

Need Emergency Contraception?

The sooner emergency contraception is taken after unprotected sex the more effective it is. It can be taken up to 72 hours afterwards.



Some pharmacists in the area can give emergency contraception to girls aged 18 years and under free of charge. It is confidential and they will not pass on any of your details to anyone. For more information please contact your local pharmacists

UPPER GORDON ROAD

37 Upper Gordon Road
Camberley
Surrey
GU15 2HJ

Phone: 01276 459040

Fax: 01276 459041

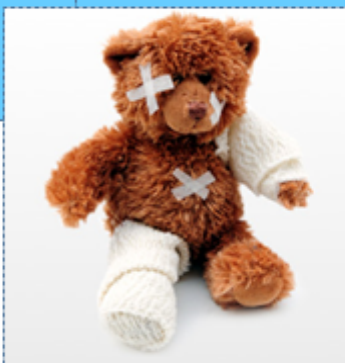
E-mail: ugradmin@nhs.net

www.uppergordonroad.gpsurgery.net

Accident & Emergency (A&E)

It is important to go to A&E for emergency or life threatening conditions if you:

- are having chest pains
- or
- think you may be having a heart attack or stroke
- are unconscious
- are losing a lot of blood
- think you've broken a bone
- have a very deep cut
- have breathing difficulties
- have a serious head injury



If you are not sure if you should go to A&E call NHS Direct or your GP Surgery for advice

UPPER GORDON ROAD SURGERY



Where else can I go when I don't feel well?

NHS 111 from the 1st April 2013

NHS Direct will cease and will be replaced with **NHS 111** the new non emergency service. It will work in a similar way to NHS Direct and is manned by trained Triage personnel, doctors & nurses. It is available 24 hours a day every day of the week and the phone call is **FREE**. NHS 111 will also take on the role of Out of Hours doctors, so rather than phoning your usual GP surgery for details of who to contact when they are closed, you will be able to ring 111 instead.

For health information visit NHS Choices at www.nhs.uk or www.patient.co.uk

GP Out of Hours Service

Our current Out of Hours provider will be working alongside the new NHS 111 service for our patients. You will no longer need to dial the out of hours GP, you can just dial 111 and if you need help or advice or for a doctor to visit you out of hours NHS 111 will arrange this for you.



Minor Injuries Unit

You can go to the Minor Injuries unit if you have a less serious injury or illness like:

- a leg or arm fracture
- An allergic reaction
- Dislocated fingers or toes
- Minor wounds or abrasions



The nearest unit is at **Heatherwood Hospital in Ascot** and is open between 8am and 10pm every day of the week you do not need an appointment. If you need

directions please ring **01344 877802**

NHS Walk-In Centre

The Walk In Centre provides treatment for minor illnesses and injuries & for things like:

- coughs and flu
- strains and sprains

Our nearest Walk-in Centre is at **Woking Community Hospital, Heathside Road, Woking, Surrey GU22 7HS.**

Telephone: 01483 846209

Open Monday to Friday 7am to 7pm

Weekends & Bank Holidays 9am to 7pm

X-Ray dept open Monday to Friday 9am to 5pm



Dentist Out of Hours Service



If you have dental problems and your dentist is closed or you are not registered with a dental practice, please telephone the emergency **Out of Hours**

Dental Service on 08450 271 2040

Who else can help you?

Your local pharmacist or chemist will be able to help you.

Pharmacists are trained to know all about different medicines.

They can give advice on how best to treat common illnesses like coughs and colds, and aches and pains.

They can advise you on what medicines to keep handy at home and they can also advise you whether it is necessary to see a doctor.

