HEALTH PROVISION AFTER LEAVING THE SERVICES

Adapting to life on civilian life can bring challenges, but taking care of your health needs and those of your dependents should be one of your priorities.

You can make the transition easier for you and your family by following this simple checklist:

**Before you leave your unit**, you will have a final medical. You need to request they provide you with an FMed 133 which you need to give to your new GP. It allows your new GP to send off for your medical records (FMED4) from the Document Handling Centre (DHC) in Glasgow where they will be stored when you have left the service. When you arrive at your new GP they will request that you complete the Form GMS1 and may ask you the question “have you served”, (don’t worry though, they are required to collect that data and it may help if you did not get your FMed 133).

**Register with a GP and a dentist**

Upon leaving the care of the Defence Medical Services, registering with a GP and telling them you've served will:

- inform services of your new location
- put you in touch with your local health visitor
- ensure you have easy access to services
- ensure medical records are transferred quickly

**NHS CHOICES Military Healthcare** this website IS VERY USEFUL,. It provides Health information, advice and support for the UKs’ 10m strong Armed Forces community, including serving personnel, reservists, families and veterans. It will assist you and your family to find a GP, Dentists and Pharmacies within the location of your choosing but please be aware that not all Dentists will have NHS vacancies.

You can either register with an NHS or private dentist in your area. Again, it's important to register as quickly as possible, you can also find a dentist using the Find services section of the NHS websites.

**NHS FACILITIES**

**Urgent Care/ Walk in Centres** cater for illnesses that are non emergency including, Asthmatic attacks, stomach upsets and high fevers.

(Advice can firstly be obtained by ringing 111).

**Minor Injury Units** some are open 24 hrs a day, they cater for non emergency injuries such as cuts, minor burns and strains, and many have X-Ray facilities.

**Conditions that can be treated at Minor Injuries Units include:**
- wounds – cuts and bruises; bites – human, insect and animal,
- minor burns and scalds, muscle and joint injuries and sports injuries
- emergency contraception
- eye problems, earache, cystitis, minor head injuries

**The Minor Injuries Unit staff are NOT able to provide:**
- repeat prescriptions, care for dental problems, treatment for long-standing conditions
- travel vaccinations, medicals, sick certificates

**Health Provision within each of the counties of East Midlands and East Anglia follow and are detailed on the following pages.** (Any comments regarding the hospitals are not my opinion, they have been copied from the NHS website).
## East Midlands Health Provision

### Lincolnshire
The United Lincolnshire Hospitals NHS Trust was formed in April 2000 by the merger of the three former acute hospital trusts in Lincolnshire, creating one of the largest trusts in the country. Through four main hospitals and four sites where we provide some services, we provide a comprehensive range of hospital-based medical, surgical, paediatric, obstetric and gynaecological services to the 700,000 people of Lincolnshire. The new Lincolnshire Heart Centre based at Lincoln County Hospital was officially opened on 4 September 2013 by HRH The Duke of Kent, 250 emergency procedures have been carried out since opening. The project has provided new cardiac catheterisation laboratories with direct access for ambulances, a new recovery unit and cardiac short stay unit.

### Lincoln County Hospital
Greetwell Road, Lincoln, Lincolnshire LN2 5QY  
Telephone: 01522 512512

<table>
<thead>
<tr>
<th>This district general hospital provides all major specialties and a 24-hr major A&amp;E service. Founded over two hundred years ago, the majority of the hospital has been rebuilt over the past twenty years. The most recent major developments include three new wards built to the highest possible specification, all completed during 2010. We also have a new heart centre for the county at Lincoln County Hospital, with two new cardiac catheter laboratories and a short-stay unit.</th>
</tr>
</thead>
</table>

### Grantham and District Hospital
101 Manthorpe Road, Grantham, Lincolnshire NG31 8DG  
Telephone: 01476 565232

<table>
<thead>
<tr>
<th>This main acute hospital originates from 1874 and serves Grantham and the local area. It has substantial recent additions and improvements including a new state-of-the-art CT scanner. It provides consultant medical and some surgical specialties. It has ambulatory paediatric, midwifery led maternity and 24-hour A&amp;E services; no emergency surgery available, either use QMC Notts or Lincoln County Hospital</th>
</tr>
</thead>
</table>

### Pilgrim Hospital
Sibsey Road, Boston, Lincolnshire PE21 9QS  
Telephone: 01205 364801

<table>
<thead>
<tr>
<th>This district general hospital was opened in 1976 to replace a number of small hospitals. It serves South and South East Lincolnshire with a 24-hr major A&amp;E Department and all main specialties. The Adult Psychiatry Department on the same site is managed by Lincolnshire Partnership NHS Trust. The hospital is constantly being upgraded, and this has included a £3.4 million new intensive care unit, a £2.5 million endoscopy unit and £1.2 million MRI scanner in the last year.</th>
</tr>
</thead>
</table>

### County Hospital
High Holme Rd Louth, Lincolnshire LN11 0EU  
Telephone: 01507 600100

<table>
<thead>
<tr>
<th>This mainly acute hospital has been serving Louth and the immediate area since 1938. It has inpatient beds for surgery, medicine and orthopaedics and a 24-hour Urgent Care Centre. Recent developments have included a new £1.1 million endoscopy unit.</th>
</tr>
</thead>
</table>

