



Newham London

# Health services and your new home Redbridge

## Useful numbers in Redbridge

### Finding a family doctor

To find your nearest GP (family doctor) call NHS direct on **0845 4647** or **020 8478 5151**

### Dentist/Optician

To find your nearest dentist or optician call NHS direct on **0845 4647** or **020 8478 5151**

### Patient Advice and Liaison Service (PALS)

For advice and complaints about your local family doctors, dentists etc call **0800 0926 995**

### NHS walk in centres

This is a centre run by nurses who offer instant treatment for minor injuries, illness and also contraception.

201-205 Cranbrook Rd, Ilford, IG1 4TD

No appointment needed

**020 8924 6633** or **020 8924 6634**

### Accident and Emergency

The nearest A&E services are

**King George Hospital**

Barley Lane, Goodmayes, IG3

**020 8983 8000**

**Whipps Cross Hospital**

Whipps Cross Rd, Leytonstone, E11 1NR

**020 8539 5522**

### The Diabetic Clinic

Buntinbridge Rd, Newbury Park, IG2 7LR

**020 8491 1570**

### Family planning and sexual health clinics

**John Telford Clinic**

Cleveland Rd, Ilford, IG1 1EE

**020 8491 1971**

**The Sydenham centre**

Barking Hospital, Upney lane,

Barking, IG11 9LX

**020 8924 6250**

### Community Mental Health Services

Your GP can link you into mental health services but in an emergency call the NHS direct on **0845 4647**

### Mental Health Service

You can call the teams from 9am-5pm

North **020 8708 5200**

South **020 8970 4091**

West **020 8708 9100**

### The Samaritans

Confidential 24 hour support line

**08457 909090**

### Stop Smoking Service

This service can help you stop smoking for good! Call **020 8926 5275**

### Redbridge Age Concern

3rd floor, Bodgers of Ilford

17 station Rd, Ilford IG1

**020 8220 6000**

### Redbridge Carers

Support, information and advice for carers

3rd floor, Bodgers of Ilford

17 Station Rd, Ilford IG1

**020 8514 6251**

## Why you need to register with a local GP

You will need to change your doctor to one near where you are placed. This is very important if you ever get really sick and need to be visited at home by the GP or the GP needs to call an ambulance to your home. Please do not continue to use your old address in order to stay with the same GP – this causes a lot of problems for your doctor and for your health because you do not get important letters that your doctor sends to you.

If you get sick you should ring your GP. If the surgery is closed, listen carefully to the answerphone message as it will give a special emergency number – do not go to the hospital or call 999 unless you have had an accident and broken a bone or have had another emergency. Your GP will see you quicker than the hospital.

## How to find a GP

1. To register with a GP, you can go to the surgeries nearby and ask the receptionist about registration. What doctors do is the same in every surgery, but some may have extra services: in general, a GP with a number of doctors tends to provide more services than a GP practice with just one doctor.
2. If the surgery you have chosen is full then you can call the “find a doctor service” on **020 8478 5151** (and then press 1). They will make sure you are registered with a family doctor so you can link into all your local medical services.
3. If you have access to the web, you can use the NHS website to find all medical services near to your home. Go to [www.nhs.uk](http://www.nhs.uk) and follow the find services link.

Monday - Friday  
9.00am - 5.00pm



9447

### For free translation phone

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مفت ترجمے کے لئے ٹیلیفون کیجیے۔

### For large print or braille phone

**0800 952 0119**

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