

Our GPs provide a range of services by appointment and will be able to assess your immediate needs as well as refer you into a specialist service. If the surgery is closed, there are other NHS services available as an alternative to A&E.

Using the right health service for your needs can prevent you waiting around in A&E, ensure you receive the appropriate treatment more quickly and free up local A&E staff to help those patients with the most serious conditions.

Health Help Now App

Whether you have sprained your ankle, have a baby with a high temperature or a child who is being sick, the app can guide you to the service that will help you best. The app is free to use and available online at www.healthhelpnow-nhs.net. It lists common symptoms and helps you to find the best place for treatment in East Surrey. If you need treatment for a minor injury on a Sunday, to find a pharmacy late at night, or are not sure where to go for care, Health Help Now can help.

NHS 111

When it's less urgent than 999, call NHS 111.

NHS 111 is the free telephone service for people in East Surrey to call for medical help fast when it is not a life-threatening situation. NHS 111 is there to help people get the right help, at the right time, especially at weekends and out of hours. The service is **available 24 hours a day, 365 days a year**.

Calls are handled by team of trained advisers and experienced nurses and doctors who will assess and direct to local services that can best help. Remember 999 is for serious and life-threatening emergencies only.

Pharmacies

Pharmacist can provide advice and treatment for common conditions as well as dispensing prescriptions. A number of local pharmacies in East Surrey offer advice and medicines for a range of conditions, without appointments. You can find details of your nearest pharmacy at www.nhs.uk

Self-care

Self-care is the best choice to treat very minor illnesses and injuries. Coughs and colds, diarrhea, headache, hangover and minor illnesses can often be treated at home, simply by combining a well-stocked medicine cabinet with plenty of rest.

Urgent Care Centre and Minor Injury Units

For minor illness or injury (cuts, sprains or rashes) and if it can't wait until your GP surgery is open, there are other options to A&E. You can visit a [minor injuries unit or urgent care centre](#).

Urgent care centres (UCCs) and Urgent Treatment Centres (UTC):

Crawley Urgent Treatment Centre	Crawley Hospital, West Green Drive, Crawley, West Sussex, RH11 7DH Tel: 01293 600300 ext 4141 or 4142
Open:	24 hours, seven days a week
Treats:	All ages
Services:	Most injuries or illnesses that are urgent but not life threatening, including: <ul style="list-style-type: none">• sprains and strains• broken bones• minor burns and scalds• minor head and eye injuries• bites and stings.

Croydon Urgent Care Centre	Croydon Urgent Care Centre, 530 London Road, Croydon CR7 7YE Tel: 024 7646 6583
Open:	24 hours, seven days a week
Treats:	All ages
Services:	Most injuries or illnesses that are urgent but not life threatening.

Minor injuries units (MIUs):

Caterham Dene MIU	Church Road, Caterham, Surrey CR3 5RA Tel: 01883 837500
Open:	9am to 8pm, seven days a week
Treats:	Adults only - 18 and over
Services:	<ul style="list-style-type: none"> • Cuts and grazes • Sprains and strains • Broken bones (fractures) • Bites and stings • Infected wounds • Eye problems, such as infections or scratches • Sports injuries • Minor burns and scalds
<p>Notes</p> <p>There is a Minor Injury Unit X-ray facility at Caterham Dene Hospital, Monday to Friday 09.00-17.00 and from 12.00-19.00 Saturday, Sunday and Bank Holidays.</p>	

Purley War Memorial Hospital MIU	856 Brighton Road, Purley, Surrey, CR8 2YL Tel: 020 8401 3000 (main switchboard)
Open:	2pm to 8pm, seven days a week
Treats:	All ages
Services:	<ul style="list-style-type: none"> • Cuts, grazes and wounds • Minor burns and scalds • Sprains and strains • Minor head injuries • Minor eye injuries and removing some foreign bodies

Horsham Hospital MIU	Hurst Road, Horsham , West Sussex, RH12 2DR Tel: 01403 227000 ext 7202
Open:	9am and 5pm, Monday to Friday excluding bank

	holidays
Treats:	All ages
Services:	<ul style="list-style-type: none"> • Acute limb injuries including fractures, wounds, sprains and strains (excluding potential hip or thigh fractures). • Minor head injuries including wounds to head and face (excluding children under 1 year and those with associated neck injury, loss of consciousness or any vomiting). • Wounds caused by trauma. • Foreign bodies in eyes, ear or nose. • Rib injuries. • Minor back injuries (excluding chronic conditions or major trauma). • Insect and animal bites and stings. • Burns and scalds. • X-ray

Queen Victoria Hospital MIU	Holtye Road, East Grinstead, West Sussex RH19 3DZE
	Tel: 01342 414000 (main switchboard)
Open:	8am to 10pm, seven days a week
Treats:	Adults and children over one year old
Services:	<ul style="list-style-type: none"> • Minor head injuries with no loss of consciousness • Minor burns and scalds • Limb injuries • Simple eye infections i.e. conjunctivitis plus foreign bodies/abrasions • Cuts and grazes • Bites and stings • Ear and throat infections

	<ul style="list-style-type: none"> • Skin infections • X-ray is available for MIU patients (adults and children over four years) if required: <ul style="list-style-type: none"> ○ Monday-Friday 9am to 5pm ○ Saturday 9am to 1pm ○ Sunday/bank holidays 10am to 1pm
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Edenbridge District and War Memorial Hospital MIU	Mill Hill, Edenbridge, Kent, TN8 5DA Tel: 01732 862137
Open:	8.30am to 6.30pm, seven days a week
Treats:	Adults and children over one year old
Services:	<ul style="list-style-type: none"> • Range of minor injuries • X-ray available for minor fractures • Minor ailments: <ul style="list-style-type: none"> ○ Coughs and colds ○ Ear nose and throat infections ○ Urinary tract infections

Sevenoaks Hospital MIU	Hospital Road, Sevenoaks, Kent, TN13 3PG Tel: 01732 470200
Open:	8am to 8pm, seven days a week
Treats:	All ages
Services:	<ul style="list-style-type: none"> • Minor illness and injury • X-ray (available Monday to Friday, 8.45am to 5pm)

Parkway Health Centre MIU	Parkway Health Centre, Parkway, New Addington, Croydon, CR0 0JA
Open:	2pm to 8pm, seven days a week

Treats:	All ages
Services:	<ul style="list-style-type: none"> • Cuts, grazes and wounds • Minor burns and scalds • Sprains and strains • Minor head injuries • Minor eye injuries • Removing some foreign bodies.

Walk-in centres

Edridge Road Walk-in Centre	2 Edridge Road, Croydon, CR9 1PJ
	Tel: 020 3040 0800
Open:	8am to 8pm, seven days a week
Treats:	All ages
Services:	<ul style="list-style-type: none"> • Minor illness and injury