Your Guide to Local Health Services in Ceredigion

May 2004
Further copies and comments

If you need this leaflet in a different format such as Braille, large print, audio tape and computer disk or in a different language, and for further copies, please contact:

Public Involvement & Voluntary Sector Partnership Officer
☎ 01570 424100
Ceredigion Local Health Board
Y Bryn
North Road
Lampeter SA48 7HA

Public and Patient Involvement Officer
☎ 01970 623131
Ceredigion & Mid Wales NHS Trust
Bronglais General Hospital
Aberystwyth SY23 1ER

Please send any suggestions or comments about this guide to the above.

Copies are also available on the websites

Ceredigion Local Health Board
www.ceredigionlhb.wales.nhs.uk

Ceredigion & Mid Wales NHS Trust
www.ceredigion-tr.wales.nhs.uk
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Purpose of the Guide

This Guide to Local Health Services has been produced to provide information about what local health services are available across Ceredigion and how to contact them.

It has been produced jointly by Ceredigion Local Health Board and Ceredigion & Mid Wales NHS Trust to help patients, carers, relatives and others to use the services appropriately.

Every effort has been made to ensure the information is correct, however changes may have happened since this Guide was printed.

ACCIDENTS AND EMERGENCIES

When should I call an ambulance?

In the event of a serious injury, accident or medical emergency, you need to call 999 without delay.

The ambulance service is there to help you in life threatening and serious medical emergencies.

Dial 999 immediately for emergencies such as:

- Chest Pain
- Difficulty in breathing
- Loss of consciousness
• Severe loss of blood
• Choking
• Fitting / Convulsions
• Drowning
• Severe allergic reactions

Remember, the Ambulance Service is for real emergencies. Unnecessary calls place an extra burden on Ambulance crews and can result in a real emergency not being met.

Minor illness – how can I help myself?

You can safely treat many less serious illnesses yourself.

NHS Direct Wales can give advice 24 hours a day, 7 days a week on the telephone or the internet.

NHS Direct Wales is a 24-hour nurse-led Helpline providing confidential healthcare advice and information on:
• What to do if you’re feeling ill
• Health concerns for you and your family
• Local health services
• Self-help and support organisations

NHS Direct Wales 0845 46 47
NHS Direct Online www.nhsdirect.nhs.uk
www.nhsdirect.wales.nhs.uk
Your local pharmacist is available to give advice during some of the time that your GP is not available. See page 14 for your local pharmacist.

CEREDIGION LOCAL HEALTH BOARD

What is the Local Health Board?

The Local Health Board (LHB) came into being on 1st April 2003 and was set up to develop and provide health services based on the needs of the local community. To focus on identifying and meeting these local needs, we work closely in partnership with GPs, Dentists, Pharmacists and Opticians as well as hospital services.

For further information about the LHB, please telephone 01570 424100 or visit the website

www.ceredigionlhb.wales.nhs.uk

GP PRACTICES

To register with a GP, you can contact the GP Practice of your choice in your area to see if they are able to accept you. If the GP Practice of your choice cannot accept you, try other Practices in your area.

If you are finding it difficult to register with a GP Practice in your area, then write to the following address:
A full list of the GP Practices in Ceredigion is available on the following pages of this leaflet.

Names marked with an asterix (*) are Female Doctors.

**Aberystwyth**

**Drs Edwards, Williams, Nicholls*, Jones, Evans, Moon**  
☎ 01970 624855
Meddygfa’r Llan Church Surgery  
Portland Street  
Aberystwyth  SY23 2DX

**Drs Evans, Davies, Colbourn*, Davies*, Gerrard*, Humphreys**  
☎ 01970 613500
Ystwyth Primary Care Centre  
Parc-y-Llyn  
Llanbadarn Fawr  
Aberystwyth  SY23 3TL,

**Drs Penry*, Manning*, Roberts, Evans, Smart*, Stieler**  
☎ 01970 624545
Padarn Surgery  
26 North Parade  
Aberystwyth  SY23 2NF
Borth

