

WE ARE WELCOMING.

WE ARE NEWHAM.



GETTING HELP WITH YOUR HEALTH

welcome.newham@newham.gov.uk
Free phone **0800 916 8757** Mon-Fri 10am-5.30pm

People at the Heart
of Everything We Do



GETTING HELP WITH YOUR HEALTH

Health care in the UK is **FREE** when you need it. In some cases you will need a referral.

Where to go

You can get help for physical and mental health from all of these services:



- **Pharmacies:** for minor illness and to get prescriptions
- **111:** phone number that can provide advice and information including when your doctor is closed
- **Doctors (GPs):** all basic medical care including immunisations, flu, stress, anxiety, low mood etc. Referrals to specialist services
- **Hospitals:** specialist services – usually needs referral from the GP
- **Urgent Care/Accident and Emergency:** for emergencies when you need help right away
- **999** for emergencies where you can't get to a hospital

Register for a GP (doctor)



- You can register as soon as you apply
- It's free to do
- You don't need any specific information
- Go to the nearest GP practice (doctors office) and ask for a registration form

Who can help:



- Transitional practice
Newham, 30 Church Road,
E12 6AQ
020 7909 4990
info.trathen@nhs.net
- Citizens Advice: **020 3855 4472**
(9am-4pm Monday to Friday)
www.citizensadvice.org.uk/health
- Healthwatch: **020 3866 2969**
(9am-5pm Monday to Friday)
info@healthwatchnewham.co.uk
- www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery
- You can ask for translators at all NHS services and they should provide them

Questions? Welcome Newham Helpline

welcomenewham@newham.gov.uk

Free phone **0800 916 8757** Mon-Fri 10am-5.30pm

No specific immigration status advice or case work

Regular updates and information?

Welcome Newham Champions

welcomenewhamchampions@newham.gov.uk

Whatsapp **07977 156899**