

Who should I go to for help and advice on my family's health?

Can I treat myself?

Advice is available from the new 111 service. You can access this 24 hours a day by dialling: **111**

Need more advice?

Advice on minor ailments and emergency repeat prescriptions can be given your Pharmacists, our Pharmacies are:

Kents in Glenlyn	0208 224 0300
Kents Chemist Molesey	0208 979 5168
Courts High Street Molesey	0208 979 9022
Boots Thames Ditton Village	0208 398 1459
Thorkhill Pharmacy Thames Ditton	0208 398 3008
Wallis Jones in Hinchley Wood	0208 398 2494

If neither of the above can help?

Call/Visit your GP; remember you can ask to speak to them over the phone if you feel it doesn't warrant an appointment. The surgery numbers are:

Glenlyn 0208 979 3253

Giggs Hill 0208 398 8619

What do I do when my surgery is closed?

Our Out of Hours service is covered by Care UK. You can reach them by dialling: **111**

Need urgent care and unable to get an appointment? Our local Walk In Centres can help (they will not see those aged under 2):

Teddington Memorial Hospital, Hampton Road, Teddington, Middlesex TW11 0JL
Opening Hours; Mon-Fri 8am – 10pm; weekends and bank holidays, 8am – 9pm.
Last entry half an hour before closing.
Telephone:020 8714 4004

Weybridge Walk In Centre, 22 Church Street, Weybridge, Surrey KT13 8DY
Opening hours; Mon – Fri 7am – 7.30pm; Sat, Sun and bank holidays 9am – 3pm
Telephone: 01932 826013

Life threatening or very serious illness?

Accident & Emergency (A&E) or call 999 (You can also request emergency services using 111)

Calling **999** is free and available 24 hours a day. You should always call 999 for an ambulance in a life-threatening emergency – if someone is seriously ill or injured, and their life is at risk.

Our nearest A&E Department is located at Kingston Hospital, Galsworthy Road, Kingston on Thames, Surrey KT2 7QB
Telephone: 0208 546 7711