

Zero Tolerance

We have zero tolerance of racism towards our patients or colleagues. The racist violence displayed in our local area is a source of deep shame. Violent, threatening, or abusive behaviour towards any member of the practice team, or our patients, will not be tolerated. Patients acting in this manner could be removed from our patient list.

Our staff are here to help you, please treat them with respect.

Thank you to all our patients and staff for their support during these challenging times.

Resource List

If you have been affected by recent events...

Mental Health:

- MIND - free mental health support
0300 102 1234 (9AM-6PM MONDAY-FRIDAY)
<https://www.mind.org.uk/information-support/helplines/>
- SAMARITANS - free, non-judgemental listening service
116 123 (24/7 365 DAYS A YEAR)
<https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- CAMPAIGN AGAINST LIVING MISERABLY (CALM) - suicide prevention and mental health support
0800 58 58 58 (5PM-MIDNIGHT EVERYDAY)
<https://www.thecalmzone.net/get-support>
- SHOUT - free confidential text messaging support service
Text 'SHOUT' TO 85258 (24/7)
<https://giveusashout.org/get-help/>

Muslims and Asylum Seekers:

- MUSLIM COMMUNITY HELPLINE
0208 908 6715 or 0208 904 8193
(MONDAY-FRIDAY 10AM-1PM)
<https://muslimcommunityhelpline.org.uk/>

Partners :

Dr David Brown
Dr Rebecca Reynolds
Dr Fiona Lowen
Dr James Wellham
Dr Claire Brown
Dr Alexandra Streeter De Diego

Practice Manager: Mrs Sue Woods

Tel: 01252 730100
www.farnhamdene.com

- MUSLIM YOUTH HELPLINE
0808 808 2008 (4PM-10PM, 365 DAYS A YEAR)
<http://myh.org.uk/how-we-can-help/call-us>
- BARNARDO'S BOLOH HELPLINE - support for asylum seekers
0800 151 2605
(MONDAY-FRIDAY 10AM-8PM) (SATURDAY 10AM-3PM)
<https://helpline.barnardos.org.uk/boloh-helpline>
- CITIZENS ADVICE RUSHMOOR
0808 2787 912 (MONDAY-FRIDAY 9AM-4PM)
(NEPALI ADVICELINE 01252 894 280)
<https://citizensadvicerrushmoor.org.uk/home/contact-us/>

Staying safe and victim support:

- HAMPSHIRE & ISLE OF WIGHT CONSTABULARY / SURRY POLICE
101 (NON-EMERGENCY) OR 999 (EMERGENCY)
(24/7)
- TRUE VISION - REPORT A HATE CRIME
https://www.report-it.org.uk/your_police_force
- VICTIM SUPPORT - for anyone affected by crime in England or Wales
0808 168 9111 (24/7)
<https://www.victimsupport.org.uk/more-us/contact-us/>
- STRUT SAFE - keeping you company when walking alone, helping you feel safe until you get through your door
0333 335 0026
(FRIDAYS AND SATURDAYS 7PM-3AM)
(SUNDAYS 7PM-1AM)
<https://strutsafe.org/>

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