## Feeling unwell? Make the right choices this winter





Self care - Have some every-day medicines and first-aid materials at home. Ask your local pharmacist what kind of things you need

Pharmacies (chemists) - Check in your local paper or pharmacy window for opening times

**NHS Direct** 0845 46 47 For expert health advice and information, 24 hours a day www.nhsdirect.nhs.uk

GP surgery - Call your surgery for advice including out of hours arrangements

Eastbourne Station Health Centre 01323 726650 8am to 8pm 7 days a week, including bank holidays. Appointments available to everyone; you don't have to be registered. Terminus Road, Eastbourne, BN21 3QJ

Minor Injuries Units

(open 8am to 8pm, 7 days a week except during the following times) Lewes Victoria Hospital, Nevill Road, BN7 1PE 01273 402504 Closed Christmas Day, open Boxing Day 10am to 4pm. Uckfield Community Hospital, Framfield Road, TN22 5AW

Open as usual including Christmas Day and Boxing Day

01825 745030 Crowborough War Memorial Hospital Southview Road, TN6 1HB Closed Christmas Day and Boxing Day, please use Uckfield. 01892 603602

National Pandemic Flu Service Information

0800 1 513 513 Treatment 0800 1 513 100 Samaritans 08457 90 90 90

Sussex Mental Healthline (support and information) 0300 5000 101

Monday to Friday 5pm - 9am, and 24 hours at weekends and bank holidays.

**Emergency contraception** Call NHS Direct (no. above) or for advice, contact a family planning

clinic, minor injury unit, pharmacy or your GP. Dentist - Looking for an NHS dentist? 0300 1000 899

Emergency, as above (8.30am-5pm Mon-Fri for appointments. Out of hours (including bank holidays):

> Hailsham 01323 449170 Hastings 01424 850792 Lewes 01273 486444

Care Services, Adult Social Care Direct 0345 60 80 191 Out of hours emergencies (Mon - Fri, 5pm to 8.30am, weekends, bank holidays 07699 391462

999 **Ambulance** 

If you think someone is suffering from one of the following call an ambulance:

- heart attack (eg chest pain for more than 15 minutes)
- · sudden unexplained shortness of breath
- · heavy bleeding
- unconsciousness (even if the patient has regained consciousness)
- · traumatic back/spinal/neck pain.

## 24-hour Accident & Emergency:

A&E is for life threatening conditions and emergencies

Eastbourne 01323 417400 Eastbourne District General Hospital, King's Drive, BN21 2UD

**Brighton** 01273 696955 The Royal Sussex County Hospital, Eastern Road, BN2 5BE

01424 755255 The Conquest Hospital, The Ridge, Hastings, TN37 7RD 01444 441881

Haywards Heath

Princess Royal Hospital, Lewes Road, RH16 4EX

Tunbridge Wells Kent and Sussex Hospital, Mount Ephraim, TN4 8AT

NHS East Sussex Downs and Weald NHS Hastings and Rother www.esdw.nhs.uk www.hastingsandrother.nhs.uk

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