### John Coupland Hospital
Ropery Rd Gainsborough DN21 2TJ  
Telephone: 01427 816500

<table>
<thead>
<tr>
<th>The John Coupland Hospital in Gainsborough was opened in 1913. The hospital has one inpatient facility, a Minor Injuries Unit, an Outpatient Department, a Theatre and Surgical Daycare Unit as well as a Young Physically Disabled Unit, a day Rehabilitation Unit, a Physiotherapy and Occupational Therapy Unit and an X-ray Department. The hospital is currently run by Lincolnshire Community Health Services NHS Trust, but some services such as diagnostics are provided by the United Lincolnshire Hospitals NHS Trust.</th>
</tr>
</thead>
</table>
Lincolnshire (cont'd)

**Skegness and District Hospital** Dorothy Ave, Skegness, Lincolnshire PE 2BS
Telephone: 01754 762401

This community hospital dates back to 1913 and has had extensive additions and redevelopment especially over the past twenty years including a new day hospital, Outpatients Department, improved A & E Department and extensions to the wards providing consultant medical and GP beds. Its **24-hr A & E Department** deals with a high tourist influx. The hospital is currently run by Lincolnshire Community Health Services NHS Trust. United Lincolnshire Hospitals NHS Trust provides accident and emergency, outpatients, rehabilitation and x-ray services.

---

**Lincoln Walk In Centre**

Lincolnshire Community Health Services NHA Walk-In Centre, 63 Monks Road, Lincoln LN2 5 HP
Telephone: 01522 528153, Open 8 a.m. - 8 p.m. 7 days per week
And Open Bank Holidays except Christmas Day and Easter Sunday.

---

**Urgent Care Centre**

Louth County Hospital, High Holme Road, Louth LN11 0EU
Open 24/7

---

**Minor Injury Units**

The John Coupland Hospital, Ropery Road, Gainsborough DN21 2TJ
Telephone: 01427 816500 Open 8 a.m. - 8 p.m.

Johnson Community Hospital, Spalding Road, Pinchbeck, Spalding, Lincs PE11 3DT
Telephone: 01427 652000 Open 8 a.m. - 8 p.m.
East Midlands Health Provision

Nottinghamshire

Nottingham University Hospitals NHS Trust
Nottingham University Hospitals NHS Trust (NUH) is based in the heart of Nottingham on three separate sites around the city. Queen's Medical Centre (QMC), Nottingham City Hospital and Ropewalk House. We provide services to over 2.5 million residents of Nottingham and its surrounding communities. We also provide specialist services for a further 3-4 million people from across the region. We are one of the largest employers in the region, employing around 13,500 people on our three sites: The Trust has an annual income of £790 million, 87 wards and around 1,700 beds. QMC and City Hospital are connected by a link bus which provides a free service for patients and staff. Ropewalk House is where we provide a range of outpatient services, including hearing services.

QMC, Derby Road, Nottingham, Nottinghamshire NG7 2UH Telephone: 0115 924 9924

QMC is our emergency care site, where our Emergency Department (A&E), Major Trauma Centre and the Nottingham Children's Hospital are located. QMC campus was the first purpose built teaching hospital in the UK, and also contains The University of Nottingham Medical and Nursing Schools and Nottinghamshire Healthcare mental health wards. The Children's Hospital is situated in East Block at the QMC.

City Hospital, Hucknall Road, Nottingham, Nottinghamshire NG5 1PB, Telephone: 0115 969 1169

Nottingham City Hospital is our planned care site, where our cancers centre, heart centre and stroke services are based. The City Hospital campus is the older of the two campuses, founded in 1903. It occupies a large 90-acre (360,000 m²) site on the ring road to the north of the city centre. It provides general medical and surgical services to the local population, and is the location for many specialties such as cardiology, cardiothoracic surgery, breast surgery, plastic surgery, nephrology, oncology, urology, and infectious diseases.

Ropewalk House, 113 The Ropewalk, Nottingham NG51 5DU Telephone: 0115 919 4488

Nottingham Audiology Services is one of the largest and most comprehensive NHS audiology services in the country. The main base is at Ropewalk House near the castle in Nottingham city centre, it is a listed building, which has been converted to provide some of the best facilities in the UK. Some services are also provided at a new purpose built centre at the Queen's Medical Centre, two miles from Ropewalk House, as well as at schools, specialist clinics and 12 local health centres in and around Nottingham.

