

If you, or someone you know, does need medical help or advice this winter, this handy cut out and keep guide for Bexley will help you know where to go:

NOT URGENT

If your concern is **NOT URGENT**, the following options may be able to resolve your concern:

- Visit the **NHS website** (www.nhs.uk) for helpful advice on healthcare conditions
- Your **pharmacy** is a good source of healthcare advice and treatment, many offer late night opening
- Use the **NHS online** Bexley app (available from the App store or Google Play or on your GP practice website) to get self-help advice, request an online consultation with your GP, manage appointments, order prescriptions or view medical records
- Contact your **GP** for an appointment. Your GP practice can also assist Bexley patients access appointments at the extended access hubs at Queen Mary's Hospital and Erith Hospital

LIFE THREATENING

For **LIFE THREATENING** medical emergencies

Call 999 or attend an Accident & Emergency Department only if you have a **LIFE THREATENING** medical emergency

- Queen Elizabeth Hospital A&E
Open 24 hours a day 7 days a week
Stadium Way, Woolwich SE18 4QH
020 8836 6000
- Darent Valley Hospital A&E
Open 24 hours a day 7 days a week
Darenth Wood Rd, Dartford DA2 8DA
01322 428100

URGENT

If you require **URGENT CARE** and cannot wait to see your GP, there are a number of places where you can access treatment or health advice:

● NHS 111

If you are unsure how to treat your condition ring NHS 111. Information is also available at <https://111.nhs.uk/>

A trained call handler – in some cases a clinician - will take you through a short assessment will provide you with self-care advice or direct you to the most appropriate healthcare organisation to access treatment.

Following a short assessment, NHS 111 can also help you access a GP out of hours when your practice is closed. Please note that a referral from NHS 111 is required in order to access a GP out of hours.

● URGENT CARE CENTRES

- Queen Mary's Hospital Urgent Care Centre
Open 24 hours a day 7 days a week
Frognaal Avenue, Sidcup, Kent DA14 6LT
020 8308 5611
- Erith Hospital Urgent Care Centre – open 8am-10pm
7 days a week (last patient admitted at 8pm)
Erith Hospital, Urgent Care, Park Crescent, Erith,
Kent, DA8 3EE
01322 356116
- Queen Elizabeth Hospital Urgent Care Centre -
open 24 hours a day 7 days a week
Stadium Way, Woolwich SE18 4QH
020 8836 6000