

Local Services & Support

Addiction Services

Al-Anon:

T: 0800 008 6811 (10:00-22:00, 365 days a year)

W: al-anonuk.org.uk

Alcohol Anonymous:

T: 0800 917 7650

W: www.alcoholics-anonymous.org.uk

E: help@aamail.org

Waythrough (Together):

T: 0800 233 5444

W: <https://www.waythrough.org.uk/find-support-near-me/together/>

E: sw_together@waythrough.org.uk

Bereavement Services

Cruise Bereavement Care:

T: 0300 330 5466

W: <https://www.cruse.org.uk/>

E: devon@cruse.org.uk

Healthy Lifestyles

Exeter Riverside Parkrun:

W: <https://www.parkrun.org.uk/>

E: exeterriverside@parkrun.com

Mental Health

Devon Partnership Trust - First Response Service:

T: 111

W: <https://www.dpt.nhs.uk/our-services/first-response-service>

Men in Sheds:

T: 0300 772 9626

W: <https://menssheds.org.uk/>

E: admin@ukmsa.org.uk

Talkworks:

T: 0300 555 3344

W: <https://www.talkworks.dpt.nhs.uk/>

The Moorings:

W: <https://www.mhm.org.uk/moorings-exeter>

E: devonexeter.mhm@nhs.net

Other Services

Citizens Advice:

T: 0808 278 7845 (Mon-Fri 10:00 - 16:00)

W:

<https://www.citizensadviceexeter.org.uk/>



Practice Information Leaflet



St Thomas
Medical Group

What we offer

General Medical Services

Routine GP appointments
Contraceptive advice and services
Chronic disease management
(diabetes, asthma, COPD, etc.)

Children's Health

Baby and child immunisations

Elderly Care

Annual health reviews
Dementia support
Home visits for the housebound

Vaccinations

Flu, COVID-19, shingles, pneumonia
Travel vaccinations (please enquire in advance)

Nursing Services

Blood pressure checks
Wound care and dressings
Cervical smears
Blood tests
ECGs and injections

Appointments

Request an appointment:

- Complete an online consultation request
- Call the surgery on 01392 676676
- In person at the Health Centre

We offer:

Face-to-face and telephone consultations
Same-day urgent appointments (triaged)
Routine appointments (triaged)

Help Us Help You

Cancelling Appointments:

If you can't attend, please let us know as soon as possible so we can offer the slot to someone else.

Zero Tolerance:

We do not tolerate abusive or aggressive behaviour towards our staff. Everyone has the right to be treated with respect.

Repeat Prescriptions

You can request repeat prescriptions:

- Online via the NHS App
- By dropping your request into the box at reception
- Through your nominated pharmacy

Please allow 5 working days for processing.



Address:
St Thomas Medical Group
St Thomas Health Centre
Cowick Street
EX4 1HJ

Phone:
01392 676676

Website:
www.stthomas.nhs.uk/

Online Services

Download the NHS App to:

- Order repeat prescriptions
- View your medical record
- Update personal details