Newark Hospital, Boundary Road, Newark, Nottinghamshire NG24 4DE Telephone: 01636 681681

Newark Hospital is truly at the heart of the community; conveniently situated near the centre of the town. Newark has a Minor Injuries Unit/Urgent Care Centre that sees a range of acute conditions and is open 24 hrs a day, 7 days a week. More serious emergencies require a 999 call which will determine the most appropriate emergency department to attend. Offering a friendly personal service, the hospital is the first choice for both local residents and people living further afield, you will be able to access treatment for outpatient, inpatient and day case procedures. Please note that some tests or more specialist tests or treatments may need to be undertaken at King’s Mill Hospital. Please ensure you discuss this with your GP when you see them.
Nottinghamshire continued

Kings Mill Hospital, Mansfield Road, Sutton-in-Ashfield, Nottinghamshire NG17 4JL
Telephone: 01623 622515

King's Mill Hospital (or King's Mill Centre) is a hospital situated adjacent to the main A38 road in a former large open space on the peripheral boundaries between the towns of Sutton-in-Ashfield and Mansfield, Nottinghamshire, UK. The hospital contains a 24 hr A&E and 24 Hr Drop in Service, Maternity and Paediatrics services as well as a helipad situated in the nature reserve to the rear of the hospital, where the air ambulance can land. King's Mill Hospital is the primary site of Sherwood Forest Hospitals NHS Foundation Trust. Providing healthcare services to around 300,000 people, it is situated in Sutton-in-Ashfield and serves Mansfield, Ashfield and the surrounding Areas. The ambulance station is close-by, separated from the hospital complex by Morrison's supermarket car park, which shares an approach-road with the hospital. The next nearest hospital is QMC in Nottingham, where patients may be sent in the event that King's Mill cannot provide sufficient facilities. Kings Mill offers over 500 bed spaces (over half of which are single occupancy, en suite rooms). They treat on average 106,000 emergency cases and 77,000 Day Cases each year.

Lings Bar Hospital, Beckside, Gamston, Nottinghamshire NG2 6PR
Telephone: 0115 945 5577

Lings Bar Hospital is a 72 bedded rehabilitation hospital situated in Gamston. The hospital is all on one level and has three 24 bedded wards. The hospital cares for both men and women generally aged 60 and above, who require physical rehabilitation following an admission to an acute hospital. The Medical, Nursing and Therapy teams work in collaboration with the patients to plan care and set goals ultimately giving them the best chance to regain their mobility and independence in order to be safely discharged home from hospital.

The care approach is that of nurse managed patient caseloads with direct support from a doctor and Consultant each week. The team is multidisciplinary and involves nursing, medical and therapy staff with support form dietetic and language therapy teams.

The service is also commissioned to provide up to 15 non weight bearing beds for patients with predominantly lower limb fractures. Palliative care patients are also cared for in the service for those in the last days of life on either the Liverpool Care Pathway or Fastrack Pathway.

Minor Injury Unit

Newark Hospital Boundary Road, Newark, Nottinghamshire NG24 4DE
Telephone: 01636 681681

Walk in Centres

8am-8pm Health Centre, London Road, Nottingham NG2 4LA
8am-8pm Health Centre 79a Upper Parliament St, City Centre NG1 6LD
Nottingham Walk-in Centre, Seaton House, City Link, Nottingham NG2 4LA 0115 883 8500
Open 7 a.m. – 9 p.m

Stapleford Care Centre, Church St, Stapleford Nottingham NG9 8DB
Open Mon – Fri 8 a.m. – 6 p.m., Sat, Sun & BH 8 a.m. – 4 p.m.

Ashfield Health Village, Portland St, Kirkby in Ashfield, Nottingham NG17 7AE
Oaks Medical Centre 20 Villa Street, Beeston, Nottingham, NG9 2NY Tel: 0115 9254 566 Full access for disabled patients. All doorways are full width and we have a full size disabled toilet.

Clifton Nurse Access Point Clifton Cornerstone, Southchurch Drive, Clifton, Nottinghamshire NG11 8EW
East Midlands Health Provision

Derbyshire
Derbyshire now has one main ‘Super Hospital’, the Royal Derby Hospital based on the outskirts of the city. It has a busy A & E Dept, as well as Children’s hospital and Maternity services. The Royal also houses the specialist Pulvertaft Hand Centre a world renowned centre reported to provide pioneering hand surgery. Urgent care can also be obtained at the Walk in Centre in the town centre. Other main supporting hospitals within Derbyshire include the Ilkeston Hospital which has a health centre, and Ripley Hospital.

Royal Derby Hospital, Uttoxeter Rd, Derby DE22 3NE Telephone: 01332 340131 A & E
We provide a wide range of services including general medical, surgical, maternity, rehabilitation care and accident and emergency services, with a total of 1,187 beds many of which are single rooms for improved privacy and dignity for patients. Our vision is to build on these achievements, ‘Taking pride in caring’.

Chesterfield Royal Hospital, Callow Top Rd, Chesterfield S44 5BL Telephone: 01246 277271
A first-class district general hospital (DGH) with A & E facilities – the model for what a DGH can be in the service of its community – delivering sustainable high quality clinical care, offering an exceptional experience for our patients; and creating a great place for our staff to work.

