

## General Health Services - NHS Resources

Medical Emergency

Tel 999

[Check Your Symptoms](#)

Tel 111

[Local Services Search](#) - including ambulance services, defibrillator locations, dental services, eye care, GP's Health and Wellbeing Support, hospitals and A&E, pharmacies, sexual health.

[Adult Social Services Care and Support](#)

Or call 01443 425003 (Mon-Fri 8.30am-5pm) or the Emergency Duty Team on 01443 743665 / 01443 657225 (outside of these hours).

Physiotherapy hub , self-referral. This service provides assessment, treatment and rehabilitation for the following: osteoarthritis of the knee; physiotherapy for foot and ankle pain; bone, joint and muscle pain; pelvic health.

<https://ctmuhb.nhs.wales/services/physiotherapy/>

Or tel: 01443 715012

## Latest Covid Information for Wales

[Coronavirus \(COVID-19\)](#)

### GP Practices - most local to Bethel Baptist Church, Pontyclun

*Pontyclun*

[Old School Surgery Group Practice](#)

Tel 01443 222567

*Talbot Green*

[Talbot Green Group Practice | Newpark Surgery | Gwaunmiskin Road Surgery](#)

Tel 01443 220320

Find a Surgery Local to Your Address

[GPs Local Services Search](#)

[NHS Direct Wales on-line enquiry service](#)

## **Mental Health Services**

Mind

[Cwm Taf Morgannwg Mind: Home](#)

01685 707480

Email: [info@ctmmind.org.uk](mailto:info@ctmmind.org.uk)

Samaritans

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

Tel 116 123

Anxiety UK

[Anxiety UK - National charity helping people with Anxiety](#)

Calm

[CALM Homepage - Campaign Against Living Miserably | CALM, the campaign against living miserably, is a charity dedicated to preventing male suicide, the biggest single killer of men aged 20-45 in the UK](#)

[Childline | Childline](#)

Crisis Text Line - Text 85258

[Melo Cymru - Mental Wellbeing Resources, Courses + Advice Gwent Wales](#)

Although this website is made for Blaenau Gwent it has some very useful information and self- help options worth looking at.

Call Helpline

[https://www.callhelpline.org.uk/Default.asp?fbclid=IwAR28uhhAWekNMnW2ukc0Wp\\_dwlRamDq\\_UJlIdISbJzMmCc6VoOv4JkiYICnBs](https://www.callhelpline.org.uk/Default.asp?fbclid=IwAR28uhhAWekNMnW2ukc0Wp_dwlRamDq_UJlIdISbJzMmCc6VoOv4JkiYICnBs)

Tel - 0800 132 737

[Kooth.com](#) - free, safe, anonymous online mental health support for teens and young adults

## **Dementia Support**

A support group is held at Llantrisant Church Hall, on the 1st and 3rd Wednesday of each month, next door to the church. 11am-2.30pm. Games and drinks provided, bring a packed lunch, RCT support worker present along with other volunteers. (Be aware: 3 steps up to entrance.)

Email: [supportgroup@parishofllantrisant.org.uk](mailto:supportgroup@parishofllantrisant.org.uk)

<https://www.pontyclun.net/afternoon-social/>

At Cafe 50 in Pontyclun- held on a Monday 1.30-3.30pm, is a dementia friendly social group: chat, cup of tea, play board games, sing, make cards and anything else that interests the participants. Run by volunteers, provides a supportive and social atmosphere for people living with dementia, their carers and anyone else who finds it difficult to socialise in large groups.

Tel: 01443 238500 / Email [cafe50@pontyclun-cc.gov.wales](mailto:cafe50@pontyclun-cc.gov.wales)

Alzheimer's Society - United Against Dementia (national helpline....local office currently closed) 0330 333 0804

## **Bereavement Support**

Cruse Bereavement Care

[www.cruse.org.uk/get-help](http://www.cruse.org.uk/get-help)

Care For the Family (CFF)

<https://www.careforthefamily.org.uk/family-life/bereavement-support>

Hope Again

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

### **Elderly Services**

Social Services (Social work, Community Occupational Therapy, Sensory Impairments) 01443 425003

Care & Repair - helps older people in Wales live independently in their own homes.

[www.careandrepair.org.uk](http://www.careandrepair.org.uk)

01443 693362

[Age Connects Morgannwg - A charity helping older people in your area](#)

01443 490 650

Citizens Advice Bureau 0800 7022 020 / 01443 409284

Community Coordinators (Help finding voluntary sector support)

Cynon 07580 869 983

Taff Ely 07580 869 970

Rhondda Valley 07580 865 938

Silver Line (telephone support line for older people) 08004 708090

SSAFA (Armed forces veteran support) 01685 785 435

British Legion 0808 802 8080

### **Children's Services**

[Challenging Behaviour Support - CBS CIC](#)

Challenging Behaviour Support (CBS) is a parent-led Community Interest Company providing early intervention and long-term support for parent carers of children with challenging behaviour.

## Foodbank

[Taff-Ely Foodbank | Helping Local People in Crisis](#)

## Financial Advice

[Christians Against Poverty | Debt Counselling Charity](#)

Community Money Advice soon to be set up in our area - more details to follow

## Chiropodists

*Pontyclun*

Tricia Cole Tel 07752 854851

[HEALTHPOD - Podiatrist](#)

## Dentists

*Talbot Green*

[mydentist, Talbot Road, Talbot Green - Pontyclun - CF72 8AE – Dental Practice Details](#)

Tel 01443 224541

[Brilliant Dental Care: Pontyclun Dentist – Pontypridd](#)

Tel 01443 237500

Talbot Green Dental Clinic

Tel 01443 443730

*Pontyclun*

[South Wales based dental practice, Newland and Associates](#)

Tel 01443 223514

If you don't have a regular dentist and need urgent treatment, phone **the emergency dental team** on this number: 0300 1235060

*Community Dental Service*

This service provides dental care to **vulnerable patients** who may find it difficult to go to a dental practice on the high street, eg housebound. You can be referred into

this service by a GP, dentist or health visitor. You can also refer yourself or a family member by telephoning: RCT or Merthyr 01685 351000 / Bridgend 01656 667925

## Opticians

### *Pontyclun*

[Colin O'Leary Opticians Pontyclun](#)

Tel 01443 223 712

### *Talbot Green*

Spec Savers

[https://www.specsavers.co.uk/stores/talbotgreen?utm\\_source=gmb&utm\\_medium=organic&utm\\_campaign=1917&y\\_source=1\\_MzgwNjg3MS03MTUtbG9jYXRpb24uZ29vZ2xiX3dlYnNpdGVfb3ZlcnJpZGU%3D](https://www.specsavers.co.uk/stores/talbotgreen?utm_source=gmb&utm_medium=organic&utm_campaign=1917&y_source=1_MzgwNjg3MS03MTUtbG9jYXRpb24uZ29vZ2xiX3dlYnNpdGVfb3ZlcnJpZGU%3D)

Tel 01443 223892

[Davies & Jones Optometrists | Independent Optometrists](#)

Tel 01443 223 124

Vision Express at Tesco Extra

[Opticians in Talbot Green | Book an eye test](#)

Tel 01443 808 078

## Chemists

### *Pontyclun*

Pontyclun Pharmacy Chemist

21-23 Cowbridge Road, CF72 9EA

Tel 01443 224361

Anne's Chemist

22 Cowbridge Road, CF72 9EE

Tel 01443 224311

### *Talbot Green*

Talbot Pharmacy

Heol Y Gyfraith, CF72 8AJ

Tel 01443 226114

Tesco Pharmacy  
Green Park, CF72 8RB  
Tel 01752 570046