



If you would like help to find your local health services, contact the patient advice and liaison service (PALS) on **0800 587 7170**.

إذا رغبتكم في الحصول على مساعدة للوصول إلى خدماتكم الصحية المحلية، تفضلوا بالاتصال بخدمة اتصال وتوعية المرضى (PALS) على رقم 0800 587 7170.

আপনি যদি আপনার স্থানীয় স্বাস্থ্য পরিষেবাগুলি সন্ধান করতে সাহায্য চান, পেশেন্ট আডভাইস অ্যান্ড লিয়াজো সার্ভিস (PALS)-এর সাথে ০৮০০ ৫৮৭ ৭১৭০ নম্বরে যোগাযোগ করুন।

如果您想帮忙寻找本地健康服务，请拨打 0800 587 7170 与病人建议及联络服务 (PALS) 联系。

Jeśli chcieliby Państwo uzyskać pomoc w znalezieniu swoich lokalnych placówek służby zdrowia, proszę się skontaktować ze służbą ds. porad i kontaktów z pacjentami (PALS) pod numerem **0800 587 7170**.

Haddii aad caawimo rabto si aad u ogaato adeega caafimaad ee mandiqadaada, kala xidhiidh adeega talo bixinta bukaanka iyo xidhiidhka [patient advice and liaison service (PALS)] **0800 587 7170**.


Si precisa ayuda para encontrar servicios de salud en su área, rogamos se ponga en contacto con Patient Advice and Liaison Services (PALS) en el teléfono **0800 587 7170**.

Your Guide To Local Health Services 2010/11



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Welcome to your guide

Your guide on which services to use and when

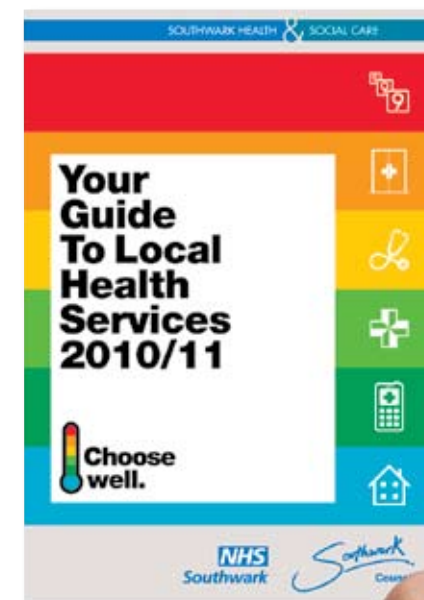
This guide provides useful information and contact details for Soutwark's health services. It is a quick reference for you to keep.

How to use your guide:

Use the colour coding in this booklet to help you choose the most appropriate service for your needs or find out whether you can treat yourself.

Choosing well means you will get the most appropriate treatment. It also allows busy NHS services to help people who need them most.

Doctors, dentists and other contacts in this booklet are listed first by their postcode area and then alphabetically under their commonly known name.



About NHS Southwark

Our vision is for a healthier Southwark, through our services and the programmes we run to help you stay healthy.

NHS Southwark is one of 31 Primary Care Trusts in London which receives money directly from the Department of Health. This money is used to look after the health and wellbeing of over 270,000 people who live and work in Southwark. We are responsible for planning, developing and buying or providing all healthcare services for the area.

In NHS Southwark there are:

47 GP practices

38 NHS dental practices

61 Community pharmacies

20 Opticians



Self-care & staying independent

Helping yourself

There are small changes we can make to protect ourselves against ill-health. By making healthy choices we can really start to see a difference.

You can take care of many everyday illnesses at home and advice is available to help you by calling NHS Direct on **0845 46 47** or online at NHS Choices www.nhs.uk

Be active

Try to be more active each day. Every little helps.

Be healthy

A healthy diet includes plenty of fruit and vegetables. Try to eat fewer foods that are high in fat, salt and sugar.

Local health trainers can help you get started, to book a free session call us on **0800 013 7755**

Regular exercise, a healthy diet, stopping smoking and limiting your alcohol consumption can all help reduce your risk of developing cancer.

Free screening for breast, bowel and cervical cancer is available on the NHS for some people. Eligibility varies by age and sex and you will be invited to an appointment if you need screening – make sure that your GP practice has your up-to-date contact details.