Ilkeston Community Hospital Heanor Road, Ilkeston, Derbyshire, DE7 8LN Telephone: 0115 9305522
Babington Hospital, Derby Road, Belper, Derby, Derbyshire, DE56 1WH 01773 824171
Bolsover Hospital Welbeck Road, Bolsover, Chesterfield, Derbyshire, S44 6DH Telephone: 01246 827 901
Ripley Hospital, Sandham Lane, Ripley, Derby DE5 3HE Telephone: 01773 571403
Newholme Hospital Baslow Road, Bakewell, Derbyshire, DE45 1AD Telephone: 01629 812525
Whitworth Hospital, 330 Bakewell Road, Darley Dale, Matlock DE4 2JD. Telephone: 01629 593003
Cavendish Hospital Manchester Road, Buxton, Derbyshire, SK17 6TE Telephone: 01298 212800
St Oswalds Clifton Road, Ashbourne, Derbyshire, DE6 1DR Telephone 01335 230000
Buxton Cottage Hospital, London Road, Buxton SK17 9NJ. Telephone: 01298 212208

Minor Injury Units
Whitworth Hospital, 24 hr: 330 Bakewell Road, Darley Dale, Matlock, DE4 2JD
Ripley Hospital, Sandham Lane, Ripley, Derbyshire, DE5 3HE 24hr
Minor Injury Unit including X Ray facilities
Ilkeston Community Hospital, 24 hr: Heanor Road, Ilkeston, Derbyshire, DE7 8LN
Buxton Cottage Hospital, 8am-10pm: London Road, Buxton, Derbyshire, SK17 9NJ

Walk in Centres
Derby Walk In Centre Osmaston Road Derby DE1 2 RG 24hr care including X-Ray facilities
St Oswalds Community Hospital, Clifton Road, Ashbourne, Derby DE6 1DR
North High Peak Urgent Care Centre, Hyde Bank Road, New Mills, Derby SK22 4BP
Swadlincoate Clinic, Civic Way, Swadlincoate, Derby DE11 0AE
East Midlands Health Provision

Leicestershire
Leicester has 3 main hospitals, Glenfield Hospital, The Leicester Royal Infirmary and Leicester General Hospital. There are a number of walk in centres providing urgent care with community hospitals scattered throughout the county many of them providing minor injury care as well as some outpatient services. This website for Leicestershire [http://www.choosebetter.org.uk/](http://www.choosebetter.org.uk/) will advise you on best place to attend for the care needed.

**The Glenfield Hospital**, Groby Road, Leicester, Leicestershire LE3 9QP Phone: 0300 303 1573

The Glenfield Hospital is nationally known for its cardiothoracic unit treating both adults and children. They house the specialist Heart and Lung Transplant Centre for the East Midlands and the Cardiology Department is recognised as amongst the leading cardiology units in the UK.

**Leicester Royal Infirmary**, Infirmary Square, Leicester, Leicestershire LE1 5WW

Telephone: 0300 303 1573 A&E services

Leicester Royal Infirmary is located close to Leicester city centre. The hospital provides the main A&E service in Leicester. Emergency Department includes a separate emergency area for children, and a Minor Injuries Unit for treating injuries such as cuts, bruises and sprains.

**Leicester General Hospital**, Gwendolen Road, Leicester, Leicestershire LE5 4PW

Telephone 0300 303 1573

Leicester General Hospital is on the outskirts of Leicester in Evington. It is about three miles east of the city centre and offers a range of in-patient, day case and out-patient services.

**Loughborough Hospital**, Hospital Way, Loughborough, Leicestershire LE11 5JY

Telephone: 01509 611600 It also has an Urgent Care Centre

Loughborough Hospital is a community hospital with two inpatient wards. There is also an urgent care centre, which is open 24 hours all year round. The hospital provides digital x-ray facilities, dialysis, day case surgical unit (minor operations not requiring an overnight stay), adult community therapies like podiatry (foot care), occupational therapy, physiotherapy and specialist language therapy, and outpatient clinics including sexual health services.

**Melton Mowbray Hospital** Thorpe Road, Melton Mowbray, Leicestershire LE13 1SJ

Telephone: 01664 854800

**Minor Injury Units**

**Market Harborough, Minor Injury Unit**, Coventry Road, Market Harborough, LE16 9DD

Open from 9 a.m. – 9 p.m. 365 days a year, X-rays available Mon – Fri 9 a.m. – 4.30 p.m.

**Leicester Royal Infirmary Urgent Care Centre** next to the A & E Dept

Infirmary Square, Leicester, Leicestershire LE1 5WW Open 24/7

**Melton Mowbray Hospital minor injury and illness services** Thorpe Road, Melton Mowbray, Leicestershire LE13 1SJ Open W/ends and Bank Holidays 8.30 a.m. – 6 p.m.

Weekdays the service is provided at the Latham House Medical Practice on Sage Cross St

**Feilding Palmer Hospital Minor Injury Unit**, Gilmorton Road, Lutterworth, Leicestershire LE17 4DZ Telephone: 01455 552150 Open from 9 a.m. - 9 p.m. 365 days per year

**Walk-in Centres**

**Merlyn Vaz Health and Social Care Walk-in Centre**, Spinney Hill Road, Leicester LE53GH

Open 8 a.m. – 8 p.m. 365 days a year

**Oadby & Wigston Walk-in Medical Centre**, 18 The Parade, Oadby, Leicestershire LE2 5BJ

Open 8 a.m. - 8 p.m. 365 days a year

**Loughborough NHS Walk In Centre**, Pinfold Gate, Loughborough LE11 1BE Open 24/7
East Midlands Health Provision

Rutland

Rutland is the smallest county in England, it does not have an A&E Dept and hospitals within the county cater for Minor Injuries only.

