



Handy Card: Print and keep this information handy

Your Doctors	Dr R Rai Dr Sunitha Padmanabhan Dr Simon Kaklugin Dr T Jamshed
Your Surgery	APPLEWOOD SURGERY Wickford Health Centre Market Avenue, Wickford SS12 0AG TEL: 01268 562444
Life Threatening Emergency	Phone: 999 Anytime
Out of Hours Doctor or Medical Advice 24 hrs a day every day	Phone: 111 Free call from landline and mobile
Basildon Hospital	01268 524900
Minor Injuries Unit (Orsett Hospital)	01268 592600

In an Emergency

Call 999 - AT ANY TIME FOR:

- CHEST PAIN / HEART ATTACK
- BREATHING DIFFICULTY
- SUFFERED A STROKE
- ANY LIFE THREATENING EMERGENCY
- OR IF YOU ARE EXTREMELY UNWELL

TO ACCESS MEDICAL ADVICE / HELP WHEN WE ARE CLOSED: Call- 111

NHS 111 is a service that provides medical cover to our patients when the Surgery is closed, i.e. from 6.30pm each evening until 8.00am on weekdays, all bank holidays and weekends.

If it is not an immediate emergency but your medical problem can not wait to be seen next day then call NHS 111.

NHS 111 is available 24 hours a day, seven days a week. *Calls are free from landlines and mobile phones.*