Be well

There are five steps to increasing your mental well-being. They are:

1. Connect with the people around you.
2. Be physically active.
3. Take notice. Awareness of the world around you, will help you appreciate what matters to you.
4. Try something new. Learning new things is fun and will make you more confident.
5. Give. Seeing yourself, linked to the wider community can be incredibly rewarding.

Healthy weight

It's all about taking small steps, whether it's getting more active with the kids or fitting in your 5-a-day fruit and vegetables.

Many of us, including our children, lead lifestyles that put our health at risk. NHS Southwark supports the Change4Life campaign in local schools and communities to help you make changes for a healthier future.

www.nhs.uk/change4life

Regular exercise helps you maintain a healthy weight. With Southwark Council we promote a range of activities at low or no cost including organised walks and green gyms in our parks.

Your GP may also be able help you to lose weight by referring you to a dietician or one of our exercise programmes. You can also self refer to the Healthy Choice Weight Management programme on **020 7188 2010**, or healthychoice@gstt.nhs.uk

For more details visit www.southwark.gov.uk

Stop smoking



In the last year NHS Southwark helped more than 1300 people quit smoking.

With our expert advice and support you are four times more likely to stop smoking for good. We offer:

- Support at your GP practice
- Stop smoking clinics in your area
- Stop smoking clinics in your local supermarkets
- Stop smoking advisers and helpline
- Specialist advice for pregnant women
- Specialist advice for families with young children
- Support from trained pharmacists and practice nurses
- Free nicotine replacement therapy

NHS Southwark's stop smoking team provides friendly advice to people who want to quit. To find out more call our freephone helpline on **0800 169 6002**.

Mental health

One in four people in the UK will experience a mental health problem, such as depression or anxiety, at some point in their lives. Some people may need professional support to help them cope.

Many of our mental health services are provided by the South London and Maudsley NHS Trust (SLaM) www.slam.nhs.uk. Visit your GP or call SLaM on **0800 731 2864** for information about the help available in your area.

SLaM provides the Southwark Psychological Therapies Service which is open to all adults, age 18 years upwards, living in Southwark and seeking help with anxiety and depression. You can ask your GP to refer you to this service, or self-refer if that is easier. Call **020 3228 2194** or email sptsadmin@slam.nhs.uk.



Drug and alcohol services

If you think you might have a drug or alcohol problem, the first step should be your GP who will help decide what treatment you need. Your doctor may refer you on to one of our specialist drug or alcohol services.

You can also self-refer to one of these agencies who will arrange your care:

Foundation 66

(Alcohol)
68 Newington Causeway, SE1 6DF
Tel: 020 7403 4077

Blenheim CDP - KAPPA

(Heroin and opiates)
231 Old Kent Rd, SE1 5LU
Tel: 020 7237 7000

Blenheim CDP – Evolve

(Crack and other stimulants)
146-150 Camberwell Rd, SE5 0EE
Tel: 020 7277 4580

Access Southwark

(Cocaine and cannabis)
252 Camberwell Rd, SE5 0DP
Tel: 020 7708 8934

If the problem is more serious and requires immediate attention then go to the nearest Accident & Emergency (A&E) department where qualified staff are on duty 24/7.

Managing your alcohol intake is one way towards achieving a healthy lifestyle. Visit Drinkaware www.drinkaware.co.uk for more information.

If you have a question about drugs or you are worried about a friend or family member using drugs then contact FRANK, www.talktofrank.com



Sexual health



Sexual health centres in Southwark

Artesian Sexual Health Clinic

138 Grange Road
Bermondsey SE1 3GF
Tel: 020 3049 7940

Camberwell Sexual Health Centre

Camberwell Building
100 Denmark Hill
SE5 9RS
Tel: 020 3299 5000

Walworth Road Clinic

Larcom Street
Walworth SE17 1RY
Tel: 020 3049 8630

Confidential freephone sexual health helpline for under 18s: **0800 328 1651**

Sexual health advice and services are also available from your GP and local pharmacy.

