

# HEALTH help NOW.

**NHS**  
**Horsham and Mid Sussex  
Clinical Commissioning Group**



Your GP is generally the first medical professional to contact when you feel unwell. He or she is there to listen, reassure, offer advice and, in some cases, identify what's wrong. However many minor ailments - such as coughs, mild sunburn, insects bites and stings, colds and headaches - would be treated faster by a visit to your community pharmacist.



## LATE NIGHT, SUNDAY AND BANK HOLIDAY PHARMACIES

### **Boots** (Horsham)

1 Swan Walk, Horsham,  
West Sussex, RH12 1HQ

**Tel:** 01403 253053

- Mon to Sat 08:30 - 18:00
- Sunday 10:00 - 16:00



### **Sainsbury's** (Haywards Heath)

Market Place, Bannister Way,  
Haywards Heath, RH16 1DG

**Tel:** 01444 415839

- Mon to Fri 08:00 - 21:00
- Saturday 08:00 - 20:00
- Sunday 10:00 - 16:00

### **Boots** (East Grinstead)

40-46 London Road, East  
Grinstead, West Sussex,  
RH19 1AB

**Tel:** 01342 323405

- Monday 08:30 - 17:30
- Tuesday 09:00 - 17:30
- Wednesday 08:30 - 17:30
- Thursday 08:30 - 17:30
- Friday 08:30 - 17:30
- Saturday 08:30 - 17:30
- Sunday 10:00 - 16:00



### **Sainsbury's** (Horsham)

7 Worthing Road, Horsham,  
West Sussex, RH12 1SQ

**Tel:** 01403 254430

- Mon to Fri 08:00 - 21:00
- Saturday 08:00 - 20:00
- Sunday 10:00 - 16:00

### **Boots** (Burgess Hill)

2-4 Market Place, The Martlets,  
Burgess Hill, RH15 9NP

**Tel:** 01444 233101

- Mon to Fri 08:30 - 17:30
- Sunday 10:00 - 16:00



### **Tesco** (Horsham)

Wickhurst Lane, Broadbridge  
Heath, Horsham,  
West Sussex, RH12 3YU

**Tel:** 01403 342847

- Mon to Sat 08:00 - 21:00
- Sunday 10:00 - 16:00



### **Tesco** (Burgess Hill)

Hammond's Farm, Jane  
Murray Way, Burgess Hill,  
West Sussex, RH15 9QT

**Tel:** 01444 316847

- Monday 08:00 - 22:30
- Tuesday 06:30 - 22:30
- Wednesday 06:30 - 22:30
- Thursday 06:30 - 22:30
- Friday 06:30 - 22:30
- Saturday 06:30 - 22:00
- Sunday 10:00 - 16:00



### **Boots** (East Grinstead)

c/o Waitrose, West Street,  
East Grinstead, RH19 4YZ

**Tel:** 01342 314848

- Mon to Sat 09:00 - 18:00
- Sunday 10:00 - 12:00

### **Sainsbury's** (East Grinstead)

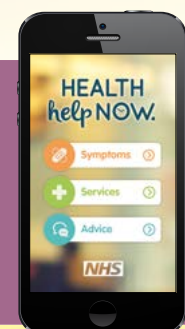
The Pharmacy Department,  
Brooklands Way, East  
Grinstead, RH19 1DD

**Tel:** 01342 302295

- Mon to Fri 07:00 - 23:00
- Saturday 07:00 - 22:00
- Sunday 10:00 - 16:00

For urgent  
health advice  
24 hours a day  
**call 111**

Use our healthcare services  
mobile web app to find the  
right care for you, right now.  
[www.healthhelpnow-nhs.net](http://www.healthhelpnow-nhs.net)





## MINOR INJURIES AND URGENT CARE

### Minor Injuries Unit (MIU) at Horsham Hospital

*Sprains and strains, broken bones, minor burns and scalds, minor head and eye injuries, bites and stings.*

**Address:** Horsham Minor Injuries Unit, Horsham Hospital, Hurst Road, Horsham, West Sussex, RH12 2DR

**Tel:** (01403) 227000 ext 7202

**Open:** 9am-5pm, Monday to Friday excluding bank holidays.

### Crawley Urgent Treatment Centre

*Sprains and strains, broken bones, minor burns and scalds, minor head and eye injuries, bites and stings.*

**Address:** Urgent Treatment Centre, Crawley Hospital, West Green Drive, Crawley, West Sussex, RH11 7DH

**Tel:** (01293) 600300 ext 4141

**Open:** 24 hours a day, 7 days a week

### Queen Victoria MIU

*Minor burns and scalds, lacerations (cuts to skin), animal/human bites, foreign bodies in eyes/ears/nose, facial injuries, hand Injuries cuts and grazes, sprains and strains, broken bones (fractures), bites and stings, infected wounds, minor head injuries and eye problems, such as infections or scratches*

**Address:** Holtye Road, East Grinstead, RH19 3DZ

**Tel:** 01342 414000

**Open:** 8am-10pm every day



## DENTAL

Contact your dentist first.

If you don't have a dentist call the Sussex NHS Dental Helpline on **0300 1000 899**

**Available:** Mon to Fri 9am-5pm



## MENTAL HEALTHLINE

*Telephone support and information.*

**Available:** 24 hours including weekends and Bank Holidays.

**Tel:** 0300 5000 101

**Website:** [www.sussexpartnership.nhs.uk/service-users/help/need-help/healthline](http://www.sussexpartnership.nhs.uk/service-users/help/need-help/healthline)



## SOCIAL CARE

Adult social care support in West Sussex— if you need advice and information about your social care needs please contact Adults' Services.

**Tel:** 01243 642555

**Website:** [www.westsussex.gov.uk](http://www.westsussex.gov.uk) (search 'request social care support')

## ACCIDENT & EMERGENCY

*You should visit A&E or call 999 for life-threatening emergencies, serious injuries or illnesses.*

### East Surrey Hospital

Canada Avenue, Redhill, Surrey, RH1 5RH

**Tel:** 01737 768511

### Princess Royal Hospital

Lewes Road, Haywards Heath, West Sussex, RH16 4EX

**Tel:** 01444 441881

### Royal Alexandra Children's Hospital

Eastern Road, Brighton, East Sussex, BN2 5BE

**Tel:** 01273 696955

### Royal Sussex County Hospital

Eastern Road, Brighton, East Sussex, BN2 5BE

**Tel:** 01273 696955



Use our healthcare services mobile web app to find the right care for you, right now.

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