Stamford and Rutland Hospital
Ryhall Road, Stamford, Lincolnshire PE9 1UA Telephone: 01780 764151

| Maternity Wing and brand new Cardiac Capita Lab |
| Minor injuries unit open 9 a.m. – 5 p.m. - 24 hr Trauma and Orthopaedic Theatre |

Rutland Memorial Hospital
Cold Overton Road, Oakham, Rutland LE15 6NT Telephone: 01572 722552

| Minor injuries and illness centre. |
| Urgent care is available 9 a.m. – 9 p.m. weekends and bank holidays, |
| X-Ray available 9 a.m. – 1 p.m. Mon - Fri |
| Rutland Memorial Hospital has one ward on which we provide general rehabilitation and palliative and end of life care. You will be referred to our service by your GP or another healthcare professional. |

Northamptonshire

Northampton provides A & E services at Northampton General, with support form community hospitals in Corby and Kettering. Northampton general also has a minor injuries unit which was moved from the city centre to be next to the main A & E.

In Oct 2012 a multi-million pound cancer centre the Macmillan haematology unit was opened serving Nottinghamshire, North Buckinghamshire, and South Leicestershire.

Northampton General Hospital, Cliftonville, Northampton NN1 5BD telephone: 01604 634700

| Northampton General Hospital is proud of being patient-centred and delivering excellent care to the community we serve. Our aim is to provide the best possible care for all our patients. |

Kettering General Hospital, Rothwell Road, Kettering, Northants NN16 8UZ.

Kettering General Hospital has a new £18 million surgery centre known as the Treatment centre which provides short stay surgery throughout the county.

Corby Community Hospital, Cottingham Rd, Corby NN17 2UN Telephone: 01536 400070

| Corby Community Hospital is a 22-bedded inpatient ward. We provide physical rehabilitation for adult patients following an acute illness or a deterioration of a long-term condition that needs community hospital inpatient level treatment and support. The ward has both male and female beds. Our referrals come from acute hospitals or the intermediate care team. Unfortunately, we are unable to accept self-referrals |

Walk In Centre- Corby 8 – 8 Centre Lakeside Plus Surgery, Cottingham Road, Corby NG17 2UR Open 8 a.m. – 8 p.m.

Minor Injury Units

The Northampton Minor Injuries and Minor Injury Unit Highfield Clinical Care Centre, Cliftonville, Northampton, NN1 5BD Open 8 a.m. – 6.30 p.m. except Bank holidays

The Corby Minor Injury Unit, Corby Urgent Care Centre Willowbrook Health Complex, Cottingham Road, Corby NN17 2UW
East Anglia Health Provision

Cambridgeshire

**Addenbrooke’s Hospital**, Hills Road, Cambridge, Cambridgeshire CB2 0QQ
Tel: 01223 245151 A&E

Cambridge is home to the world famous **Addenbrooke’s Hospital**. This is an internationally known university teaching hospital, and a centre for specialist services dealing with rare or complex conditions needing the most modern facilities, and up-to-date treatment. Many of the hospital's specialists are leaders in their fields, with specialist services for organ transplantation, cancer, neurosciences, pediatrics and genetics.

**Papworth Hospital**, Papworth Everard, Cambridge, Cambridgeshire CB23 3RE
Tel: 01480 830541

The other main hospital in Cambridge itself is **Papworth Hospital**. Papworth is the UK’s largest specialist cardiothoracic hospital and the country’s main heart and lung transplant centre treating over 22,400 inpatient and day cases and 48,400 outpatients each year from across the UK.

Cambridge only has one **A&E department** which is based at **Addenbrooke’s**. There are no local Walk In centre’s in Cambridge itself, the nearest is located in Peterborough.

**Minor Injury units**

**North Cambridge Hospital**, The Park, Wisbech, Cambridge PE13 3AB Tel: 01945 488088
**Doddington Hospital**, Benwick Road, Doddington, Cambridge PE15 0UG Tel: 01354 644243
**Princess of Wales Hospital**, Lynn Road, Ely, Cambridge CB6 1DN Tel: 01353 656675
East Anglia Health Provision

Bedfordshire

Bedford has one main hospital, which is the vascular hub for the county. It provides the vascular surgery service for the whole of Bedfordshire which means that patients from Luton and Dunstable Hospital will be transferred to Bedford for emergency or urgent vascular surgery. A & E Services are provided at Bedford and Luton and Dunstable hospitals. There are many Walk-In-centres in both Bedford and Luton.

