

**Call us first and we  
will advise you**

**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 8:30 am  
and 6.30pm Monday to Friday.**

## **Useful Contacts**

**Out of Hours Doctor call free on 111**

Minor Injuries Unit  
Parkway Health Centre  
Parkway  
New Addington  
CR0 0JA  
OPEN 2pm-10pm Mon - Fri  
Midday - 10pm Sat and Sun  
Will see children over the age of one.  
020 8251 7225

Crawley Hospital Urgent Treatment Centre  
West Green Drive  
Crawley  
RH11 7DH  
OPEN 24 hours a day, 7 days a week  
incl 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 health information:  
[www.patient.co.uk](http://www.patient.co.uk) or [www.nhs.uk](http://www.nhs.uk)

**If your child is  
unwell**



**HOW TO GET  
HELP !**

## **Know what services your GP provides**

If your child is ill 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.

**If you are worried about your child, ring us. Your request will be dealt with by a doctor and you will given medical advice or an urgent appointment if necessary.**

## **Common symptoms that the GP can assess**

Fever

Rash

Crying baby

Feeding problems

Sore throat

Minor injuries

Diarrhoea

Constipation

Vomiting

Coughs

Breathlessness

Ear pains

Urine infection

Cuts/bruises/boils

Stings/skin reactions

Muscle strains and sprains.

Immunisation questions

**Many conditions can be managed through self care.**

**Don't forget that you can seek advice from your local pharmacist, health visitor, midwife or school nurse too.**

## **Symptoms that may require attendance at A&E**

**Go to A+E if your child is seriously ill or badly injured. Call 999 if suffering from a potentially life-threatening emergency.**

**Uncontrollable high fever**

**Severe breathlessness**

**Uncontrollable bleeding**

**Serious injury suggesting fracture to bones**

**Severe allergic reactions**

**Serious falls**

**Severe pain**

**Unconsciousness**

**Burns**

**Wounds needing stitches**

**Fits or seizures**

**Signs of meningitis**

See: [www.meningitis-trust.org](http://www.meningitis-trust.org)

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