

HEALTH help NOW.

NHS
Medway Clinical Commissioning Group

For urgent
health advice
24 hours a day
call 111



URGENT HELP AND ADVICE

GPs are experts in everyday health problems.

Contact your GP practice first.

You can also see a GP at the NHS Walk-in Centre, 547-553 Canterbury Street, Gillingham, ME7 5LF **01634 575232**. Open 8am-8pm, seven days a week. No need to book.



LATE NIGHT AND SUNDAY PHARMACIES

- **Chatham** - Asda **01634 663010**, Island Pharmacy **01634 891207**
- **Gillingham** - Tesco **01634 649647**, Woodlands **01634 570161**, Sainsbury's **01634 360256**.
- **Strood** - Pharmacy@Gun Lane **01634 724397**
- **Rochester** - Karsons **01634 405700**



MINOR INJURIES

For suspected broken arms or lower legs, shoulder injuries, sprains, cuts and minor burns.

- **Gravesham Community Hospital Minor Injuries Unit**, DA11 0DG **01474 360816**
(8am-8pm, seven days a week. X-ray 8.30am-12.30pm, 1.30pm-5pm Monday-Friday)
- **Sittingbourne Memorial Hospital**, ME10 4DT **01795 418300**. Open 9am-9pm 7 days a week.
X-ray 9am-9pm Mon-Fri, 10am-8pm weekends and bank holidays
- **Sheppey Community Hospital**, ME12 3LT **01795 879100**
Open 9am-9pm 7 days a week. X-ray 9am-5pm Mon-Fri.

Medway residents can use these minor injury units. They may be a little further away but generally have shorter waits than A&E.



DENTAL EMERGENCY

Contact your dentist first. If you don't have a dentist call **0300 123 4412**. Open 8am-4pm Mon-Fri. Evenings and weekends, phone DentaLine **01634 890300**.



CONFIDENTIAL EMOTIONAL SUPPORT 24/7

Mental Health Matters helpline **0800 107 0160** or visit liveitwell.org.uk



SOCIAL SERVICES

Offers advice and support so that vulnerable people are not left at risk.

Call **01634 334466**. Evenings, weekends, bank holidays call **0845 762 6777**.

Use your phone before you go.
Save A&E for when you really need it.

www.medwayccg.nhs.uk