Drs Hosker, Williams  01970 871475
Borth Medical Practice
High Street
Borth  SY24 5HZ,

Llanilar

Drs Godfrey-Glynn*, Williams  01974 241556
Llanilar Health Centre
Llanilar  SY23 4PA

Lampeter

Drs Lloyd-Jones, Jones, Davies, Matthew*, Iama  01570 422665
The Surgery
Taliesin Court
Lampeter  SA48 7AA,

Llanybydder

Dr Rowlands,  01570 480244
Brynmeddyg Surgery
Llanybydder  SA48 9RW

Cardigan

Drs James, Thomas*, Knight  01239 621227
Ashleigh Medical Practice
Napier Street
Cardigan  SA43 1ED
Drs Russell, Cole, Thomas, Cuddigan*, Butler*

Cardigan Health Centre
Feidrfaer
Cardigan SA43 1EB

Aberaeron / New Quay

Dr Price-Jones
Oxford Street Surgery
Oxford Street
Aberaeron SA46 0JB

Drs Herbert*, Thomas, Evans
Tanyfron Surgery
7-9 Market Street
Aberaeron SA46 0AS

Drs Williams, O’Connor, Morgan

New Quay Surgery
Church Road
New Quay SA45 9PB

Llandysul

Drs Thomas, Gard, Rooke*, Thomas, Llewelyn*

Llynyfan Surgery
Llynyfan Road
Llandysul SA44 4JX
Drs Jeremiah, Jay*, Gordon*, Jones, Roberts
Teifi Surgery
New Road
Llandysul  SA44 4QJ

Newcastle Emlyn

Drs Jones*, Evans, Noakes, Lindsay, Farrington*
Meddygfa Emlyn
Newcastle Emlyn  SA38 9NS

Tregaron

Drs Thomas, Langley, Adair*
Tregaron Surgery
Salop House
Tregaron  SY25 6HA

What if I need to call a Doctor Out of Hours?

The ‘Out of Hours’ service (as it is known) will operate from 6.30 p.m. on weeknights to 8.00 a.m. the next working day; as well as the whole of Saturdays, Sundays and Bank Holidays.

The ‘Out of Hours’ service is for urgent and serious medical problems that cannot wait until your own surgery is open. It is important to use the service properly so that the Doctor can see patients who are most in need. If you genuinely need help you should not be afraid to call the GP.
You will be told how to get the medical advice you need, and you may be asked to attend an ‘Out of Hours’ Treatment Centre.

**DENTISTS**

For details of dentists currently accepting new NHS patients, please contact NHS Direct Wales on 0845 4647. They hold the list of dentists currently accepting new patients in Ceredigion and the ‘Dyfed Powys’ area. You should also contact NHS Direct Wales if you require further information on treatment in an emergency.

At the time of writing this leaflet access to National Health Service dental care is becoming increasingly difficult in most of West Wales and patients are having to travel long distances to their nearest accepting NHS dentist.

If you are looking for an NHS dentist you should contact NHS Direct regularly to find out if a dentist is accepting new patients within a distance that you are able to travel, as the situation is constantly changing.

For further information, if you are not registered with a dentist and are concerned about emergency pain relief you should ring NHS Direct Wales for an assessment and they will arrange an appointment if appropriate.
OPTICIANS

Aberystwyth

Dolland & Aitchinson
Unit 1
2-4 Great Darkgate Street
Aberystwyth  SY23 1DE

Specsavers Opticians
30 Great Darkgate Street
Aberystwyth  SY23 1DE

Rayners Opticians
31 Great Darkgate Street
Aberystwyth  SY23 1DE

Mr Clive Williams
15 Baker Street
Aberystwyth  SY23 2BJ

Aberaeron

Mr Clive Williams
Ianthe House
17 Market Street
Aberaeron  SA46 0AU

☎ 01970 617274
☎ 01970 636170
☎ 01970 612209
☎ 01970 611555
☎ 01545 570211
Cardigan

