Organisation	Address	Contact Number
Pharmacies continued ...	PPCT	Halls the Chemist The Old Chapel Church Hill Castor Peterborough PE5 7AU	Tel: 01733 380380
		Alliance Pharmacy 21 High Street Eye PETERBOROUGH PE6 7UP	Tel: 01733 222125
		Halls The Chemist 57 Napier Place Orton Wistow PE2 6XN	Tel: 01733 233666
		Halls The Chemist 14a Church St Thorney PE6 0QB	Tel: 01733 270111
		Hampton Pharmacy Hampton Valley Local Centre Peterborough PE1 2PF	Tel: 01733 248371

Subject	Organisation	Speciality	Contact Details
Pharmacists	Specialist Pharmacists	Paediatrics	01733 874002 Bleep: 1347
		Mental Health	01733 875595 Bleep: 1768
		Mental Health	01733 875595 Bleep: 1769
		Medicine for the Elderly	01733 874009 *814009#
		GU Medicine & HIV	01733 874468 Bleep: 1510
		Pain Management & Nutrition	01733 874022 Bleep: 1179
		Haematology & Oncology	01733 87 4002 Bleep: 1578

Subject	Organisation	Speciality	Contact Details
Pharmacists continued ...	Specialist Pharmacists	Haematology & Oncology	01733 874002 Bleep: 1141
		Cardiology	01733 878647 Tue, Wed & Thur Bleep: 1455
		Primary Care	01733 758575
		Antibacterial Therapy	01733 878792 Bleep: 1460
		Mental Health	01733 875434 Bleep: 1807
		Palliative Care & Wound Management	01733 874389 Wed & Thur

Subject	Organisation	Speciality	Contact Details
Pharmacists continued ...	Specialist Pharmacists	Respiratory Medicine	01733 878647 Mon-Wed 01733 758492 Wed-Fri Bleep: 1577
		Cardiology	01733 878647 Tue, Thur, Fri 01733 758563 Mon, Wed Bleep: 1219

Subject	Organisation	Services Provided	Website / Address	Contact Number
Physical Disability	Disability Information Service	Providers of a comprehensive national database of disability information. It will signpost you to the main UK organisations, support groups and other helplines working in the disability field, or help you to find a disability information service with local knowledge in your area.	www.diss.org.uk	01372 841395
	Disabled Living Foundation	The Disabled Living Foundation has been working as a charity in support of people with disabilities and older people for over thirty years. Their goal is to enhance opportunities for people to achieve greater mobility and independence and to confront barriers excluding them from doing so.	www.dlf.org.uk	Helpline 0845 130 9177 10.00am - 4.00pm Monday to Friday.
	National Centre for Independent Living	This website is designed to be a resource on independent living and Direct Payments for disabled people and others working in the field.	www.ncil.org.uk	0207 587 1663
	SCOPE	Advice and information helpline for people with Cerebral Palsy and associated disabilities, their families and carers.		0808 800 3333
Pregnancy	British Pregnancy Advisory Service	BPAS is the leading provider of abortion services in the UK, with a national network of consultation centres and clinics. They also provide emergency contraception and services for those who want to be sterilised or have a vasectomy.	www.bpas.org	0845 7304030

Subject	Organisation	Services Provided	Website / Address	Contact Number
S				
Sensory Impairment	RNID	Information service for deaf and hard of hearing people and their carers and families. Information on hearing aids, education, residential care, tinnitus and services for deaf people.	www.rnid.org.uk	Information Line 0808 808 0123 Peterborough Association for the Blind 01733 703 570 Mon – Fri, 9.00am – 5.00pm Cambridgeshire Deaf Association 01223 246 237
	RNIB	Advice and information for people (and their carers) with visual impairment or sight loss, which inhibits daily living.	www.rnib.org.uk	Helpline 0845 766 9999 Peterborough Association for the Blind 01733 703 570
	Sense	Offers a wide range of support services across the UK to help sensory impaired people of all ages to reach their full potential.	www.sense.org.uk	0845 127 0080

Subject	Organisation	Services Provided	Website / Address	Contact Number
Sexual Health	Family planning	Free, confidential advice and information on sexual health to men and women of all ages in a relaxed, informal setting. Services provided: <ul style="list-style-type: none"> • Contraception • Emergency contraception • Free condoms • Free pregnancy tests • Referrals for termination 	City Health Clinic Wellington Street Peterborough PE1 5DU	01733 466 601
	GPPCP Genito-Urinary Medicine Clinic	Provides confidential advice, counselling and testing for HIV and sexually transmitted diseases.	Fenland Wing PDH Thorpe Road Peterborough PE3 6DA	Appointment system so need to phone ahead 01733 314 666
	Peterborough HIV Support Services (PHSS) (Also See AIDS)	PHSS is a non-judgemental organisation offering advice and support to people living with HIV and their friends, family and community. Strict confidentiality is maintained at all times for all the services that are provided. PHSS provide training on HIV and related issues, outreach work and befriending.	PO Box 142 Peterborough PE2 8YN	01733 311 555
Smoking	Peterborough Stop Smoking Service	Counselling, support and advice about quitting smoking.		0800 376 5655
	NHS Smoking Helpline	National NHS website giving advice on why and how to give up smoking and to remain non-smoking.	www.giveupsmoking.co.uk	0800 169 0169

Subject	Organisation	Services Provided	Website / Address	Contact Number
Stroke	The Stroke Association	The Stroke Association is the only national charity solely concerned with combating stroke in people of all ages. It funds research into prevention, treatment and better methods of rehabilitation, and helps stroke patients and their families directly through its community services. These include dysphasia support, family support, information services and welfare grants.	www.stroke.org.uk	Help Line 0845 3033 100
Support	Cruse (Bereavement Care)	Confidential help for those who feel they need support and help through their grieving process. No age, gender, cultural or religious barrier.	Centre 17 Manor House Street Peterborough PE1 2TL	01733 348 439
	Expert Patient Programme	A free course aimed at helping people living with long-term conditions to maintain their health and improve their quality of life by developing skills such as problem solving and goal setting which enable them to cope better with day-to-day issues.		01733 758 415
	Salvation Army	The Salvation Army is the largest provider of social care in the UK, after the Government.	1203 Bourges Boulevard Peterborough PE1 2AV	01733 504 540
	Samaritans	Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.	32-34 St Johns Street Peterborough PE1 5DD www.samaritans.org	08457 90 90 90 Peterborough – 01733 312 727

Subject	Organisation	Services Provided	Website / Address	Contact Number
T, U				
Thyroid	British Thyroid Foundation	A registered charity providing information and support for those with thyroid disorders and for their families.	www.btf-thyroid.org	01423 709707
V, W, X, Y, Z				
Voluntary Services	Peterborough Council for Voluntary Service	A registered charity set up as an umbrella and network organisation which supports voluntary groups in the city. Local charities, voluntary groups, self-help groups and statutory groups can access services such as information, advice and support on a wide range of issues and practical support.	www.peterborough.cvs.org.uk	01733 342 683 Contact them for phone numbers for local voluntary groups in the Greater Peterborough area
	PHAB	Voluntary group who aims to help physically disabled and able bodied people through leisure time activities.		01733 577 651
	Walking for Health	A scheme for the Peterborough, Oundle, Yaxley, Whittlesey and Wittering areas which offers short (1 – 3 miles) organised walks led by trained volunteers.	www.whi.org.uk use walk finder	01733 758 533