

URGENT HELP WHEN YOU NEED IT



Call your GP surgery first on:

Evenings, weekends, bank holidays, phone the Out of Hours
GP service on **03000 24 24 24** – after April 2013, phone **111**



Late night and Sunday pharmacies

- **Asda** (Westwood Cross) CT10 2NR **01843 608010**
- **Boots** (Westwood Cross) CT10 2BF **01843 867146**
- **Central Pharmacy** (Cliftonville) CT9 2QN **01843 298440**
- **Pierremont** (Broadstairs) CT10 1NQ **01843 600309**
- **Sainsbury's** (Westwood Cross) CT10 2QZ **01843 592286**
- **Tesco** (Ramsgate) CT12 6NT **01843 347447**
- **Tesco** (Westwood Cross) CT10 2QJ **01843 347247**



Minor injuries

Broken arms or lower legs, small wounds, sprains, cuts, minor burns.

- **Victoria Hospital**, London Road, Deal, CT14 9UA **01304 865400**
Open 8am–6pm 7 days a week. Closed 25 Dec.
X-ray 9am–1pm, 1.30–5pm Mon–Fri.
- **Estuary View**, Boorman Way, Whitstable, CT5 3SE **01227 284309**
Open 8am–8pm 7 days a week
X-ray 8am–8pm 7 days a week



Dental emergency? Contact your dentist

No dentist? **0808 238 9797**. Evenings and weekends DentaLine **01634 890300**



Confidential emotional support 24/7

Mental Health Matters helpline **0800 107 0160** or visit liveitwell.org.uk



Social care 24/7

08458 247 247

Check symptoms at
www.nhs.uk/nhsdirect



To find an NHS service: **0845 46 47** – after April 2013, phone **111**.

Save A&E for when you really need it.