



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**