Bedford Hospital South Wing, South Wing, Kempston Road, Bedford, Bedfordshire MK42 9DJ
Telephone: 01234 355 122

Our services are delivered mainly from one site at Bedford Hospital South Wing and are managed and delivered by three clinical divisions: Medicine and Diagnostics, Surgery and Anesthetics, Women's and Children's Services. Bedford Hospital has over 2000 members of staff and a current turnover of approximately £121.2million. The hospital enjoys strong community support with over 200 volunteers at the Trust and over £6 million being raised by the independent Bedford Hospital's Charity over the past 10 years. The fantastic support from the hospital charity has enabled us to be able to build a dedicated cancer centre, the Primrose Unit, Cygnet Wing, the hub for our Women’s and Children's services and the charity are currently raising money to refurbish our birthing suite and build a new birthing pool.

Luton and Dunstable University Hospital, Lewsey Road, Luton, Bedfordshire, LU4 0DZ
Telephone: 0845 1270127 & 01582 491186

This hospital is a designated Trauma Unit within the East of England Trauma Network, they work to ensure that the best care is delivered for patients arriving at the hospital with severe injury. They have a Surgical spinal service, and they have a specialist team in ophthalmology offering both corneal and medical retinal services means patients can have their treatment at the L&D rather than having to travel to larger centres. The Stroke Team have extended specialist hyper acute services, including 24/7 stroke thrombolysis and weekend rapid access Trans-Irchemic Attack (TIA) clinics to a wider catchment area. These services will be developed further with the development of a stroke hub at the L & D. The new Cardiac Catheterisation laboratory (Cath Lab) facility allows coronary angiography and pace maker insertion at the L & D, they look to expand this service to include angioplasty treatments. They have established an IVF service at the L&D. Occupational and Physiotherapy services have commenced weekend working pilots in Medical wards and Emergency Assessment Unit, and introduced weekend therapy services delivered in patients' homes following surgery, demonstrating patient benefit and improved weekend discharge rates as a result of expanded 7-day service provision.

Walk-In and Urgent Care Centres

Putnoe Walk in Centre, 93 Queen's Dr, Bedford MK41 9JE for minor injuries and illnesses. Telephone: 01234 319992 Open 8 – 1830 hrs 7 days p/week.
NHS Walk in Centre, a Town centre GP surgery with walk in appointments with a GP. 14 – 16 Chapel Street, Luton, Bedfordshire. LU1 2SE

Urgent Care Centres for when GP surgeries are closed.

The Medici Medical Practice, 3 Windsor Street, Luton, LU1 3UA
Leighton Buzzard Health Centre, Bassett Road, Leighton Buzzard, LU7 1AR
Flitwick Health Clinic, The Highlands, Flitwick, MK45 1DZ
Dunstable Health Centre, Priory Gardens, Dunstable, LU6 3SU
East Anglia Health Provision

Hertfordshire

Hertfordshire is divided into the East and North NHS Trust and the West NHS trust. There are over 40 hospitals in Hertfordshire providing head to toe care including neonatal, maternity and mental health services.

East and North Hertfordshire NHS Trust

The Lister is a district general hospital in Stevenage but over the next few years it will receive an investment of at least £100 million as it is expanded to become the centre for emergency and acute hospital care for East and North Hertfordshire and South Bedfordshire. They have a large Renal Dialysis unit and treat for patients from countywide. All remaining emergency and inpatient services at the QEII have now moved to the Lister hospital in nearby Stevenage, which has been transformed through around £150 million being invested in new facilities.

A & E is provided at Lister Hospital with the Lister providing specialist support for those requiring emergency stroke, cardiac and neonatal care.

The Mount Vernon Cancer centre in Northwood is a state of the art centre treating and providing palliative care for the entire county.

Lister Hospital, Coreys Mill Lane, Stevenage, Hertfordshire, SG1 4AB Telephone: 01438 314333

The Lister hospital offers a wide range of services, including regional specialities - renal medicine, plastic surgery and urology. With an investment of around £150 million underway already, the Lister hospital is being transformed. This includes: a new surgery unit (called the Treatment Centre), an expanded maternity unit, multi-storey car park and major changes to our emergency and inpatient services.

Queen Elizabeth Hospital, Howlands, Welwyn Garden City, Hertfordshire, AL7 4HQ
Telephone: 01707 328111

A new £30 million QEII hospital has been built by the East and North Hertfordshire CCG on the same site as the existing hospital. Services from the old hospital have all but moved across to the New QEII following a phased process from 17 May through to 19 June 2015. On completion, the New QEII will have a full range of outpatient, diagnostic and antenatal services, as well as a 24/7 Urgent Care Centre for treating adults and children of all ages with minor injuries and illnesses.

The Mount Vernon Cancer Centre
Mount Vernon Hospital, Rickmansworth Road, Northwood, Middlesex HA6 2RN
Telephone: 01923 826111

A regional cancer centre treating over 5,000 patients a year, Mount Vernon provides patients with specialist radiotherapy and local chemotherapy services. Through its partnership with the Royal Marsden and Institute of Cancer Research, it is also one of the leading cancer centres in the UK when it comes to researching new potential treatments. We have the first CyberKnife in the NHS. It delivers a high-dose radiation to tumours with pin-point accuracy – giving us more treatment options for our patients, especially those with cancers that are hard to treat or where existing treatment options may have run out. Please click here to find out more about the CyberKnife.

