



Newham London

Health services and  
your new home  
Barking and Dagenham

## Useful numbers in Barking and Dagenham

### Finding a family doctor

To find the nearest GP (family doctor) call NHS direct on **0845 4647** or **020 7683 4645**

### Dentist/Optician

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

There is an emergency service at the Royal London **020 7377 7423**

### Patient Advice and Liaison Service (PALS)

For advice and complaints about your local family doctors, dentists etc call **0800 923 0107**

### NHS walk in centres

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

Upney Lane Centre,  
132 Upney Lane, Barking, IG11  
**020 8924 6262**

### Accident and Emergency

The nearest A&E services are

**King George Hospital**  
Barley Lane, Ilford, IG3  
**0845 130 4204**

**Queens Hospital**  
Romford Valley Way,  
Romford RM7 OAG  
**0845 1304204**

### Diabetic Clinic

Your family doctor will put you in touch with the local service at the Shrewsbury Centre  
**020 8586 5240**

### Family planning and sexual health clinics

For contraception, pregnancy testing etc family planning clinic  
92 Hedgemans Road, Dagenham  
**020 8984 100**

Walk in and wait clinic at the Sydenham Centre, Barking Hospital,  
Upney Lane, IG11  
**020 8924 6250**

### Mental health services

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

### Community mental health services

You can call the teams from 9am-5pm.  
Barking Team on **020 8276 7880**  
Dagenham Team on **020 8276 7870**

### The Samaritans

Confidential 24 hour support line  
**08457 909090**

### Stop smoking service

This service can help you stop smoking for good! Call **0800 169 1943**

## Age concern

884 Green Lane, Dagenham  
020 8270 4946

## Support for carers

Support, information and advice and activities at 10 centres in the area  
Dagenham office on 020 8593 4422  
Chadwell Heath office on 020 8590 6544

## Why you need to register with a local GP

You will need to change your doctor to one near where you are now living. This is very important if you ever become 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 use your old address in order to stay with the same GP – as you will not receive important letters from your doctor.

If you are sick you should ring your GP. If the surgery is closed, listen carefully to the answer phone message as it will give you a special emergency number – do not go to the hospital or call 999 unless you have had a severe accident or broken a bone. 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. The services doctors provide 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 practise with just one doctor.
2. If the surgery you have chosen is full then you can call the Barking and Dagenham Primary Care Trust Patient help line on 0800 3895360.
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۔

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**0800 952 0119**

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