

BANKFIELD SURGERY

Walking group:

Our practice champions hold a social stroll that meet at the surgery every WEDNESDAY at 2pm and walk for about an hour.

All abilities are welcome, just come along on the day.



BANKFIELD SURGERY



Free services
for patients to
self refer



Vita Health Group - Talking Therapies -
[0333 0153 494](tel:03330153494)

Leaflet available

Crisis Team:

[01422 223195](tel:01422223195)

Healthy Minds:

[01422 345154](tel:01422345154)

www.healthymindscalderdale.co.uk

Bereavement counselling:

Cruse helpline – [0800 808 1677](tel:08008081677) Volunteers can help talk you through things and also help you find your local Cruse service

Turning point Brighouse:

Counselling service – [01484 950 808](tel:01484950808)

Andy's Man Club:

Suicide prevention and mental health support for men – andysmanclub.co.uk

Women's Centre:

Help for women going through domestic violence – [01422 386500](tel:01422386500)

Noah's Ark Centre:

Support for children who have suffered loss – [01422 300457](tel:01422300457)

Online counselling for children:

Kooth.com



Healthy Weight and Better Living team:

Lifestyle advice regarding diet & exercise – [01422 230230](tel:01422330230)

Drug & Alcohol support:

The Basement Project (drugs) – [01422 383063](tel:01422383063)

Al-Anon (alcohol) - [0800 0086 811](tel:08000086811)

Calderdale Drug and Alcohol Service – [01422 415550](tel:01422415550)



Smoking cessation:

Yorkshire Smoke Free – [0800 612 0011](tel:08006120011)

<https://yorkshiresmokefree.nhs.uk/>

Sexual Health Services:

Broad Street Plaza – [01422 261370](tel:01422261370)

Termination of pregnancy:

BPAS – [03457 30 40 30](tel:03457304030)

Adult Social Services:

Gateway to Care – [01422 393000](tel:01422393000)

Voluntary Action Calderdale:

<https://cvac.org.uk/directory/>

Calderdale Council – Wellbeing Hub

www.calderdale-carers.co.uk

[01422 369101](tel:01422369101)

Bladder and Bowel Advisory Service (adults):

[01484 343815](tel:01484343815)

Falls Prevention team:

(Gateway to Care)

[01422 393000](tel:01422393000)

Health visitors:

[0300 304 5076](tel:03003045076)

Midwives:

mypregnancynotes.com

Podiatry:

Foot and lower limb care

[01422 261313](tel:01422261313)

Eye problems:

Refer to your local opticians

(pears scheme)

District Nursing Team:

[01422 652291](tel:01422652291)

