

## Useful Contacts

NHS Direct provides confidential health advice and information around the clock.

You can visit: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

Go to NHS Direct Interactive on digital TV - on Freeview Channel 108

Phone NHS Direct on 0845 4647

**In the event of a Medical Emergency dial: 999**

### ■ Help Lines:

- Age Concern Cambs. Advocacy Service: - 01354 696541  
Office Hours: 9am - 1pm Monday - Friday
- Alzheimer's Society - Huntingdon: - 01480 415235  
Outreach Workers: available Monday – Thursday 9am – 5pm.  
24 Hours 7 Days a week Answer Phone service available.
- Beds. & Cambs. Rural Support Group: - 01480 477123  
Project Manager: Signposting and befriending service.  
24 Hours 7 Days a week Answer Phone regularly monitored.
- Benefit Enquiry Line: - 0800 882200  
Office Hours: Mon - Fri 8.30am – 6.30pm & Sat 9am – 12MD.
- Cambridge & District Citizen's Advice Bureau: -  
0844 848 7979
- MIND: - National Association for Mental Health – 01480 470480  
Office Hours: Monday – Friday 9am – 5pm.  
24 Hours 7 Days a week Answer Phone service available.
- Carers Support Team - Huntingdon: - 01480 420617  
Office Hours: Monday - Thursday 9.30am – 2.30pm  
24 Hours 7 Days a week Answer Phone service available.
- Social Care – 0845 045 5202

<http://www.direct.gov.uk/>

<http://www.nice.org.uk/>

## Information Prescription

• **Format:** Written  Large Print  Audio  Braille  Ethnic Minority Language

### Personal prescription

Name:  
Address:

Signature:  Designation:  Date:

**Personal Prescription Continuation Sheet:**

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Signature:  Designation:  Date:

## Health Promotion Check List

In advance of discussing your Information Prescription with the Health Care / Social Care staff member, please consider the items listed below or any other item of interest to you. You may find it helpful to tick the items of interest to you in advance of the discussion.

	☑	Comments
1. Alzheimer's Society		
2. Alternative accommodation		
3. Benefits - Attendance Allowance / Carers Allowance		
4. Bereavement issues / Loneliness		
5. Carer's Information		
6. Chiropody Care		
7. Chaplaincy Care		
8. Community Mental Health Nurse		
9. Continence Advisor		
10. Council Tax rebate		
11. Cross Roads – Sitter service		
12. Data Link - Emergency Information Scheme		
13. Day Care / Day time activities		
14. Dental Treatment		
15. Dietary Information		
16. Driving Licence Review		
17. Hearing difficulties		
18. Influenza Vaccination		
19. Life Line - Telephone based Alarm System		
20. Meals / Home delivery Frozen Meals		
21. Medic Alert (Emergency I.D. Bracelet / Pendant)		
22. Medication Management / Information		
23. Occupational Therapy / Assistive Technology		
24. Parking Permit (Blue Badge)		
25. Physiotherapy / Falls Prevention Team		
26. Power of Attorney / Enduring Power of Attorney		
27. Respite Care		
28. Smoking cessation		
29. Smoke Detector / Home Safety		
30. Social Care Assessment / Transitional Care		
31. Talking Therapies		
32. Transport needs		
33. Information about your identified condition		

Please complete the reverse side of this form before returning it for your Information Prescription to be dispensed.