Rayners Opticians
6 High Street
Cardigan SA43 1HF

Pritchard Cowburn Opticians
4 William Street
Cardigan SA43 1EL

Lampeter

Evans & Hughes
7 Bridge Street
Lampeter SA48 7HG

Rayners Opticians
2 High Street
Lampeter SA48 7BA

Llandysul

Miss J J Evans
Grey Villa
Wesley Hill
Llandysul SA44 4QJ

Newcastle Emlyn

Mr O W Stevens
4-5 Royal Oak Mews
Newcastle Emlyn SA38 9AS
PHARMACIES (CHEMISTS)

Your Chemist can advise what “over the counter” remedies you can take for minor problems such as coughs, colds, sore throats, indigestion, constipation, diarrhoea, headaches, muscle aches and sprains. Remember that you don’t need an appointment – just walk in.

Aberystwyth

**Boots Chemist**
53-55 Terrace Road
Aberystwyth SY23 2AF

📞 01970 612292

**Lloyds Pharmacy**
30 North Parade
Aberystwyth SY23 2NF

📞 01970 612694

**Lloyds Pharmacy**
8-10 North Parade
Aberystwyth SY23 3ND

📞 01970 624325

**Mr G L James**
33 Terrace Road
Aberystwyth SY23 2AE

📞 01970 612587

**Safeway Stores plc**
Llanbadarn Fawr
Aberystwyth SY23 3TL

📞 01970 617108
Aberaeron

Boots Chemist  
5a Bridge Street  
Aberaeron  SA46 0AP  
☎ 01545 571231

Lloyds Pharmacy  
2 Alban Square  
Aberaeron  SA46 0AD  
☎ 01545 570324

Aberporth

Penrhyn Pharmacy  
Aberporth  SA43 2EU  
☎ 01239 810228

Borth

The Pharmacy  
High Street  
Borth  SY24 5NA  
☎ 01970 871225

Cardigan

Boots Chemist  
3 Pendre  
Cardigan  SA43 1JL  
☎ 01239 621578

Caerleon Pharmacy  
23 Pendre  
Cardigan  SA43 1JT  
☎ 01239 612400
Lampeter

Adrian Thomas Ltd
3 High Street
Lampeter SA48 7BA

Boots Chemist
9a Harford Square
Lampeter SA48 7DX

Lloyds Pharmacy
17 Bridge Street
Lampeter SA38 7AA

Llandysul

The Pharmacy
Velindre
Llandysul SA44 5UH

Lloyds Pharmacy
New Road
Llandysul SA44 4QL

Tysul Pharmacy
8 Lincoln Street
Llandysul SA44 4BJ

Llanybydder

Mrs S A Jeremiah
The Square
Llanybydder SA40 9UE

☎ 01570 422566
☎ 01570 422568
☎ 01570 422596
☎ 01559 371162
☎ 01559 362267
☎ 01559 362204
☎ 01570 480387
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<thead>
<tr>
<th>Location</th>
<th>Pharmacy</th>
<th>Phone Number</th>
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<tr>
<td>Newcastle Emlyn</td>
<td>Boots Chemist</td>
<td>01239 710240</td>
</tr>
<tr>
<td></td>
<td>Sycamore Street</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Newcastle Emlyn SA38 9AJ</td>
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<tr>
<td></td>
<td>Bridge Pharmacy</td>
<td>01239 710246</td>
</tr>
<tr>
<td></td>
<td>Newcastle Emlyn SA38 9DX</td>
<td></td>
</tr>
<tr>
<td>New Quay</td>
<td>Central Pharmacy</td>
<td>01545 560294</td>
</tr>
<tr>
<td></td>
<td>Arfryn</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Church Street</td>
<td></td>
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<tr>
<td></td>
<td>New Quay SA45 9NX</td>
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<tr>
<td>Talybont</td>
<td>The Pharmacy</td>
<td>01970 832297</td>
</tr>
<tr>
<td></td>
<td>Talybont SY24 5HA</td>
<td></td>
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<tr>
<td>Tregaron</td>
<td>The Pharmacy</td>
<td>01974 298265</td>
</tr>
<tr>
<td></td>
<td>Chapel Street</td>
<td></td>
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<td></td>
<td>Tregaron SY25 6HA</td>
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CEREDIGION AND MID WALES NHS TRUST

The Trust provides community and hospital services to the residents of Ceredigion and its neighbouring areas.

