Choose Well

Make sure you and your family receive the best care from the right service by following our guide.

NHS Direct

- For medical advice
- To check symptoms
- To find an NHS service in your area
- Phone 0845 4647 or visit www.nhs.uk

Pharmacy

For advice on minor illnesses and over-the-counter medicines. Remember to renew prescriptions in plenty of time.

Dentists

Medway dental helpline
Phone 0800 014 1538 Monday to Friday, 9am to 5pm. See out of hours (right) for evenings and weekends.

Urgent eye care

Specially-trained opticians, visit www.medwaypct.nhs.uk/eyecare for participating opticians.

GP

If you need to see a GP urgently, your practice will try to fit you in or refer you to MedOCC if no appointments are available.

Or you can go to the walk-in centre (below).

Walk-in centre

To see a GP or nurse for minor illnesses.

Medway NHS Healthcare Centre
547-553 Canterbury Street,
Gillingham, ME7 5LF.
Phone 01634 575232
8am to 8pm, 7 days a week

Minor injury units

For minor injuries that may need cleaning, stitching or dressing.

Sittingbourne Memorial Hospital,
Bell Road, ME10 4DT
Phone 01795 418300
9am to 9pm, 7 days a week

Sheppey Community Hospital
Plover Road, Minster-on-Sea
ME12 3LT
Phone 01795 879104
9am to 9pm, Monday to Friday

Accident and Emergency

For serious or life-threatening conditions, phone 999 or go to the emergency department at:

Medway Maritime Hospital
Windmill Road
Gillingham
ME7 5NY

Open 24 hours a day

Please keep emergency services free for those who really need them.

PALS

Here to help when you need health advice, have concerns or don't know where to turn.

Phone 0800 014 1641
Email nhsmedwaypals@nhs.net
Web www.medwaypct.nhs.uk

Follow us on Twitter

For local NHS news, health advice and seasonal updates in Medway.

@nhsmedway

A BETTER MEDWAY

Easier ways to be healthy

Healthy living programmes and services.
www.abettermedway.co.uk

Medway Stop Smoking Service
Phone 0800 234 6805
www.smokefreemedway.co.uk

Medway Sexual Health
www.medwaysexualhealth.co.uk

Out of hours

Late night pharmacies

Some open late at night and on Sundays. Please visit:
www.medwaypct.nhs.uk
or phone 0845 4647

GP or nurse (MedOCC)

For a GP or nurse when your practice is closed (evenings and weekends) or when your practice cannot offer you an appointment during the day.

Phone 01634 891855

Emergency dentist (DentaLine)

Phone 01634 890300
Evenings 6 to 10:55pm
Weekends 8:30am to 1:25pm

Emotional support

Mental Health Matters

Confidential, emotional support and advice.

Phone 0800 107 0160
24 hours a day, 7 days a week
www.mentalhealthmatters.com

Samaritans

Phone 01634 730981 or 08457 909090

Alternatively, face-to-face 9am to 10pm, 7 days a week at:

Priory Road
Strood
ME2 2EG

NHS
Kent and Medway