Hertford County Hospital, North Road, Hertford Hertfordshire SG14 1LP
Telephone: 01707 328111

The hospital provides local people with a range of outpatient, diagnostic and therapy services. Some minor procedures that can be carried out during an out-patients appointment also take place at Hertford County. The hospital also houses a GP out-of-hours service, as well as a range of community services – including a children’s centre.
The Watford General Hospital is at the heart of the Trust's acute emergency services - the core location for inpatient emergency care, and for all patients who need the specialist emergency facilities (such as intensive care) of a major district general hospital.

Hemel Hempstead Hospital has a 24/7 urgent care centre and offers other local healthcare facilities such as diagnostic services, including MRI and cold pathology. St Albans City Hospital is the Trust's elective care centre. It provides a wide range of elective care (both inpatient low risk surgery and day-case) and a wide range of outpatient and diagnostic services.

St Albans City Hospital is a local general hospital offering a number of services including planned surgery and a minor injuries unit. The hospital also provides a wide range of diagnostic, outpatients and ophthalmology facilities. The Breast Care Unit was formed in 2005 from the centralisation of breast services across west Hertfordshire. The unit sees and investigates around 3000 new patients per year.

Cheshunt Community Hospital - Minor Injuries Hospital
King Arthur Court, Cheshunt, Waltham Cross, Hertfordshire, EN8 8XN  Telephone: 01992 622157
East Anglia Health Provision

Norfolk

Norfolk and Norwich University Hospital - A&E open 24 hrs
Colney Lane, Norwich, Norfolk NR4 7UY. Telephone: 01603 286286

The Norfolk and Norwich University Hospital offers attractive and modern facilities for patient care. Our vision is to provide every patient with the care we want for those we love the most. Patients rate us highly in the Friends and Family test which asks people if they would recommend the service to someone else needing similar treatment. The Norfolk and Norwich University Hospital is an academic teaching centre that works in partnership with the University of East Anglia's Faculty of Medicine and Health Sciences.

Cromer and District Hospital
Mill Road, Cromer, Norfolk, NR27 0BQ Telephone: 01263 513571

Our vision is to provide every patient with the care we want for those we love the most. Cromer Hospital has been redeveloped and provides a modern setting for range of acute out-patient and day case services.

James Paget University Hospital, A&E open 24 hrs
Lowestoft Road, Gorleston, Great Yarmouth, Norfolk NR31 6LA. Telephone: 01493 452452

The James Paget University Hospitals NHS Foundation Trust provides acute care for the population of Great Yarmouth, Lowestoft and the South Waveney area, and for the vast amount of visitors to the area. This acute care is supported by care in community hospitals for those living in and around the district. It serves a population of approximately 230,000.

Queen Elizabeth Hospital, NHS Foundation Trust
Gayton Rd, Kings Lynn. PE30 4ET
Telephone: 01553 613613

Walk in centres

Timber Hill Heath Centre, in The Mall, Norwich, open 7 days-a-week, 365-days-of-the-year including public holidays, from 7am to 9pm. You can walk-in without an appointment to see a member of the medical staff. Patients get one hour free parking. Telephone 0300 0300 333

Grayfriars Health Centre, Phoenix House, Howard Street South, Great Yarmouth
Norfolk NR30 2PT - Minor injuries 8 a.m. – 8 p.m.
East Anglia Health Provision

Suffolk

Suffolk has been broken down into two Clinical Commissioning Groups (CCGs) since the end of 2012. The Ipswich and East Suffolk CCG and West Suffolk CCG. Suffolk’s largest hospital is based in Ipswich; The Ipswich Hospital NHS Trust with A&E Services which are also provided at West Suffolk Hospital.

The Ipswich Hospital NHS Trust, Heath Road, Ipswich, IP4 5PD Switchboard: 01473 712233 A&E Open 24 hrs

The Ipswich Hospital NHS Trust is well renowned for their work in ENT research and surgeons from all over the world attend each year to their teaching courses in order to develop their skills. In 2012, their A & E dept was rated 10/12 by patients which is well above the national average. This hospital has a huge place in people’s hearts. Everyone who works here know that affection is earned by delivering safe, high quality compassionate care, everyday to all of our patients, their relatives and carers.

West Suffolk NHS Foundation Trust, West Suffolk Hospital, Hardwick Lane, Bury St Edmunds, Suffolk, IP33 2QZ  Telephone: 01284 701993  A&E Open 24 hrs

West Suffolk Hospital provides a range of acute core services with associated inpatient and outpatient facilities. There is a purpose-built Macmillan Unit, a dedicated Eye Treatment Centre and a Day Surgery Unit. WSH has around 460 beds and 13 theatres, including three in day surgery and two in the eye treatment centre.

Felixstowe Community Hospital, Constable Road, Felixstowe, Suffolk, IP11 7HJ  Telephone: 01394 458820

Felixstowe Hospital has an inpatient unit caring for patients in need of rehabilitation, or the management of long-term conditions.
Staff include a modern matrons, nurses, physiotherapists and occupational therapists and generic workers, as well as domestic staff.
The hospital also offers clinics and outpatients appointments, including in partnership with other organisations.

