



Self Care

Headache
Cough or cold
Sore throat

Make sure your medicine cupboard is stocked up. To find the right treatment, use the free **Health Help Now App** or visit www.healthhelpnow.nhs.uk **Click before you go.**



Pharmacist

Hayfever
Diarrhoea
Minor injuries

Croydon Pharmacies can give you advice on common illnesses and medicines to treat them.



Your GP

If you have any illness or injury that won't go away, make an appointment to speak to your GP. **Call 111 for Out of Hours GP Services.**

111

Call 111

Unsure / Unwell
Confused / Need to know

When you need medical help fast but it's not a 999 emergency, **NHS 111** is able to assess your need and book an appointment with the right service for you.



GP Hub

If you can't get an appointment with your GP call **NHS 111** for an assessment or to book an appointment if necessary with a **GP hub 8am to 8pm every day, all year round.** Walk in appointments are available but you may need to wait longer.



A&E or 999

Choking / Chest pain
Blackout / Blood loss
Broken bones

In serious or life-threatening situations, emergencies, and for broken bones, go to the **Urgent Care Centre, Accident & Emergency** or **dial 999**

Available services from GP Hubs

Cuts, scratches and bruises • Sprains & Strains • Bites • Minor burns • Minor eye injuries
• Minor head injuries (without having passed out) • Minor injuries to limbs, body and face • First aid • Minor illnesses (including infections)

People who live and work in Croydon will have access to a wide range of urgent care services including booked appointments with a GP available from 8am to 8pm, seven days a week across three new GP Hubs. Walk in appointments are available at GP Hubs but you may need to wait longer.

To find the best care for you:

HEALTH
help NOW.

Click before
you go

Download the free **Health Help Now app**
or visit www.healthhelpnow.nhs.uk



Phone before
you go

Phone NHS 111 before you go

Free to phone from landlines or mobiles

The new services have been developed in response to local residents who called for improved urgent care access to GPs.

Purley War Memorial Hospital

GP Hub

8am - 8pm

365 days

856 Brighton Road,
Purley,
CR8 2YL

Parkway Health Centre

GP Hub

8am - 8pm

365 days

Parkway,
New Addington,
CR0 0JA

East Croydon Medical Centre

GP Hub

8am - 8pm

365 days

59 Addiscombe Road,
Croydon,
CR0 6SD

Croydon University Hospital



**Urgent Care Centre
Emergency Department**

24 hours | 365 days

530 London Road, Croydon, CR7 7YE

NHS

Croydon
Clinical Commissioning Group

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