


On Leaving Hospital


Essential phone numbers and web links to help you when you get home.


Age Concern Isle of Wight 
Comprehensive help and advice for people over 50.
www.aciw.org.uk
01983 525282 **0800 00 99 66**

Ambulance & Hospital Car Service
Arrangements for travel to hospital.
01983 523400


British Red Cross 
General help, support and equipment.
www.redcross.org.uk
01983 522718


Continence Services
For very personal difficulties.
01983 534335

Disability Information & Advice Line 
Personal advice and guidance on disability.
www.dialuk.info
01983 522823

DVLA 
Advice on medical standards for drivers. See also Motability 0845 456 4566.
www.dvla.gov.uk/medical.aspx
0870 240 0009


Help and Care 
To help and continue to support people ...for Life.
www.helpandcare.org.uk
0845 4500 418

NHS Direct 
Get health advice now from this national number. Or try your own GP first?
www.nhsdirect.nhs.uk
0845 4647

Optio Voluntary Car Service 
Personal car drivers for a variety of needs.
www.iwrcc.org.uk
01983 522226

Real Island Food Company 
Real food, real fresh, direct to you!
www.realislandfood.co.uk
01983 731778

Social Services 
Adult and Community Services.
www.iwight.com/council/publicservices
01983 823340 **01983 520600**

St Mary's Hospital 
Ask for Patient Advice and Liaison Service (PALS).
www.iow.nhs.uk
01983 524081

Stroke Club IoW
Help with stroke after leaving hospital.
01983 533236 for exercise facilities.
01983 869100

Wightcare Lifeline (Alarm Systems)
Provides pendant personal alarm systems etc.
01983 533772