

HEALTH help NOW

NHS
East Surrey
Clinical Commissioning Group



LATE NIGHT AND SUNDAY PHARMACIES

Your local pharmacist can help you with much more than you think. Pharmacists can give advice about how to use your medicines as well as offer advice on common health problems such as coughs, colds, aches and pains. Many pharmacies are open during the evenings and at weekends.

Horley Late-Night Pharmacy

125 Victoria Road, Horley,
Surrey, RH6 7AS

Tel: 01293 776616

- Monday: 08:00 - 21:30
- Tuesday: 08:00 - 21:30
- Wednesday: 08:00 - 21:30
- Thursday: 08:00 - 21:30
- Friday: 08:00 - 21:30
- Saturday: 09:00 - 09:00
- Sunday: 09:00 - 17:30

Boots (Redhill)

9 High Street, Redhill,
Surrey, RH1 1RD

Tel: 01737 761037

- Monday: 08:30 - 18:00
- Tuesday: 08:30 - 18:00
- Wednesday: 08:30 - 18:00
- Thursday: 08:30 - 18:00
- Friday: 08:30 - 18:00
- Saturday: 08:30 - 18:00
- Sunday: 10:30 - 16:30

Sainsbury's (Warlingham)

631 Limpsfield Road,
Warlingham, Surrey, CR6 9DY

Tel: 01883 625036

- Monday: 08:00 - 22:00
- Tuesday: 08:00 - 22:00
- Wednesday: 08:00 - 22:00
- Thursday: 08:00 - 22:00
- Friday: 08:00 - 22:00
- Saturday: 07:00 - 22:00
- Sunday: 10:00 - 16:00

Morrisons (Reigate)

Morrison Pharmacy, 22-32
Bell Street, Reigate, Surrey,
RH2 7BA

Tel: 01737 249132

- Monday: 08:30 - 20:00
- Tuesday: 08:30 - 20:00
- Wednesday: 08:30 - 20:00
- Thursday: 08:30 - 21:00
- Friday: 08:30 - 21:00
- Saturday: 08:00 - 20:00
- Sunday: 10:00 - 16:00

Boots (Caterham)

34 Church Walk, Caterham,
Surrey, CR3 6RT

Tel: 01883 346257

- Monday: 08:30 - 17:30
- Tuesday: 08:30 - 17:30
- Wednesday: 08:30 - 17:30
- Thursday: 08:30 - 17:30
- Friday: 08:30 - 17:30
- Saturday: 08:30 - 17:30
- Sunday: 10:00 - 16:00

Tesco (Horley)

Tesco Pharmacy, Reigate Road,
Hookwood, Horley, RH6 0AT

Tel: 01293 894647

- Monday: 08:00 - 22:30
- Tuesday: 06:30 - 22:30
- Wednesday: 06:30 - 22:30
- Thursday: 06:30 - 22:30
- Friday: 06:30 - 22:30
- Saturday: 06:30 - 22:00
- Sunday: 10:00 - 16:00

Free NHS
WEB APP
for phone & home



Whatever the time, wherever you are,
find the right treatment for you.

www.healthhelpnow-nhs.net



GP SERVICES

Your local GP can offer a wide range of health advice including diet, exercise and local support to quit smoking. GPs also run clinics and carry out some minor surgery.

There are 18 GP surgeries in East Surrey.
To find your nearest surgery visit
www.nhs.uk

Once registered, your GP can provide:

- Advice on health problems
- Vaccinations – childhood, seasonal and some free travel vaccinations
- Examinations and treatment
- Prescriptions for medicines
- Referrals to other health services and social services

Call **111** if you have an urgent health need when your GP practice is closed.



MINOR INJURIES

Caterham Dene Minor Injuries Unit

Treatment for people aged 18 years or over for:

- 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

Caterham Dene Hospital, Church Road,
Caterham, Surrey, CR3 5RA

Tel: 01883 837500

Open **9am to 8pm, 7 days a week**



ACCIDENT & EMERGENCY

You should visit A&E or call 999 only for life-threatening emergencies, serious injuries or illnesses.

East Surrey Hospital

Canada Avenue, Redhill, Surrey, RH1 5RH

Tel: 01737 768511



**when it's less
urgent than 999**



SOCIAL CARE

If you need advice and information about social care you can contact:

Adult Social Care

Tel: 030 0200 1005

The helpline is manned **Monday to Friday, 8am to 6pm.**

SMS text: 07527 18 28 61

More information can be found at:

www.surreyinformationpoint.org.uk

Children Social Care

Tel: 030 0200 1006

The helpline is manned **Monday to Friday, 9am to 5pm.**

Out of normal office hours call the emergency duty team on 01483 517898 or if you have immediate concerns about the safety of an adult or a child, dial 999.



MENTAL HEALTH

Contact your GP first during normal office hours. There is a dedicated weekend and evening Crisis Helpline available for use in times of distress:

Call: 0300 456 83 42

SMS text: 07717 98 90 24

The helpline is manned **Monday to Friday, 5pm to 9am and 24 hours at weekends**



DENTAL

Contact your local dentist first.

If you don't have a dentist, call **111** and ask to speak to the Surrey Dental Helpline.

The Emergency Dental Service runs at weekends and bank holidays between **10.30am and 2.30pm** providing emergency care for patients in pain.