Minor injuries

Minor Injuries Unit, Beccles and District War Memorial Hospital St Mary's Road Beccles Suffolk NR34 9NQ. Main Hospital Switchboard, 01502 719 800.

Walk in centres

Crown Health Centre (Walk-In Centre), Withersfield Road, Haverhill, Suffolk CB9 9LA  Telephone: 01440 282000
East Anglia Health Provision

Essex

Colchester General Hospital, Turner Road, Colchester, Essex CO4 5JL
Telephone: 01206 747474  A&E Open 24 Hrs
We will make every effort to ensure you receive the very best treatment, care and attention, whoever you are and whatever reasons you have for being at our hospital

Broomfield Hospital, Court Road, Chelmsford, Essex CM1 7ET Telephone: 01245 362000
Mid Essex Hospital Services NHS Trust provides a comprehensive range of acute and community based services to a local population of approx 371,000. It also provides regional upper gastrointestinal (upper GI) surgical services, a national profile plastics service and regional head and neck services, a supra regional burns service St Andrew’s centre for plastic surgery and burns.

Orsett Hospital, Rowley Rd, Orsett, Grays, Essex RM16 3EU. Telephone: 0845 155 3111

Princess Alexandra Hospital A&E Open 24 Hrs, Hamstel Road, Harlow, Essex CM20 1QX
Telephone: 01279 444455
The Princess Alexandra Hospital NHS Trust is located in Harlow, Essex and is a 501 bedded District General Hospital providing a comprehensive range of safe and reliable acute and specialist services to a local population of 258,000 people.

Romford Hospital, Union Lane, Rochford, Essex, SS41RB. Telephone: 01268 739111
The main clinical services at Rochford are: Assessment Suite (inc. Section 136 suite) 2 x 24 beds adult admission wards 1 x 15 beds CAMHS inpatient service 2 x 24 beds older people assessment wards Range of essential clinical and non-clinical facilities

Southend General Hospital, Prittlewell Chase, Westcliff on Sea, Essex, SS0 0RY
Telephone 01702 435555

Queens Hospital, Rom Valley Way, Romford, Essex RM7 0AG Telephone 01708 435000
Queen's Hospital is a large acute hospital which operates a full A&E service with trauma centre and a hyper-acute stroke unit. Its specialties include one of the largest maternity units in the country together with the Queen's Birth Centre, a renal dialysis unit and a specialist neurosciences centre.

Braintree Community Hospital, Chadwick Drive, Braintree, Essex CM7 2AL 01376 555900
In-Health Endoscopy offer endoscopy, transnasal endoscopy, gastroscopy, colonoscopy, flexible sigmoidoscopy using state of the art equipment at this hospital. We provide an 'end to end' service whereby patients are told whilst at their appointment what the findings of the procedure are. The next steps are discussed with the patient and a pathway agreed to ensure fast, appropriate treatment is available.

Brentwood Community Hospital, Crescent Drive, Shenfield, Brentwood, Essex CM15 8DR
Telephone: 01277 695000 It has a separate maternity hospital

Harwich Community Hospital, Harwich, 419 Main Road, Harwich, Essex CO12 4EX
Telephone: 01255 201201
Our two Community Hospitals are the Fryatt Hospital in Dovercourt, and Clacton and District Hospital
There are four inpatient wards in the Community Hospitals; Durban Ward, Kate Grant Ward St Osyth Priory Ward in Clacton and Trinity Ward at Harwich. Durban Ward is has 28 beds and St Osyth Priory Ward has 27 beds. These are used mainly for the older person and treat a variety of health problems. Kate Grant Rehabilitation Unit is provided to meet the individual needs of people recovering from stroke, orthopaedic surgery and related mobility conditions.
East Anglia Health Provision

Essex (cont’d)

Clacton Hospital  Tower Road, Clacton, Essex, CO15 1LH  Tel: 01255 201717

The Community Hospital, based close to the sea front in Clacton on Sea, Essex, provides a range of inpatient and outpatient services. Working closely with its ‘sister’ hospital in Harwich (Fryatt Hospital) and the acute hospital based in nearby Colchester, services are offered to residents across North East Essex

Minor injuries

Orsett Minor Injury Unit, Orsett Hospital, Rowley Rd, Orsett, Grays, Essex RM16 3EU  Telephone: 01268 592300

Fryatt Hospital, (Harwich Community Hospital, Harwich, 419 Main Road, Harwich, Essex CO12 4EX  Telephone: 01255 201201

Walk in Centres

Colchester NHS Walk-In Centre, Turner Road, Colchester CO4 5JR  Telephone: 01206 314015

BroadStreet Walk In Centre, Morland Road, Dagenham RM10 9HU  Telephone: 0208 596 4400

Harlow NHS Walk-In Centre, 1a Wych Elm, Harlow CM20 1QP Telephone: 01279 69 4775

St Luke’s Health Centre, Pantile Avenue, Southend On Sea SS2 4BD Telephone: 03333 210918

Thurrock Health Centre 55-57 High St, Grays Essex RM16 6NB Telephone 01375 898700

Upney Lane Walk-In Centre, 132 Upney Lane, Barking IG11 9YD Telephone: 020 8924 6261