NHS Southwark provides contraception and sexual health services to men and women of all ages including young people under 16. All our centres operate walk-in clinics, it is not necessary to book an appointment. Our centres offer:

- Confidential advice on contraception
- Free condoms and other contraception
- Pregnancy testing
- Emergency contraception
- Screening and treatment for sexually transmitted infections
- HIV testing

Adult social care services

Southwark Council is committed to supporting people to remain independent, safe and well in their own homes.

Independent Living for Adults

We are currently transforming our adult social care services so they are more efficient, responsive and give people greater control and choice over their lives.

Adult social care provides information, advice, assessment and support to people aged 18 or over. Some people may require support and assistance within their home in order to keep them safe and well. This could be for a short time due to recent illness or crisis or ongoing because of ill health, learning or physical disabilities. All Councils have limited resources, and to receive support you must be eligible under criteria set out nationally.

Our aims in Southwark are to provide:

- Early intervention and prevention so that people are supported early on and in a way that's right for them
- Good quality information and advice at first point of contact
- Tailoring support to people's individual needs
- Recognising and supporting carers and their role

- Giving greater choice and control to people when planning their support

Contact Southwark Council Adult Social Care on **0845 600 1287** for further information or go to **www.southwark.gov.uk/healthandsocialcare**



Equipment and Adaptations

Our Occupational Therapy service can help with information and advice on equipment and adaptations to your home. It may be agreed that your home can be adapted, or that you could be prescribed or lent specialist equipment to help you manage everyday tasks more easily.

Contact Southwark Council Adult Social Care on **0845 600 1287** for further information.

Keeping Safe & Reporting Abuse

The Council has a dedicated team who monitor, review and provide training to social care professionals and providers to prevent adult abuse.

Adult abuse happens when someone has their independence or wellbeing threatened or compromised. Abuse can occur in many ways. It could be neglect or physical, sexual, psychological, financial, discriminatory or institutional abuse.

If you think someone is being abused or someone is abusing you, contact Southwark Council or Southwark Police on the telephone numbers listed below. If you are being abused and feel unable to call us yourself, please tell someone you trust and ask them to do it for you.

We will ask you questions to determine the level of risk and immediate support you may require, as well as looking at providing support to ensure the abuse does not re-occur.

Duty social worker: 0845 600 1287
Monday to Friday, 9am to 5pm

Out of Hours team: 020 7525 5000
5pm onwards and at weekends

Southwark Police: 0207 378 1212



Support for carers

We acknowledge the important role played by carers, and may be able to provide support to you in your caring role. You can ask us to carry out an outcome based assessment for the person you are caring for, or a separate carer's assessment for you. We will discuss what support can be offered, as well as helping you plan for the future.

Contact Southwark Council Adult Social Care on **0845 600 1287** to discuss your situation.

Children and family services

Our services put family members at the heart of our activities to ensure that children and young people have their long-term needs met and have the best chances in life so that they can achieve their full potential.

Child development

Our child development centre, Sunshine House, in Peckham brings together a range of specialist services for children and young people including:

- Children with special educational needs and learning disabilities
- Children with speech and language difficulties
- Children with specific health needs (e.g. hearing impairment, HIV, chronic illness, post surgical care)

If your child needs specialist help they may be referred to Sunshine House by a GP, health professional or voluntary organisation.



Support for families with young children

Our health visiting service gives support; through home visits; group work and child health clinics, on topics such as parenting, breastfeeding, sleep and behaviour management and immunisations (see page 22). Find out about our Breastfeeding cafes on page 28.



Child support and welfare

The Assessment, Safeguarding and Family Support Service provide social work assistance to the children and families of Southwark.

Our focus is to ensure that children who are at risk of harm or in need of additional help are provided with timely and effective assessments and interventions. We support families who are referred to us which may involve directing them to specialist health, education and other community support services.

The safety and welfare of children - or child protection - is everybody's business. If you are concerned about a child who may be suffering harm please contact our referral and assessment team.

Tel: **020 7525 1921**
Out of hours: **020 7525 5000**
Email: rad@southwark.gov.uk

For immediate help ring the police on 999.





Getting health advice

Who to contact if you need advice about local health services.

NHS Direct

Get health advice from professionals from the comfort of your home.

Remember that if you're unwell and unsure what to do, NHS Direct offers confidential health advice and information by phone and internet 24 hours a day on **0845 4647** or **www.nhsdirect.nhs.uk**

NHS Choices

NHS Choices **www.nhs.uk** is a single public site for health in England that provides access to all NHS online services and information.



