

Simple Wound Care

What is this service:

Most cuts and grazes can be treated at home and will start to heal in a few days. But some wounds may need to be treated by a medical professional if there's a risk of infection, if the injury is serious, or if you have recently had an operation.

Simple wound care services are available to all patients over the age of 16 who are registered with a GP practice in Barking & Dagenham, Havering or Redbridge. The services support patients with managing wounds such as skin ulcers, first degree burns, post-surgical sutures, clips removal and routine dressings.

How does it work?

You will be advised to book an appointment by your doctor or a nurse if you have a wound that needs to be cared for with a dressing.

You can book an appointment seven days a week at a time convenient to you.

Appointments are available Monday to Friday from 8am-6.30pm and on Saturday and Sunday between 9am-5pm.

How can I make an appointment?

You can book an appointment online or by contacting the team on one of the numbers below.

- **Barking and Dagenham:**

You can book online here: <https://app.10to8.com/book/swcbarkingdagenham/>

If you are unable to book online, then you can book by calling: 020 4539 2837.

The phone number is open Monday to Friday from 4pm to 6pm, and Saturday and Sunday 12 to 2pm. This does not include bank holidays.

- **Havering:**

You can book online here: <https://app.10to8.com/book/swchavering/>

If you are unable to book online, then you can book by calling: 020 4539 2837.

The phone number is open Monday to Friday from 4pm to 6pm, and Saturday and Sunday 12 to 2pm. This does not include bank holidays.

- **Redbridge:**

You can book online here: <https://app.10to8.com/book/redbridgeswc/>

If you are unable to book online, then you can book by calling: 07935 534 762.

The phone number is open Monday to Friday from 4pm to 6pm, and Saturday and Sunday 12 to 2pm. This does not include bank holidays.

Where will I need to go for my appointment?

You can book an appointment at a site close to you, meaning you no longer need to visit A&E or an Urgent Treatment Centre to have your wound dressed. You will need to book into a site connected to your GP Practice and the booking system will guide you through this. The full list of sites is available on the other side of this leaflet.

What do I need for my appointment?

Remember to bring with you the discharge letter from your operation / procedure / appointment, as it will contain important information about your wound the service will need to know at your first appointment.

Where will my appointment take place?

You can book an appointment at one of nine locations across Barking and Dagenham, Havering and Redbridge. Weekend appointments for residents living in all three boroughs are provided at Barking Hospital. These are:

Borough	Opening times	Site 1	Site 2
Barking and Dagenham	Weekdays	Barking Hospital Upney Lane, Barking IG11 9LX Parking is available.	Broad Street Medical Centre, Morland Road, Dagenham RM10 9HU Parking is available.
	Saturday and Sunday	Barking Hospital Upney Lane, Barking IG11 9LX Parking is available	
Havering	Weekdays	Rosewood Medical Centre 30 Astra Close Hornchurch RM12 5NJ Parking is available	
Redbridge	Weekdays	The Loxford Practice 417 Ilford Lane, Ilford IG1 2SN Parking is available.	Gants Hill Medical Centre 63-65 Ethelbert Gardens, Gants Hill, Ilford IG2 6UP Parking is not available.
	Weekdays	Newbury Group Practice 40 Perrymans Farm Rd, Ilford IG2 7LE Off street parking is available.	Fullwell Cross Medical Centre 1 Tomswood Hill, Fullwell Cross, Ilford IG6 2HG Disabled parking only for badge holders.
	Tuesdays 1pm to 6.30pm	Glebelands Practice 2 Glebelands Avenue, London E18 2AB Pay and display parking available	