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| Out of hours ideas for ST1/2 | How to contact |
| Surgical admission unit  Minor injuries Unit  Palliative care community team  Eye casualty  Sure start (Paeds)  COAST (Paeds)  Community mental health nurses  Acute Assessment Team (AAT)  Childrens social services  Local undertakers  Police  Fire service  Local Pharmacy  Community care teams  District nurses  South Central Ambulance Service  Street Pastor  Lymington coastguard  Citizen advice bureau  Big Fun run  HOMER (Hampshire Operational Model for Effective Recovery)  (alcohol addiction service) | Mr Bailey (Southampon consultant)  Lymington-01590 663000  Southampton (RSH)- 023 8063 4288  Southampton (CMH)- 023 8047 7414  Southampton- 023 8120 6592  Can be found in local council websites  Southampton- 07990 805317  Southampton (antelope house)  - 023 8063 4288  Southampton- 023 8083 3336  look in google  Southampton- 101  Hampshire headquarters 023 8064 4000  Look in google  Blackhthorne-023 8045 2292  Check with local GP surgeries  [Eleanor.Rutter@scas.nhs.uk](mailto:Eleanor.Rutter@scas.nhs.uk)  023 8033 3387  [07710745626 (colintabor@aol.com)](javascript:void(0))  023 8022 1406  Check website (big fun run)  01962 842293 |