

GROUPS AND CLUBS

ROSE AVENUE THURSDAY CENTRE
Every Thursday 10.30 – 3.00
Tea, coffee, sandwiches and cakes
Bill Tarry 812240 / Doreen Birr 815771

HAZLEMERE MORNING WI
Cedar Barn, Cedar Barn Road
3RD Wednesday of month 10.00 a.m.

HAZLEMERE EVENING WI
Community Centre, Rose Avenue
2ND Wednesday 7.45 p.m.

WOMEN'S WELCOME CLUB
British Legion Hall, Hazlemere
Alternate Tuesday evenings – 7.30 p.m.
Mrs Ridgeley 01494 812321



VISITING YOUR DOCTOR OR NURSE

Yearly visits of the elderly with carer are recommended for a review of health and medication.

AGE UK

www.ageuk.org.uk
0800 169 6565

CARERS BUCKS

For all carers' concerns
www.carersbucks.org
01494 463536

LIVE IN CARERS

www.oxfordaunts.co.uk
www.country.cousins.co.uk
www.universal-care.co.uk

MEDIC ALERT

Bracelet/necklace information
www.medicalert.org.uk
0800 581420 or ask at doctor's surgery

ADVANCE DIRECTIVE (Living Will)

Information available from Practice Nurses

MEMORY PROBLEMS

Alzheimer's Society
Helpline 0845 300 0336
www.alzheimers.org.uk
South Bucks Office: 01494 670909

NHS DENTISTRY

Urgent Out of Hours 0845 602 0703
www.buckspt.nhs.uk

Highfield Surgery
Highfield Way
Hazlemere
HIGH WYCOMBE
HP15 7UW

Phone: 01494 813396 / 813496

Web: www.highfieldsurgeryhazlemere.co.uk

HIGHFIELD SURGERY

USEFUL INFORMATION FOR OVER SIXTIES AND CARERS



Dr Jill Deacon
Dr Martin Davis
Dr Lena Poulton
Dr Sarah Rapsey

DISTRICT NURSE
Direct Line: 08442 252404

HELP NEEDED?	WHO CAN OFFER HELP?
Help with regular home nursing	District Nurse
Regular day care	Social Services: Various private homes
Care when carer needs a "night off" or "break" or holiday	Social Services: Crossroads, Careline, various private nursing agencies
Sitting Service—provides short periods of respite care in the home to allow carers to have a break	St John's Ambulance Sitting Service 01494 689955
Help with lifting after a fall	Ambulance - dial 999
Incontinence	District Nurse or Pharmacist
Aids and appliances to help you care, to lift, or to adapt your home	District Nurse or Social Services who may refer you to an Occupational Therapist, Red Cross, Disabled Living Foundation
Help with transport for hospital appointments	Hospital transport - First visit must be requested by GP then you must ask the hospital Appointments Department to arrange transport for further appointments
Help with transport for other trips, e.g. eye tests, GP surgery, shopping, clubs, visits, etc	Community Transport Hub (info on all services) Dial-a-Ride, Good Neighbours - Hazlemere, Village Care - Penn & Tylers Green British Red Cross - Volunteer Transport
Collection of prescriptions	Village Care - Penn & Tylers Green
Support and advice for patients and carers	District Nurse or Social Services
Fitting special alarms/telephones	Wycombe District Council Community Call Service or Age UK
Chiropody	Referral by Nurse or Private (see Yellow Pages)
Disabled Parking Badge	Local Social Services — 01494 475000
Local Cancer Support	South Bucks Hospice Day Care Centre
Wheelchairs	District Nurse or Red Cross
Prescriptions by Post	www.pharmacy2u.co.uk Tel: 0845 803 9033
Home from Hospital Service British Red Cross (free service up to 2 weeks)	0844 4122 750

USEFUL NUMBERS

DISTRICT NURSES	08442 252404
HEALTH VISITORS	01494 512162
PHARMACIES	
Rowlands Pharmacy	01494 711557
Boots (Park Parade)	01494 711713
Lansdales (Penn Surgery)	01494 816163
COMMUNITY TRANSPORT HUB	0800 085 8480
WYCOMBE DIAL-A-RIDE	01494 441818
VILLAGE CARE (10.00-13.00) (Penn and Tylers Green)	01494 816909
GOOD NEIGHBOURS Hazlemere (10.00-13.00)	01494 716363
BRITISH RED CROSS (TRANSPORT)	01908 270726
SHOPMOBILITY	01494 472277
CROSSROADS CARE	01494 568980
CARERS BUCKS	01494 463536
SOCIAL SERVICES High Wycombe	01494 475000
BRITISH RED CROSS (MEDICAL LOANS) High Wycombe Amersham	01494 521512 01494 729581
BENEFIT ENQUIRY LINE	0800 882200
WYCOMBE DISTRICT COUNCIL 24-HOUR EMERGENCY CALL SERVICE	0800 328 8878 01494 421626
CITIZENS ADVICE BUREAU	08444 994108
CRUSE - HIGH WYCOMBE	01494 511117
AGE UK	01296 431127
DISABLED LIVING FOUNDATION	0845 130 9177
NHS DIRECT	0845 46 47
SOUTH BUCKS DAY HOSPICE	01494 537775