

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

Get the right help fast - other Health Services are available

The hospital is currently exceptionally busy and we are working around the clock to make sure all our patients get the best care in the most appropriate place.

We are urging people to only visit A&E in a real emergency and where possible visit your local pharmacist, GP, walk in centre or minor injuries unit.

Other Health Services Available

NHS 111

The free NHS 111 phone service is available 24 hours a day, 365 days a year, offering a one-stop number for patients with urgent, but not life-threatening symptoms.

Health Help Now App

Not sure where to go to get the help you need? Health Help Now will help you find the right treatment. <http://www.healthhelpnow-nhs.net/>



Pharmacies

Pharmacies can help with several common conditions including minor injuries:

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

They can give advice and medicines, if appropriate.

Kingston Surbiton	Ace Pharmacy KT9 1DR T: 0208 397 4564	Boots Pharmacy KT11 1RP T: 0208 541 1644	Boots Pharmacy KT2 6QL T: 0208 547 1191	Boots Pharmacy KT6 7DW T: 0208 399 9836
	Boots Pharmacy KT6 4JZ T: 0208 399 2715	Boots Pharmacy KT3 4EU T: 0208 942 0935	Lloyds Pharmacy KT6 7DJ T: 0208 390 6797	Sainsbury's Pharmacy KT2 5EN T: 0208 546 4605

Richmond Teddington Twickenham	Boots Pharmacy TW11 8QZ T:0208 977 2699	Boots Pharmacy TW9 1HF T: 0208 940 1691	Boots Pharmacy TW1 3SD T: 0208 892 3079	Boots Pharmacy TW9 4AD T: 0208 876 6192
	Boots Pharmacy SW14 7NX T: 0208 876 1227	Lloyds Pharmacy TW11 0JL T: 0208 977 0630	Maple Leaf Pharmacy TW2 5AB T: 0208 894 5034	Sainsbury's Pharmacy TW9 4LT T: 0208 878 6374

NHS Walk in Centres and Minor Injuries Units (MIU)

With no appointment necessary, your local NHS walk in centre and MIU is managed by doctors and nurses who are available to deal with minor illnesses and injuries, such as cuts, burns, sprains and suspected breaks.

Areas	Walk in Centres and Minor Injury Unit
Kingston Richmond Teddington Twickenham	Teddington Memorial Hospital Walk in Centre Hampton Road, Teddington, TW11 0JL http://hrch.nhs.uk/our-services/clinics-healthcentres/teddington-memorial-hospital/ T: 020 8714 4004 Opening Hours: Monday to Friday: 08.00 – 22.00 Saturday-Sunday: 08.00 – 21.00
Kingston Richmond Putney Roehampton Raynes Park	Queen Mary's Hospital Minor Injuries Unit/ Walk-in Centre (MIU) Roehampton Lane, London, SW15 5PN www.stgeorges.nhs.uk/service/emergency/minor-injuries-unit/ T: 020 8487 6999 Opening Hours: Monday to Sunday 08.00 – 19.00
Clapham Tooting Wandsworth Wimbledon	The Junction Walk in Centre Arches 5-8, Clapham Junction Station, 5-8 Grant Rd, SW11 2NU www.junctionhealthcentre.nhs.uk/our-walk-in-service T: 0333 200 1718 Opening Hours: Monday-Sunday 08.00 – 20.00, including bank holidays, with last registered walk in patient seen at 19.30

Extended GP access in your borough

Kingston	<p>Surbiton Health Centre Ewell Road, Surbiton, KT6 6EZ T: 020 3841 9942</p> <p>Kingston Health Centre 10 Skerne Road, Kingston Upon Thames, KT2 5AD T: 020 8549 4747</p> <p>Merritt Health Centre Merritt Gardens, Chessington, Surrey KT9 2GYT: 020 8739 1977</p> <p>Opening Hours: Patients in Kingston can now access extended primary care services at Surbiton Health Centre, Kingston Health Centre and Merritt Health Centre – with GP</p>
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	<p>appointments now available between 08:00 and 20:00, 7 days a week at the following locations:</p> <p>Surbiton Health Centre – appointments available 18:30 – 20:00 Monday to Friday, 08:00 – 20:00 Saturdays and Sundays</p> <p>Kingston Health Centre - appointments available 18:30 – 20:00 Monday to Friday, 08:00 – 20:00 Saturday, 08:00 – 14:00 Sunday</p> <p>Merritt Health Centre - appointments available 18:30 – 20:00 Monday to Friday 08:00 – 14:00 Saturday and Sunday</p> <p>For evening appointments, please contact your own GP surgery before 5pm to make an appointment. For a weekend appointment please call 020 3841 9942.</p>
Richmond	<p>Extended GP access is currently operating from 08.00 to 20.00 every day including weekends. Patients should continue to contact their GP practice in the usual way to get an appointment.</p> <p>All children aged 5 and under can get a same day consultation with a GP, Monday to Friday 08:00 to 20:00. Patients should continue to contact their GP practice in the usual way to get a GP appointment. If you need to see a GP and your practice is closed, call in the usual way and you will automatically be directed to the out-of-hours service.</p>
Epsom and Ewell, East Elmbridge, Dorking, Banstead	<p>Some additional appointments in practices are operating across the Surrey Downs area (which includes Epsom and Ewell, East Elmbridge, Dorking, Banstead and surrounding areas). This includes some additional children's clinics for patients registered with a GP in East Elmbridge. Please contact your local GP practice for details.</p>
Merton	<p>Extended hours are now operating across Merton's GP practices, which will boost the number of appointments during core surgery hours (08:00 – 18:30 Monday to Friday) and during extended hours (before 08:00 Monday to Friday, 18:30 – 20:00 Monday to Friday and Saturday mornings in some practices).</p> <p>Alongside extended hours in local GP practices there are two primary care access hubs, one in the east of the borough and one in the west. The hubs are located alongside our GP practices at the Wide Way Medical Centre, Mitcham and the Nelson Medical Practice Wimbledon. These hubs are not offering a walk-in service.</p> <p>To book a same day appointment at the hub patients will need to contact their GP practice or call 111.</p> <p>Please note the hub is only available for patients registered with a Merton GP practice.</p> <p>The hubs will offer extended access Monday to Friday from 17:00 – 20:00 and on Saturdays 08:00 – 20:00.</p>