

**Call us first for
advice!**

Ring us on 01883 734000

**Your request will be reviewed
by a doctor and you will be
given medical advice and if
necessary an urgent
appointment.**

**Oxted Health Centre
10 Gresham Road
Oxted
Surrey RH8 0BQ**

**Our phone lines are open between 8.30am
and 6.30pm Monday to Friday.**

Useful Contact Details

Out of Hours Doctor call free on 111

Minor Injuries Unit (Over 18's)
Caterham Dene Hospital
Church Road
Caterham
CR3 5RA
OPEN 9am-8pm, 7 days a week
01883 837500

Minor Injuries Unit (Adults and children over 1)
Parkway Health Centre
Parkway
New Addington
CR0 0JA
OPEN 2pm - 10 pm MON - FRI
Midday - 10pm Sat and Sun
020 8251 7225

Crawley Hospital Urgent Treatment Centre
West Green Drive
Crawley
RH11 7DH
OPEN 24 hours, 7 days a week
Including bank holidays
01293 600300 ext 4141

Your nearest A+E is:

East Surrey Hospital Emergency Department
East Surrey Hospital
Canada Drive
Redhill
RH1 5RH
01737 768 511

Further useful information:
www.patient.co.uk or www.nhs.uk

**Not feeling
well??**



**HOW TO GET
HELP !**

Know what services your GP provides

Feeling unwell? This leaflet will help you make an informed decision about whom to contact.

Our local A+E department at East Surrey Hospital is being used inappropriately by some patients.

Access to a GP at the surgery can be made by a pre-bookable routine appointment. We also have appointments each day for medical emergencies.

If you need urgent medical advice ring us. Your request will be dealt with by a doctor and you will be given medical advice or an urgent appointment if necessary.

We also offer pre bookable appointments outside our normal hours—please enquire at reception.

GPs can do home visits to housebound patients when necessary. These should be requested in the morning before 10.00am.

Outside surgery working hours, you can ring **111** to obtain medical advice or contact with a doctor.

Many conditions can be managed through self care

Don't forget that you can seek advice

Fever	Sore throats
Headaches	Cough and cold
Urine infections (cystitis)	Sinus pains, ear pains
Vaginal thrush	Nose bleeds
Muscular aches, strains and pains	Gum and teeth/mouth ulcers
Cuts/bruises/boils/stings skin reactions	Diarrhoea and Vomiting Constipation and piles

from your local pharmacist or dentist.

You can also obtain information from the NHS choices website.

However, if common symptoms become persistent or worsen then contact your GP for further advice.

**Further useful health information:
www.patient.co.uk or www.nhs.uk**

Symptoms that may require attendance at A&E

Go to A+E if you are seriously ill or badly injured. Call 999 if suffering from a potentially life-threatening emergency.

Severe chest pains

Uncontrollable bleeding

Serious injury suggesting fracture to bones

Severe breathlessness

Severe allergic reactions

Serious falls

Severe pain

Unconsciousness

Burns

Fits or seizures

Symptoms suggestive of stroke:

F- Face (fallen to one side?)

A- Arms (weak?)

S- Speech (slurred?)

T- Time (999 ASAP)

HELP US TO MAKE OUR LOCAL A+E AT EAST SURREY HOSPITAL MORE EFFICIENT