HOSPITALS

Bronglais General Hospital  01970 623131

Aberystwyth SY23 1ER
or visit the website  www.ceredigion-tr.wales.nhs.uk

The hospital provides:
  Inpatient and outpatient services
  A Day Surgery Unit
  Day care unit for the elderly
  Maternity services
  A base for community services

Visiting hours are normally 3.00pm – 8.00pm but please check with the ward.

Please do not use mobile phones within the hospital.

ACCIDENT AND EMERGENCY DEPARTMENT OPEN 24 HOURS A DAY

Bronglais Hospital has a shop in the foyer of the Outpatients Department open from 8.45am to 7.30pm Monday to Friday and 2.00pm to 6.00pm on Saturday and Sunday. The shop provides confectionery, fruit, toiletries, flowers, newspapers,
magazines cards, gifts and stamps. Gifts can be delivered from the shop to the patients in hospital.

Newspapers are sold on the wards each morning and sweets and toiletries in the afternoon. These services are provided by volunteers.

The Canteen is open to visitors to the hospital for hot meals, snacks and drinks. Opening times are 8am – 2pm, 3pm – 5pm and 6pm – 7.15pm.

There is a parking fee payable at the Bronglais car park. However, a free “Park and Ride” scheme operates from the free car park on Park Avenue, the bus stops directly outside Bronglais Hospital. The bus runs every 15 minutes beginning on the hour from Park Avenue.

**Aberaeron Hospital**
Aberaeron SA46 0JJ

The hospital provides
Out patient services
A base for community services

**Cardigan and District Memorial Hospital**
Cardigan SA43 1DP

The hospital provides:
Inpatient and outpatient services
A base for community services

Visiting hours 2.00pm - 8.00pm
The hospital provides
    Inpatient and outpatient services
    A base for community services.

Visiting hours 3.00pm – 8.00pm.

Other Ceredigion & Mid Wales Trust Telephone numbers

Cardigan Clinic            01239 612214
Community nursing including Marie Curie       01970 623131
Family planning            01970 636200
Health visitors        01970 623131
Lampeter Clinic             01570 422670
McMillan nurses            01970 623131
Midwifery (Emergency service)          01970 623131
North Road Dental Clinic           01970 623131
North Road Eye Clinic           01974 624711
Radio Bronglais            01970 635742

Outpatient Clinics

If your GP refers you to an outpatient clinic, the outpatients department will send you a letter. This will give you the information you need along with your appointment time and date. **If you are unable to attend or no longer need the appointment, please let the relevant outpatients**
The department know. The telephone numbers will be on your appointment letter and on page 18.

Please read your appointment letter carefully, if you are asked to bring anything with you such as a urine sample or your current medication, please try to remember to do so.

If you have any special needs such as a wheel-chair or sign language interpreter, please let the clinic know in advance.

Parking at the hospitals can be difficult, please allow time for this before your appointment.

If you need ambulance transport to your first appointment, the GP will arrange this for you. The clinic will make the arrangements for any further appointments.

When you arrive at the hospital or clinic, please take your appointment letter/card to the reception desk and they will direct you to the correct place.

It may help you to write down before hand any questions you may have about your illness. Do not be afraid to ask questions, the doctor, nurse or therapist you see will be pleased to try to answer them. Remember to bring your list with you. A close friend or relative may come with you if you wish. The NHS appreciates how important carers can be to your well being and in your treatment, staff will always try to consult them about your care if you ask for them to be included.
Inpatients

If you cannot keep your appointment, or no longer need the appointment, please tell the hospital. The telephone number will be on your appointment letter or on page 18.

Coming into hospital

Your letter will tell you where you need to go in the hospital but if you are not sure, please ask at the main reception desk and they will be able to help you.

