

# Where can I go for medical help in Kingston?

Treat yourself

Pharmacy

GP

Out of hours

Walk-in centres

A&E



Helping you get the right help, fast

**Treat yourself**

**Pharmacy**

**GP**

**Out of hours**

**Walk-in centres**

**A&E or call 999**

**When?**

Minor illnesses, like headaches, diarrhoea, vomiting, coughs and colds.

Advice on minor illnesses like diarrhoea, allergies, coughs and colds, as well as advice on giving up smoking and emergency contraception.

Health advice for more serious conditions, diagnosis, prescriptions and things like ear infections.

When your GP is closed and you have an urgent medical problem that can't wait.

For urgent treatment for an illness or injury that isn't life threatening, including infections and rashes, stomach upsets, cuts and bruises, burns and strains.

If you are seriously ill and need emergency care fast, including heavy bleeding, serious broken bones, choking, chest pain, difficulty breathing, blacking out or seizures.

**Where?**

Stay at home, keep warm and hydrated.

For more information on how to take care of yourself and others, visit [www.kingstonccg.nhs.uk/winterwellness](http://www.kingstonccg.nhs.uk/winterwellness) or call 020 8339 8107.

Find your nearest pharmacy at [www.nhs.uk](http://www.nhs.uk)

Your local GP practice that you are registered with.

Call your normal GP practice and you will be connected to the Out of Hours service directly.

**Kingston Primary Care Weekend Service** offers access to GP and primary care nurse appointments at Surbiton Health Centre on weekends between 8am-8pm. Walk in or book an appointment on 020 3841 9942.

If you need medical advice urgently but it isn't an emergency, **call 111**.

**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.

**Queen Mary's Hospital Minor Injuries Unit**, Roehampton, SW15 5PN  
T: 020 8487 6999 Open 8am-7.00pm 7 days a week, 364 days a year. Closed on Christmas Day.

Kingston Hospital, 1 Galsworthy Road, Kingston KT2 7BE  
**Or dial 999.**

**Hints**

Keep some basic medicines like paracetamol and ibuprofen in your bathroom cabinet, just in case.

Pharmacists are trained medical professionals who can offer quick advice on a wide range of minor illnesses.

To make life easier, many GPs now offer appointments earlier or later in the day, or even at weekends, as well as telephone consultations.

Get expert medical advice on where you can get help quickly or a GP home visit if you need it.

No appointment needed – just walk in to your nearest centre. Some even offer X-ray facilities – and waiting times could be shorter than A&E.

In an emergency, don't wait. **Go straight to A&E or call 999.**