



# Booth Centre

## Health and Wellbeing Support

### October 2020

### **CORONAVIRUS: COVID-19**

If you have symptoms of Coronavirus (a high temperature; a new, continuous cough; or a loss or change to your sense of smell or taste) do not go to places like a GP surgery, pharmacy, or hospital. If you have these symptoms, use the 111 Coronavirus service to find out what to do.

### **GP: Urban Village Medical Practice**

URBAN VILLAGE  
MEDICAL PRACTICE



Address: Ancoats Primary Care Centre, Old Mill Street, Manchester M4 6EE  
Registrations Online: You can register online at [www.uvmp.co.uk/](http://www.uvmp.co.uk/) and a member of their team will contact you to complete the registration.  
Registration by Phone: You can request to register over the phone on 0161 272 5656 and a member of their team will contact you to complete the registration. You can request the following support and services on their website [www.uvmp.co.uk/](http://www.uvmp.co.uk/): Prescriptions, Sick Notes, ask advice from GP or Nurse.

### **Emergency GP: Boots Walk-In Centre**

You can call 0161 839 6227 for a consultation.

The Walk-in Centre itself is currently closed.

### **Hospitals**

Manchester Royal Infirmary:  
73 Oxford Road, Manchester M13 9WL - 0161 276 1234

North Manchester General Hospital:  
Delaunays Road, Manchester M8 5RB - 0161 624 0420

Salford Royal Infirmary:  
Stott Lane, Salford M6 8HD - 0161 789 7373

### **Dentist**

Contact NHS 111 if you have a dental emergency and cannot contact your regular dentist.

### **Revive Dental Care at UVMP**

If you have a dental emergency only, you can contact Revive on 0161 274 1655. You will be given an initial assessment via telephone and transferred to one of their emergency hubs.



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#### Mental Health Support

- In a mental health emergency you should visit your local A&E or call 999.
- You can contact your GP for an emergency appointment.
- You can call the NHS non-emergency number, 111, and speak to an adviser.
- They will ask you a series of questions and help you get the right care.
- Crisis Point 01922 722 777.
- Manchester Mental Health and Homeless Team 0161 271 0288.
- Call Manchester Mind on 0300 1233393 between 9am and 6pm Monday to Friday or send an email to [advice@manchestermind.org](mailto:advice@manchestermind.org). You can also text 'Shout' to 85258 to immediate help 24/7.
- Self Help Services can be contacted on 0161 226 3871 to arrange a telephone or video appointment to discuss your mental health.
- Samaritans are available for people in a mental health crisis and can be contacted on the free phone number 116 123 around the clock.
- Sane Line: You can call 07984967708 and leave a message with your first name and contact number. One of their senior volunteers or mental health professionals will call you back as soon as possible. You can also email [support@sane.org.uk](mailto:support@sane.org.uk) for support.

#### Out of Hours Mental Health Support

- Greater Manchester Mental Health out of hours helpline is 0161 271 0450.
- 24 hours Greater Manchester Mental Health crisis line is also open. You can call any time, day or night if you feel your mental health is beginning to suffer. Contact numbers are 0800 953 0285 or 01204 483071.

#### Support with Substance Misuse

- Change Grow Live (CGL) 0161 214 0770 (43a Carnarvon Street, Manchester, M3 1EZ).  
Appointments are still taking place, but it will be over the phone. If you need a face-to-face appointment, please give them a ring. Prescriptions are being sent to pharmacies. They can still give out prescriptions face-to-face if it is needed. You can check out their website on <https://www.changegrowlive.org>.
- Alcohol Anonymous -0800 917 7650, 10am – 10pm.  
Online meetings are available as well as online chats
- Narcotics Anonymous -0300 999 1212, 10am – midnight.



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## Specialist Agencies

### **MASH:**

#### **Support for women who are homeless**

Please call 0161 273 4555 or 0800 1830 499.  
Based at 94-96 Fairfield St, Manchester M1 2WR.

### **The Men's Room:**

#### **Support for men who are homeless**

Please call 0161 834 1827 or call Hayley on 07582 243 701.  
Based at First Floor Raven House, 113 Fairfield Street, Manchester M12 6EL..

### **St Mary's Helpline**

St Mary's have a 24/7 helpline for people who have experienced a sexual assault, 0161 2766515.  
Based at York Place, Oxford Road, Manchester M13 9WL.

### **LGBT Foundation**

Please call 0345 3303030 if you are an LGBT person needing support.  
Based at 5 Richmond Street, Manchester M1 3HF.

### **Age Concern**

They support the elderly with a variety of services which can be found on their website [www.ageuk.org.uk](http://www.ageuk.org.uk) or you can call 0800 055 6112 between 8am and 7pm, 7 days a week.