Please read your appointment letter carefully and bring it with you to the hospital.

You will also need to bring

- your current medication
- personal items such as toiletries, towels, night clothes, dressing gown and slippers
- your walking stick or other mobility aid if used
- children may like to bring a favourite toy or book.

You may also wish to bring

- some books or magazines to read
- writing paper, envelopes and stamps
- small change to buy newspapers or items from the trolley
• coins for the telephone, there is a mobile telephone on each ward which can be brought to your bedside.

There is a limited amount of storage space on the wards, if possible, ask a relative or friend to come with you to the hospital and to take away any clothes you will not need during your stay. Arrangements should be made for your personal laundry to be done by your relatives or friends.

Please avoid bringing jewellery, valuables or large amounts of money. If this cannot be avoided, please hand the property or money to the ward staff. You will receive a receipt and the items will be placed in the hospital safe. The Hospital cannot accept liability for any loss or damage to property unless it is handed over for safekeeping and you have a receipt.

If you are receiving state benefits, please check with the Benefit Office before coming to hospital as your stay may affect the benefit you receive.

**Going home**

It is important that you discuss your discharge arrangements with the nurses, your carers and family can be involved in these discussions if you wish. You can start these discussions as soon as you arrive, especially if you will need nursing or residential care when you leave hospital. If there is no place available in the home of your choice, it may be necessary for you to take a temporary place else where until the home of your choice can accommodate you.
The ward staff will ensure that your follow up outpatient appointment will be made and that community staff will call to see you if this is necessary.

You can help the staff by making arrangements for someone to take you home or informing the staff if there is no-one available. If someone is collecting you, please remind them to bring clothes for you to travel in.

When you leave, please take your GP discharge note and any medication you have been prescribed.

If you need a medical certificate, please tell the nurses.

**Day Surgery**

Many patients no longer need to stay in hospital if they need an operation. If this is the case for you, you will be given the information about coming to the hospital in your appointment letter.

**Enquiries by relatives and friends**

Relatives and friends may enquire about your progress by telephoning the hospital. To keep calls to a minimum, please ask one member of your family to act as the hospital link and inform the rest of the family.

**Community Services**

If you need these services you will be referred to them by your GP or the hospital. They include:

- District Nursing
- Health visiting
Podiatry (foot care)
Dietetics (food and nutrition)
Occupational Therapy
Physiotherapy
Speech and Language Therapy
Mental Health Services
Learning Disability Services
Children’s/Family Services

Compliments & Suggestions

If you were pleased with the way you were treated by Trust staff, please tell the department or individual looking after you, this will help them know what they are doing well.

If you have any suggestions as to how Trust services can be improved, please use the suggestion cards/books where available or contact the Patient Involvement Officer (who covers all Trust services) at Bronglais Hospital, address and telephone number on page 18.
The following section includes some basic information about Carmarthenshire NHS Trust. If you would like further information the Trust will have its own Directory of Services, which is available from:

Head of Communications & Media Relations,  
Mynydd Mawr Hospital 📞 01554 756567  
Tumble  
Llanelli

In addition, for further information about the Trust, please visit:  
www.carmarthen.wales.nhs.uk

**Hospitals**

Carmarthenshire NHS Trust provides a wide range of hospital and community services. Health care services are provided from two main hospital sites.

West Wales General Hospital 📞 01267 235151  
Glangwili  
Carmarthen SA31 2AF

Prince Philip Hospital 📞 01554 756567  
Dafen  
Llanelli SA14 8QF

**Outpatients Appointments**

The Trust will write to you four weeks before they expect to see you to give you details of how they will make your
appointment. Once your appointment is made, a letter will be posted to you confirming the appointment details.

Admission Procedures

You will receive a letter giving you your admission date together with a booklet which provides information for your needs.

Visiting Times

Visiting times vary from ward to ward. Please check with ward staff. Information sheets on visiting times are available in the main reception areas.

