

Don't just go to A&E - Injured or unwell?

Don't just go to A&E if it's not a serious emergency. Alternative services are available, visit www.nhs.uk where you can enter your postcode and hit the 'Find service' button.

Find the right service to treat you – it may be quicker, and even closer to your home. Using the right service means you don't spend hours waiting in A&E and treatment can be given quicker to those really in need of urgent care.

HEALTH help NOW.

NHS Croydon
Clinical Commissioning Group

- Self Care**
Headache
Cough or cold
Sore throat
Make sure your medicine cupboard is stocked up. To find the right treatment, use the free **Health Help Now App** or visit www.healthhelpnow.nhs.uk
Click before you go.
- Pharmacist**
Hayfever
Diarrhoea
Minor injuries
Croydon Pharmacies can give you advice on common illnesses and medicines to treat them.
- Your GP**
If you have any illness or injury that won't go away, make an appointment to speak to your GP.
Call 111 for Out of Hours GP Services.
- Call 111**
Unsure / Unwell
Confused / Need to know
When you need medical help fast but it's not a 999 emergency, **NHS 111** is able to assess your need and book an appointment with the right service for you.
- GP Hub**
If you can't get an appointment with your GP call **NHS 111** for an assessment or to book an appointment if necessary with a **GP hub 8am to 8pm every day, all year round.**
- A&E or 999**
Choking / Chest pain
Blackout / Blood loss
Broken bones
In serious or life-threatening situations, emergencies, and for broken bones, go to the **Urgent Care Centre, Accident & Emergency** or dial **999**

The GP Hubs were opened in April 2017 in response to local residents who called for extended opening hours and improved urgent care access to GPs. Appointments are available through calling 111 and you can also turn up without an appointment, but you may have to wait. Details of the new GP Hubs are below:

GP HUB CENTRAL CROYDON

East Croydon Medical Centre, 59 Addiscombe Road, CR0 6SD

Car: Free & Paid Parking Available within 2 minutes' walk

Tram: 3 minute walk from Lebanon Road Tram Stop

Train: 5 minutes' walk from East Croydon Train Station

Bus: Routes 64, 119, 194, 198, 433, 466

GP HUB PURLEY

Purley War Memorial Hospital, 856 Brighton Road, CR8 2YL

Car: Free & Paid Parking Available within 2 minutes' walk

Train: 6 minutes' walk from Purley Train Station

Bus: Routes 60, 166, 289, 405, 407, 412, 455 & 466

GP HUB PARKWAY

Parkway Health Centre, Parkway, New Addington, CR0 0JA

Car: Free Parking Available outside

Tram: 1 minute walk from New Addington Tramlink

Bus: Routes 64, 130, 314, 464, 664

Please note there is no longer a walk in minor injuries service at Edridge Road Community Health Centre. The nearest GP Hub is located at East Croydon Medical Centre. It is a 5-10 min drive away, or 20 min on foot.

May 2017