



## What Are The Alternatives To A&E?

### 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 111

<http://www.nhs.uk/NHSEngland/AboutNHSservices/Emergencyandurgentcareservices/Pages/NHS-111.aspx>

- Dental and Emergency Dental Service
- Emergency Contraception and Sexual Health Walk In Centre

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 Eastbourne Railway Station, without having to register. Consultations are seven days a week between 8.00am and 8.00pm:

Eastbourne Station Walk In Centre: 01323 726650

Hastings Station Approach Walk in Centre: 01424 884410

Brighton Station Walk In Centre: 01273 203058



## **Pharmacies**

Your local pharmacist can help with advice 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.

Search NHS Choices <http://www.nhs.uk/Service-Search/Pharmacy/LocationSearch/10>

## **Minor Injuries Units (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. Xray facilities are for shoulder, upper arm, collar bone, elbow, wrist, hand, ankle, foot, toe and knee.

Lewes Victoria Hospital 01273 474153, Lewes: Monday to Friday 9.00am to 5.00pm (not weekends).

Uckfield Community Hospital 01825 769999, Weekdays Tuesday, Wednesday and Thursday 9.00am - 4.30pm, (closed for lunch between 12.30pm -1.00pm). Weekdays 9.00am 4.00pm and 12 noon - 6.00pm at weekends

Crowborough Memorial Hospital 01892 652284.



## **NHS 111:**

<http://www.nhs.uk/NHSEngland/AboutNHSservices/Emergencyandurgentcareservices/Pages/NHS-111.aspx>

## **Dentists**

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

## **Emergency Dental Treatment**

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

Lewes: 01273 486444. Lines open: Weekdays from 6.30pm.  
Weekends and bank holidays from 9.00am.

Hailsham: 01323 449170. Lines open: Weekdays from 6.30pm.  
Weekends and bank holidays from 1.00pm. Hastings: 01424 850792.  
Lines open: Weekdays from 6.30pm. Weekends and bank holidays  
from 9.00am.

Search for an NHS dentist:

<http://www.nhs.uk/NHSEngland/AboutNHSservices/dentists/Pages/find-an-NHS-dentist.aspx>

## **Emergency Contraception/Sexual Health**



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

June 2015