

Local Telephone Numbers

Adult Social Care	424470
- out of hours	424530
Children's Services	424490
Children's Social Care	424483
Council	0300 234 105
Community Nursing	422392
Dentist	weekdays 01720 624001
	out of hours 0333 405 0290
Health Centre	422628
Healthwatch office	423037
Health Visitor	423722
Hospital	422392
- patients telephone	422776
Library	424322
Lifelong Learning	424444
Medical Launch	07775 612608
Midwife (on call)	01872 258000
Park House	422699
Pharmacy	422021
	scilly.prescriptions@nhs.net
Police station	422444
- non urgent calls	08705 777444
Optician	422628
School Nurse	423722
Volunteer Car Service	422628

Buzza bus

to book Buzza Bus: 07810 747369

to register: 01872 266886

Medical advice out of hours:
for advice, ring 01720 422628
in an emergency dial 999

Isles of Scilly Churches

Church of England 423911

email: scillychaplain@perrangay.com

Methodist 422406

www.scillymethodists.co.uk

Roman Catholic

01736 362619/ 01720 422035

email: admin@penzancecatholicchurch.org



Unit 1, Gleaner House
 Buzza Street
 St Marys
 Isles of Scilly
 TR21 0HW

Telephone: 01720 423037

Email: contact@healthwatchislesofscilly.co.uk

www.healthwatchislesofscilly.co.uk



Healthwatch-Isles-of-Scilly



@HWSilly

See our other useful leaflets:

- Getting to your appointment
- RCH Treliske by public transport
- Penzance Hospitals by public transport

Information and leaflets can be downloaded at:

www.healthwatchislesofscilly.co.uk

If you would like to receive this leaflet in a different format please contact us.

Company no. 8321886
 Registered Charity no. 1152039

Loads of useful numbers



Updated April 2019

Travel

To book travel to all mainland medical appointments:

RCHT Patient Transport Office:
01872 25 22 11

Email: rch-tr.PatientTransport@nhs.net

Open 8.00 am - 8.00 pm Mon - Fri
10.30 am - 5.00 pm Sat & Sun

If your journey includes travel from an off island, you can reclaim this cost. Ask for a reference code from the patient transport office before booking your travel.

Skybus/Scillonian 01736 334249

TAPs (volunteer car service) 01872 223388

Hospitals

Royal Cornwall Hospital Treliske	01872 250000
West Cornwall Hospital	01736 874000
St Michaels Hospital Hayle	01736 753234
Bellair Health Clinic	01736 575500
Truro Health Park	01872 221440

General Sources of Advice and Support

NHS Choices:	www.nhs.uk
NHS England National Call Centre	0300 311 22 33

Patient Advice and Liaison services

Royal Cornwall Hospitals Trust	
Patient and family experience team	01872 252793 rch-tr.patientexperience@nhs.net
PALS	
Cornwall Foundation Trust	01208 834620 cpn-tr.palscft@nhs.net
Smile Together (Dental service)	0333 405 0290 smile.together@nhs.net

Other information and signposting:	
Patients Association helpline open 9:30am to 5:00pm Mon to Fri www.patients-association.com	Age UK - Cornwall and Isles of Scilly Local number 01872 266383 07471 218438 www.ageuk.org.uk email@ageukcornwall.org.uk
Independent Health Complaints Advocacy Service For support and information if you want to make a complaint about the NHS. SEAP Healthwatch Isles of Scilly is the local contact for Health Complaints Advocacy.	Independent Age 0800 319 6789 www.independentage.org
Care Quality Commission www.cqc.org.uk	Dementia UK 0800 88 8 6678 helpline@dementia.uk.org
Regulates the quality of health and social care services in England Citizens Advice Bureau (CAB) www.citizensadvice.org.uk Visit Scilly every second Thursday of the month. Provide free confidential and independent advice on a number of issues,	Alzheimers Society 0300 222 222 1122
Tax Credit Helpline	Macmillan Cancer Support 0808 808 00 00 www.be.macmillan.org.uk
Department of Work and Pensions	Information and advice , online and to order free booklets:
Jobcentre Plus (Penzance)	Stroke Association 303 3033 100 www.stroke.org.uk
Inclusion Cornwall Offer advice ranging from housing, health, heating, transport, employment, volunteering and funding.	AddAction 0333 2000 325 Help with drug and alcohol problems, also offer support and counselling for the whole family. There is a visiting Recovery Coordinator 07899 777391
Community energy plus www.cep.org.uk Offer free energy advice and home energy health checks. They visit Scilly on occasion where they can offer home visits.	YZUP 01872 300816 Young person drug & alcohol service -9am - 5pm
Victim Support helpline If you require support but do not want to report the crime to the police. Mon - Fri 12 - 6 pm.	 0800 1111 1111
Victim Care Unit Supporting those affected by crime. Lines open Mon - Fri 8 am - 8 pm Sat, Sun and Bank Holiday 9 am - 5 pm	Outlook South West 01208 871905 Counselling service, visits IOS. www.outlooksw.co.uk
	Silver Line 0800 470 8090 Help and support for older people.
	Samaritans helpline 116 123
	Nightlink helpline 0808 8000 306 Listening & support for anyone who is experiencing emotional distress. Nightly, 5pm til 7pm
	First Light 01392 475900 www.victimcare.org.uk Support for domestic abuse and sexual violence Cornwall & IOS domestic abuse helpline 0300 777 4777 Cornwall & IOS Sexual violence and assault helpline 03003034626