

Don't go to A&E, Get the right help fast



Don't go to A&E if it's not a serious emergency.

Call NHS 111 for 24 hour, urgent medical advice and help.

www.notalwaysAandE.co.uk

Do you have an injury or are you unwell?

If you're feeling unwell, make sure you seek the right help and advice.



Self-care

For minor cuts and ailments, it is often quickest and easiest to treat yourself at home.

Treat yourself at home or call NHS 111 for expert medical advice. Keep a simple first aid box and make sure you have medicines like paracetamol and ibuprofen.

Treat yourself at home for:

- Simple cuts
- Headaches
- Eye and ear infections



Pharmacy

Pharmacies can help with several common conditions and minor injuries. They can give advice and medicines, if appropriate.

Some of the conditions Pharmacies can help with are:

- Coughs, colds and fevers
- Diarrhoea and vomiting
- Hay fever and other allergies
- Skin rashes

Remember...

A&E is for saving lives...

Not hangovers, headaches or heartbreaks.



Some Pharmacies also offer extra services such as, emergency contraception, Chlamydia screening, help with giving up smoking and medicines checks.

Pharmacies in Kingston with extended opening times and open on some bank holidays

Sainsbury's Pharmacy

KT2 5EN
t. 020 8546 4605

Boots Pharmacy

KT6 4JZ
t. 020 8399 2715

Boots Pharmacy

KT2 6QL
t. 020 8547 1191

Boots Pharmacy

KT3 4EU
t. 020 8942 0935

Boots Pharmacy

KT1 1RP
t. 020 8541 1644

Ace Pharmacy

KT9 1DR
t. 020 8397 4564

Boots Pharmacy

KT6 7DW
t. 020 8399 9836

Lloyds Pharmacy

KT6 7DJ
t. 020 8390 6797

Pharmacies in Richmond with extended opening times and open on some bank holidays

Lloyds Pharmacy

TW11 0JL
020 8977 0630

Maple Leaf Pharmacy

TW2 5AB
020 8894 5034

Sainsbury's Pharmacy

TW9 4LT
020 8878 6374

Boots Pharmacy

TW1 3SD
020 8892 3079

Boots Pharmacy

TW11 8QZ
020 8977 2699

Boots Pharmacy

TW9 4AD
020 8876 6192

Boots Pharmacy

TW9 1HF
020 8940 1691

Boots Pharmacy

SW14 7NX
020 8876 1227

Need to see a doctor when your GP practice is closed? Or not registered with a GP?

If you need to see a doctor when your GP practice is closed or during the holiday period, you can...

- Contact your GP's 'Out of Hours' service by calling your GP practice
- Go to a GP led Health Centre, NHS walk-in centre or Minor injuries unit.
- Call NHS 111 for urgent medical advice

You can see a doctor even if you are not registered with a local GP.

Some of the conditions treated at a NHS walk-in centre or Minor injuries unit are:

- Infections and rashes
- Bruises and some fractures
- Emergency contraception and advice
- Stomach upsets

Your local health services are:

Minor injuries unit

Queen Mary's Hospital
Roehampton, SW15 5PN

t. 020 8487 6999

Open 8am–7.00pm

7 days a week, 364 days a year.

Closed on Christmas Day.

NHS walk-in centre

Teddington Memorial Hospital
Walk-In Centre, Hampton Rd
Teddington, TW11 0JL

t. 020 8714 4004

Open Mon–Fri, 8am–10pm

Sat/Sun/bank hol, 8am–9pm

Nearest GP led Health Centre

Gosbury Hill GP Clinic
Orchard Gardens
Hook, KT9 1AG

t. 020 8974 1884

Open 8am–8pm, 7 days a

week. Same day appointment

Life threatening or very serious illness?

Go to Accident & Emergency (A&E) or call 999.
Calling 999 is free and available 24 hours a day.



Always call 999 for an ambulance:

- In a life-threatening emergency
- If someone is seriously ill or injured, and their life is at risk.