

Your guide to health services this Christmas and New Year

Self care

Many everyday illnesses can be managed at home with a well stocked medicine cabinet. Ensure you stock up on cold and flu medicine and pain relief such as paracetamol, aspirin or ibuprofen.

Ask your pharmacist

For medicines advice and minor ailments you should have a chat with your pharmacist. Pharmacists are qualified to give expert advice without an appointment and can advise about coughs and colds, sore throat, headaches, allergies, skin conditions, hayfever and diarrhoea. They can provide help for many illnesses and will advise you about over the counter medicines to relieve your symptoms.

Pharmacy opening times will be displayed in the pharmacy shop window and local newspapers or information can be obtained from NHS direct on 0845 4647 or visit www.westsussexpct.nhs.uk

NHS Direct 0845 4647

NHS Direct operates a 24-hour health advice and information service, providing confidential information on what to do if you or your family are feeling ill, particular health conditions, local healthcare services, such as doctors, dentists or late night opening pharmacies, self-help and support organisations.

GP practices

There are 94 practices in West Sussex. To register with a GP you must contact your local surgery direct. To find out where your nearest practice is go to www.nhs.uk or call NHS direct on 0845 4647.

Emergency GP Service

If you need urgent treatment and cannot wait until your GP surgery is open, please call NHS Direct on 0845 4647 for advice or phone your GP surgery where you will be redirected to the Out of Hours service. The Out of Hours service is not for routine matters or repeat prescriptions. You may be offered an appointment at an out of hours centre. Please note that home visits will be made on medical grounds only.

Emergency Dentist

If you need emergency dental care you should call your own dentist. Please do not go to a hospital A&E department or your GP with a dental problem. If you do not have a dentist and have a dental emergency, call NHS Direct on 0845 4647 or visit www.westsussexpct.nhs.uk for information on emergency dentists over the Christmas and New Year period.

If you are not registered with a dentist, contact NHS direct on 0845 4647 who will be able to assist you or visit www.nhs.uk to find your nearest dentist. If you are registered with an NHS dentist please remember that if you do not visit for a check up or treatment within 15 months you will automatically be removed from their NHS list.

Emergency Contraception

Visit a pharmacist who will be able to prescribe emergency contraception. Pharmacy opening times will be displayed in the pharmacy shop window and local newspapers or information can be obtained from NHS direct on 0845 4647 or visit www.westsussexpct.nhs.uk

Minor Injuries Unit and Urgent Treatment centre

Before going to A&E at either Worthing, Haywards Heath or Chichester please consider if one of our other centres could treat you first. We have two minor injuries units (Horsham and Bognor) and one urgent treatment centre in Crawley.

- **Bognor Regis War Memorial Hospital Minor Injuries Unit**, Open 9-5, Monday to Friday. Closed weekends and bank holidays, Telephone 01243 623564 for more information
- **Horsham Hospital Minor Injuries Unit**, Open 9-5, Monday to Friday, Closed weekends and bank holidays, Telephone 01293 600300 ext 7202 for more information
- **Crawley Hospital Urgent Treatment Centre**, Open 24 hours, 7 days (including Christmas and New Year) Telephone 01293 600300 ext 4141 for more information

Accident and Emergency Service

A&E at Worthing, Haywards Heath and Chichester and calls to 999 services are for serious accident, critical and life threatening emergencies only such as loss of consciousness, severe chest pain and/ or loss of blood. The A&E departments are open 24 hours a day