

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 03334050291
	weekend 03334050290
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



@HWScilly

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 2021

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
rcht.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

Independent Health Complaints Advocacy Service

For support and information if you want to make a complaint about the NHS.

SEAP info@seap.org.uk 0300 4409000
Healthwatch Isles of Scilly is the local contact for Health Complaints Advocacy.

Care Quality Commission www.cqc.org.uk 03000 616161

Regulates the quality of health and social care services in England

Citizens Advice Bureau (CAB) 03444111444

www.citizensadvice.org.uk
Visit Scilly every second Thursday of the month. Provide free confidential and independent advice on a number of issues,

Tax Credit Helpline 0345 300 3900

Department of Work and Pensions 0345 060265

Jobcentre Plus (Penzance) 0345 604 3719

Inclusion Cornwall 01872 326440

www.inclusioncornwall.co.uk

Offer advice ranging from housing, health, heating, transport, employment, volunteering and funding.

Community energy plus 0800 954 1956

www.cep.org.uk or 01872 245566

Offer free energy advice and home energy health checks.

They visit Scilly on occasion where they can offer home visits.

Victim Support helpline 0333 2574239

If you require support but do not want to report the crime to the police. Mon - Fri 12 - 6 pm.

Victim Care Unit 01392 475900

www.victimcare.org.uk

Supporting those affected by crime. Lines open Mon - Fri 8 am

- 8 pm Sat, Sun and Bank Holiday 9 am - 5 pm

Age UK - Cornwall and Isles of Scilly

Local number 01872 266383
07471 218438

www.ageuk.org.uk
email@ageukcornwall.org.uk

Independent Age

0800 319 6789
www.independentage.org

Dementia helplines

Dementia UK 0800 88 8 6678
helpline@dementia.uk.org

info@seap.org.uk 0300 4409000

Healthwatch Isles of Scilly is the local contact for Health

Complaints Advocacy.

Alzheimers Society 0300 222 222 1122

Macmillan Cancer Support

0808 808 00 00
www.be.macmillan.org.uk

Information and advice , online and to order free booklets:

Stroke Association

303 3033 100
www.stroke.org.uk

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

YZUP

01872 300816

Young person drug & alcohol service -9am - 5pm



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

www.firstlight.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