HOSPITALS IN NEIGHBOURING AREAS

Withybush Hospital  ☎️ 01437 764545
Fishguard Road, Haverfordwest, SA61 2PZ

Bro Ddyfi Community Hospital  ☎️ 01654 702266
Machynlleth  SY20 8AD

Tywyn Memorial Hospital  ☎️ 01654 710411
Tywyn  LL36 9HH

Llanidloes Hospital  ☎️ 01686 412121
Llanidloes  SY18 6HF

Llandrindod Wells County War Memorial Hospital  ☎️ 01597 822951
Llandrindod Wells  LD1 5HF
Montgomery County Infirmary
Newtown  SY16 2DW  ☎  01686 617000

St David’s Hospital
Carmarthen  SA31 3HB  ☎  01267 237481

University Hospital of Wales
Cardiff  CF14 4XW  ☎  029 2074 7747

Morriston Hospital
Swansea  SA6 6NL  ☎  01792 702222

Singleton Hospital,
Sketty, Swansea. SA2 8QA  ☎  01792 205666

**How to make a complaint**

If you have a concern about your experience with any part of the NHS, we hope that you will feel able to raise it with the person concerned so that the problem can be sorted out straight away.

If your problem cannot be sorted out in this way, and you wish to make a complaint, this should be directed to the practice or Hospital/NHS Trust concerned.

The NHS Complaints Procedure makes it compulsory for all parts of the NHS to have a formal system for handling complaints. This applies both to Hospital & Community Services provided by NHS Trusts, and to Family Health Services Practitioners (ie GPs and their teams, Dentists, Pharmacists and Ophthalmologists) providing NHS care. There will be an identified ‘Complaints Manager’ in each NHS organisation.
You may find it useful to get in touch with the CHC’s Complaints Advocate, who can provide independent advice and offer patients support through the NHS process.

**Dyfed Complaints Advocate:**

📞 0845 6650763 (charged at the local rate)

Dyfed Federation of Community Health Councils,
Freepost CHC
103 Lammas Street
Carmarthen, SA31 3AP
E-mail: dyfedchc@btconnect.com

**How can I get involved?**

What you think of your NHS is important. We can’t make changes without your help. We need to know what works, what doesn’t and how best to fix problems for you and your family. Luckily, there are more ways than ever to make your voice heard to help improve your local health service.

If you are interested you could:

- Join one of the patient or user groups at your local hospital or GP practice
- Attend Board Meetings, which are open to the public (see our websites for further details)
- Respond to consultations on service changes by attending public meetings or commenting on plans
- Take part in a patient survey, if asked to do so – your views really count
Tell the Local Health Board your views on improving NHS services – we welcome feedback and in particular how services can be improved.

For further information on how to get involved you can contact:

Public Involvement & Voluntary Sector Partnership Officer
Ceredigion Local Health Board
☎ 01570 424100

Public and Patient Involvement Officer
Ceredigion & Mid Wales NHS Trust
☎ 01970 623131

Ceredigion Community Health Council
☎ 01970 624760

OTHER USEFUL ADDRESSES AND TELEPHONE NUMBERS

*NHS DIRECT* ☎ 0845 46 47

**Community Health Council**
The Community Health Council (CHC) is an independent body which looks after the interests of residents who use the NHS. If you need help or advice regarding the NHS, please contact your local office.

Ceredigion CHC
☎ 01970 624760
8 Portland Road
Aberystwyth SY23 2NL
Meirionydd CHC
Beechwood House
Dolgellau   LL40 1BR

Montgomery CHC
Ladywell House
Newtown   SY16 1JB

Carmarthen/Dinefwr CHC
103 Lammas Street
Carmarthen   SA31 3AP

Llanelli/Dinefwr CHC
103 Lammas Street
Carmarthen   SA31 3AP

Pembrokeshire CHC
5 Picton Place
Haverfordwest   SA61 2LE

Dyfed-Powys Police
Aberystwyth
01970 612791
Aberaeron
01545 570222
Cardigan
01239 612209
Lampeter
01570 422526
Llandysul
01559 363221
Tregaron
01974 299194

Citizens Advice Bureaux
Aberystwyth
01970 612817
Cardigan
01239 613707
Lampeter
01570 423600
Ceredigion Social Care

Ceredigion Social Services provide support for adults, children and young people with a range of different needs. Following thorough assessment, they work with the users of the services to enable them to live as independently as possible by providing:

- Individual support and advice
- Providing help at home
- Aids and adaptations
- Day Centre support
- Short breaks

They also support close relatives and friends, who are informal carers, to enable them to continue caring for people with social care needs as long as possible.

