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WHERE TO GO FOR MEDICAL CARE



Pharmacy

Your local pharmacy is the first place to go for small health issues. Some pharmacies are open late, and you don't need an appointment to get advice.

To find your nearest open pharmacy, scan the QR code or visit: <https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy>.



GP

GPs help with common health issues and long-term conditions. They can send you to the hospital or other services for special care. You can reach your GP by phone, online, or in person. Call your GP surgery during normal hours or phone **0203 839 7513** (10 am to 8 pm, 7 days a week) for evening and weekend appointments.

For GP help outside normal hours (6:30 pm–8 am weekdays, weekends, and bank holidays), call the **Newham GP Co-Op at 0207 511 8880** or **NHS 111**. You don't need to be registered with a GP.



Walk-in Centres

Walk-in centres can help with common illnesses and injuries, like colds or cuts. Some also provide blood tests and X-rays at certain times.

Newham NHS Urgent Care Centre
Glen Rd, London, E13 8SL
020 8349 7470 | 8 am to 11 pm daily

Glen Road Medical Centre
1-9 Glen Road, London, E13 8RU
020 7476 3434 | Monday to Friday 8am - 6:30pm



Urgent Treatment Centres

Go to urgent care if you need help, but it's not an emergency.

Newham University Hospital, Glen Road, London, E13 8SL | 020 7476 4000 | 8 am to 11 pm daily

North East London ICB
Learn the best way to get urgent care. Scan the QR code for more help and videos. Information is also available in other languages.



Emergency

PHONE 999
or go to **A&E**

In an emergency, call **999** or go to **A&E**. The nearest A&E is at **Newham University Hospital**, Glen Road, London, E13 8SL

NOT URGENT?

PHONE



Open 24 Hours for free help & advice

LINK TO 111 ONLINE



Are You Deaf or Hard of Hearing?

You can access help using British Sign Language (BSL).

NHS 111 BSL: Use the SignVideo website or app for non-urgent help.

999 BSL: Use the 999 BSL website or app to contact emergency services.

Mental Health Crisis Team

0800 073 0066 | 24-hour daily service.

The Samaritans

Freephone **116 123**

Get private support and someone to talk to when you need help.

Dental Care and Emergencies

See a dentist for check-ups and care. If you have a dental emergency and can't reach your dentist, call 111 for help.

Local Health Help

Well Newham: Find local services to help you stay healthy, like eating well or being active.

