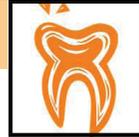


Emergency Dental Service



This is for urgent, out of hours, emergency dental treatment, when your own dentist is closed (or if you do not have a dentist). Call promptly to avoid disappointment. NHS dental charges apply.

Lewes: 01273 486444. Lines open weekdays from 6.30pm. Weekends and bank holidays from 9am.

Hailsham: 01323 449170. Lines open weekdays from 6.30pm. Weekends and bank holidays from 1pm.

Hastings: 01424 850792. Lines open weekdays from 6.30pm. Weekends and bank holidays from 9am.

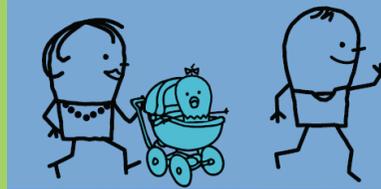
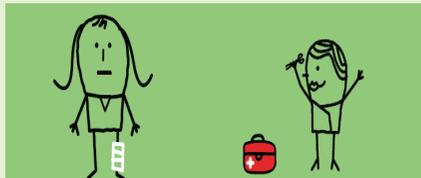
Need a dentist in daytime hours? Dental Helpline: **0300 1000 899.**

Emergency Contraception/Sexual Health



- At practices: The Circle Room (under 25's) at School Hill Surgery Lewes, **01273 480888.** Drop-in at Meridian Surgery Peacehaven **01273 588200.**
- Details of local community-based clinics, Eastbourne, **01323 416100.** (www.eastsussexsexualhealth.co.uk)
- Claude Nicol Centre, The Royal Sussex County Hospital: **01273 664721.**
- Morley Street Clinic, Brighton: **01273 242091.**
- Pharmacies and Walk In Centres can often provide emergency contraception.

Please remember: A&E is there to use when you need it, when the situation is urgent, when it is not safe to wait and there is no simple alternative available elsewhere. It is more important than ever that NHS money is spent wisely, so that all patients get high quality care in the best place for them - whether that be at a pharmacy, their GP or A&E.



Attending Accident and Emergency is not always the best answer when you feel unwell, or when you need to help someone else get medical help.

If you need to see, or contact a medical professional quickly, it often makes sense to try your GP first because they specialise in treating many health problems.

They can also often treat minor injuries.

Because your practice is local to you, it makes getting there easier and you may not need to wait as long as you would at A&E.

Your practice will also have your medical history to hand, which helps them make the best treatment decisions for you.

Although GP practices vary slightly with their surgery opening times, generally they should be open from 8.30am until 6pm Monday to Friday.

Face to face appointments and/or telephone consultations should be available on request, although you need to remember that most surgeries operate an appointment system. An immediate consultation may not always be possible, however practices will do their best to see you as soon as possible.

And there are other services that can help (turn over for details).



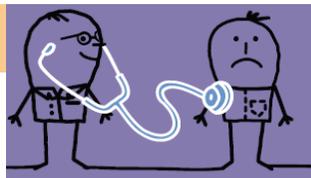
A&E is the right place for these:

- | | |
|-------------------------|--|
| ✓ Choking | ✓ Fits or unconsciousness |
| ✓ Chest pain | ✓ Stroke |
| ✓ Heavy blood loss | ✓ Emergency care when any delay would cause further harm |
| ✓ Serious injury/trauma | |

What are the alternatives to A&E?

Try your GP practice

Try your GP. If this is not suitable, or possible, there are other options:

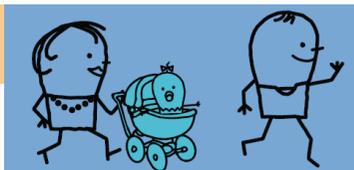


- GP Out Of Hours Service
- Walk In Centres
- Pharmacies
- Minor Injuries Units
- NHS Direct
- Emergency Dental Service
- Emergency Contraception And Sexual Health

Out Of Hours Doctors

The out of hours doctors' service is open from 6.30pm - 8.00am Monday - Friday and 24 hours Saturday and Sunday. It provides an emergency service when your GP practice is closed (evenings, weekends and bank holidays). It is run by local GPs.

Call 03000 242424.



Walk In Centres

If the surgery where you are registered is not open, it is possible to see a GP at one of the Walk In Centres based at Brighton or Eastbourne Railway Stations without having to register.

Consultations are seven days a week between 8am and 8pm.

Brighton Station Walk In Centre: **01273 203058**

Eastbourne Station Walk In Centre: **01323 726650**



Pharmacy

Your local pharmacist can help with advice on a number of different problems such as coughs, sore throats, wound dressings, skin rashes, diarrhoea/vomiting, constipation, headache, minor eye conditions, hay fever, head lice, insect bites and worms. They can also help with inhaler or insulin pen problems or emergency supplies of regular medications. Need late, Sunday, bank holiday opening times? Call NHS Direct **0845 4647** or search 'pharmacies' at www.nhs.uk.



Minor Injuries Units (MIUs)

Open from 8am to 8pm, 7 days a week at:

- Lewes Victoria Hospital **01273 474153**
- Uckfield Community Hospital **01825 769999**
- Crowborough Memorial Hospital **01892 652284**

MIUs treat sprains and strains, broken bones (not hips), wound infections, minor burns and scalds, minor head injuries, insect and animal bites, minor eye injuries, injuries to the back, shoulder and chest. X-ray facilities are for shoulder, upper arm, collar bone, elbow, wrist, hand, ankle, foot, toe and knee.

If you are referred by the MIU for X-ray the opening times are:

- Uckfield: Weekdays 9am – 4pm and 12 noon – 6pm at weekends
- Crowborough: Tuesday, Wednesday and Thursday (9am - 4.30pm, closed for lunch between 12.30pm – 1pm).
- Lewes: Monday to Friday 9am to 5pm (not weekends).



NHS Direct

This service runs 24 hours a day, 7 days a week, 365 days a year. Telephone **0845 46 47** for a nurse assessment. You will be asked a series of questions relating to your health problem and offered advice on further action or treatment. www.nhsdirect.nhs.uk.



This leaflet can be provided in other languages and formats.
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