Ceredigion County Council aim to develop a range of services across all care groups to offer more choice, be responsive and flexible, with a particular emphasis on older people in the county and the needs of young carers.

Ceredigion Social Services Contact Centre number is ☎️ 01545 574000

The Emergency Out of Hours number is ☎️ 0845 6015392.
Voluntary Organisations

For further information on local voluntary organisations please contact Ceredigion Association of Voluntary Organisations  
☎ 01570 423232  
e-mail gen@cavo.org.uk

Red Cross Home from Hospital Scheme  
☎ 01239 615686

Ceredigion Crossroads  
☎ 01970 627966

Cruse Bereavement Care Cymru  
☎ 029 20886913  
Cardigan  
☎ 01239 621141

Age Concern Ceredigion  
☎ 01970 615151

Ceredigion Care and Repair  
☎ 01970 639920

Each hospital has a League of Friends, please contact the hospital for further details.

Carers Pack

Carers are people looking after a relative or friend who cannot manage at home without help because of a disability or illness, or because they are elderly. A “Carers Pack” has been produced which contains contact numbers as a signpost to services. For a copy please contact:

Carers Development Officer  
☎ 01970 615941  
10 Baker Street  
Aberystwyth   SY23 2BJ
Other Useful Websites and Help lines

NHS Direct Online  
www.nhsdirect.nhs.uk  
www.nhsdirect.wales.nhs.uk

The telephone numbers and websites listed below are just a few of those available, contact NHS Direct for further help.

British Heart Foundation  
📞 0845 070 8070
British Lung Foundation  
📞 0207 688 5555  
www.lunguk.org

CancerBACUP  
📞 0808 800 1234
Tenovus Cancer Information  
📞 0808 808 1010  
www.tenovus.com

Ceredigion Carers  
📞 01970 828459
Diabetes UK  
📞 0845 120 2960  
www.diabetes.org.uk

Multiple Sclerosis Society  
📞 0808 800 8000  
www.mssociety.org.uk

Parkinson’s Disease Society  
📞 0808 800 0303  
www.parkinsons.org.uk

Smoking and health  
www.ash.org.uk
Smoking and health – quitting  
www.givingupsmoking.co.uk
Sudden Infant Death (Cot Death)–Support  
📞 0870 787 0554  
www.sids.org.uk

Teenage Health Information  
www.teenagehealthfreak.org

CAVO (Ceredigion Association of Voluntary Organisations)  
They have the contact numbers for many useful organisations  
📞 01570 423232  
e-mail gen@cavo.org.uk
10 Tips to Stay Healthy

• Don’t smoke. If you need help to stop smoking, ring the Smokers’ Helpline 0800 1690 169 for information

• Keep active. Make physical activity part of your everyday routine

• Eat a balanced diet with lots of fruit, vegetables and wholegrain foods. Make sure your diet is low in sugar and fat

• Ask for a flu jab if you are 65 or over to help you stay well in winter

• Do not drink too much alcohol. Stick to sensible drinking levels

• Have fun in the sun. But protect yourself and your family from sunburn

• Practise safe sex. This can protect you from sexually transmitted infections and unplanned pregnancy. Ring the Sexual Health helpline on 0845 6048 484

• Use cancer screening services. They can detect problems at an early stage.

• Be safety aware – at home, on the roads, at work and in your leisure time

• Learn first aid. It can help save lives – find out about training courses in your area

NHS Direct Wales on 0845 46 47 can provide information on all these issues and a lot more.