

There are alternatives to coming to hospital for healthcare. Did you know about these other services, which may be closer to your home? Take a look at the options below, so you can choose the best service for your health needs.

If you become unwell or are injured make sure you choose the right NHS service.

Choose the right level of care for your injury or illness. From your medicine cabinet to A&E



Choose well.

www.nhs.uk



Outer North East London

Choking. Chest pain. Blacking out. Blood loss.

For life threatening conditions like choking, chest pain, blood loss or blacking out please call 999

Cuts. Strains. Itches. Sprains.

For slips, trips, skin complaints and everything in-between, choose a Polyclinic or NHS Urgent Care Centre. They are open 12 hours per day.

Vomiting. Ear pain. Sore tummy. Back ache.

Make sure you are registered with a GP before you need one.

Diarrhoea. Runny nose. Painful cough. Headache.

Your local pharmacist can give you advice on illnesses and the medicines you need to treat them.

Unwell? Unsure? Confused? Need help?

Contact NHS Direct if you are ill and have any questions about health.

Hangover. Grazed knee. Sore throat. Cough.

Call 999 and tell the operator that there is a medical emergency, a response vehicle will be sent to your location. Emergency services are very busy and should only be used in serious situations.

- Queen's Hospital, Rom Valley Road, Romford, 01708 435 000, www.bhrhospitals.nhs.uk
- Whipps Cross Hospital, Whipps Cross Road, Leytonstone, E11 1NR 020 8539 5522, www.whippsx.nhs.uk
- King George Hospital, Barley Lane, Goodmayes, IG3 8YD 020 8983 8000, www.bhrhospitals.nhs.uk
- King George Hospital Urgent Care Centre, Barley Lane, Goodmayes, IG3 8YD, 020 8983 8000, www.bhrhospitals.nhs.uk
- Whipps Cross Hospital Urgent Care Centre, Whipps Cross Road, Leytonstone, E11 1NR 020 8539 5522, www.whippsx.nhs.uk
- Queen's Hospital Urgent Care Service, Rom Valley Road, Romford, 01708 435 000, www.bhrhospitals.nhs.uk
- Loxford Polyclinic Walk-in Service, 417 Ilford Lane, Ilford, IG1 2SN, 020 8822 3700, 8am to 8pm, 7 days per week
- Oliver Road Polyclinic Walk-in Service, 75 Oliver Road, Leyton, E10 5LG, 0208 430 8310, 8am to 8pm, 7 days per week
- Harold Wood Polyclinic Walk-in Service, The Drive, Harold Wood, Essex, RM3 0AR, 01708 792 000, 8am to 8pm, 7 days per week
- Broad Street Walk-in Centre, Morland Road, Dagenham, RM10 9HU 020 8596 4400, Mon-Fri 7am to 10pm, weekends 10am to 6pm
- Upney Lane Walk-in Centre, Upney Lane, Barking, IG11 9YD, 020 8924 6262, 9am to 10pm, 7 days a week

There is a GP surgery near your home. You can make an appointment with a doctor for medical advice and examinations. If it is urgent, a GP can also visit your home outside of opening hours - if you need this service telephone your local surgery and follow the instructions.

Make an appointment with your GP when you have an illness or injury that won't go away. To find a GP visit www.nhs.uk or call 0845 4647.

There is a pharmacy near your home.

Visit your local pharmacy when you are suffering from a common health problem which does not require being seen by a nurse or a doctor.

To find a pharmacy visit www.nhs.uk or call 0845 4647.

NHS Direct offers confidential health advice and information by telephone and on the internet 24 hours a day. NHS Choices also provides information on the internet via www.nhs.uk. This service can also help you find health services in your local area.

Phone 0845 4647*, www.nhsdirect.uk

(*calls cost a maximum of 5 pence per minute from a BT landline. Calls from other networks may vary. Your service provider may charge a minimum cost per call).

A lot of illnesses can be treated at home with medicines you can buy at your local pharmacy and by getting plenty of rest. Self-care is the best choice to treat very minor illnesses and injuries.



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