Patient Advice and Liaison Service (PALS)

PALS is here to help. PALS provides support, advice and information on all health and adult social care services. PALS can help you find a local doctor, dentist, optician or pharmacist and can tell you more about our translation services.

Call PALS: **0800 58 77170** (Mon – Fri 9 - 5, mobile phone rates apply).
Type Talk: **1800 1587 7170**
Email: **pals@southwarkpct.nhs.uk** or write to the PALS team at the address below.

PALS
1st Floor
Hub 5
PO Box 64529
SE1P 5LX

Getting involved



Public and Patient Involvement

If you would like to find out how to get involved in having a say about your local health service or would like to receive a copy of the Involving People newsletter, contact the Public Involvement Team on **020 7525 7888**, email **ppi@southwarkpct.nhs.uk** or write to the PPI team at the address below.

Complaints

If you need to make a complaint about the service you have received, the complaints team can assist by acting on your behalf for a complaint about a particular service. Telephone: **020 7525 0422** or email **complaints.incidents@southwarkpct.nhs.uk** or write to the complaints team at:

PPI/Complaints team
1st Floor
Hub 5
PO Box 64529
SE1P 5LX



LINK Southwark

LINK Southwark (short for Local Involvement Network), is a network of local people, organisations and groups that work to improve local care services. To join visit **www.LINKSouthwark.org**, email **LINK@ch1889.org** or call **020 7358 7005**

Community Action Southwark

For information on voluntary sector organisations and community groups in Southwark please contact Community Action Southwark (CAS) on **020 7703 2368**



Minor health complaints

Pharmacists

Your pharmacist could save you a trip to the GP.

For minor ailments like a runny nose, diarrhoea, a cough or period pain, your local pharmacist can give you the advice you need. Pharmacists are experts about medicines so they can answer any questions you have about your medication and prescriptions.

Pharmacy opening times

Most pharmacies are open from Monday to Saturday, however please telephone the individual pharmacy for opening hours. During Bank Holidays full details about Pharmacy opening times are available from NHS direct on **0845 4647**, www.nhs.uk or www.southwarkpct.nhs.uk

What you pay. Prescription charges:
£7.20 for a prescription
£28.25 for a three-month PPC
£104 for a 12-month prepayment certificate (PPC)

Some people are entitled to free NHS prescriptions. Visit www.nhs.uk

SE1

A R Chemists

176-178 Old Kent Road
SE1 5TY
020 7703 4097

Amadi Chemist

107 Abbey Street
Bermondsey SE1 3NP
020 7237 5770

Asda Pharmacy

Old Kent Road Ossory Rd
SE1 5AG
020 7500 7910

Boots the Chemist

333 Elephant & Castle
Shopping Centre, SE1 6TB
020 7703 6149

Boots the Chemist

Hays Galleria Unit 8-11
Counter Street, SE1 2HD
020 7407 4276

Cambelle Chemist

10 Dunton Road, SE1 5TJ
020 7231 2647

City Pharmacy

39-41 Borough High St
SE1 1LZ
020 7407 2061

Classic Pharmacy

55 St. Georges Road
SE1 6ER
020 7820 8921

Dockhead Pharmacy

29 Dockhead, SE1 2BS
020 7231 1100

Harfleur Chemist*

107 Tower Bridge Road
SE1 4TW
020 7407 0051

Kalmak (Chemists) Ltd

1 Milroy Walk Kings Reach
Stamford Street, SE1 9LW
020 7633 0552

Lings Chemist

269 Old Kent Road, SE1 5LU
020 7237 3710

Lloyds Pharmacy

18 Harper Road, SE1 6AD
020 7407 3723

Krystal Pharmacy

7 Newington Causeway
SE1 6ED
020 7403 2237

Superdrug Pharmacy

339 Elephant & Castle
Shopping Centre
Elephant & Castle SE1 6TB
020 7703 6380

Tesco Instore Pharmacy

Old Kent Road, SE1 5HG
020 7506 7449

SE5

ABC Pharmacy

13 Camberwell
Church Street
Camberwell SE5 8TR
020 7703 2489

Butterfly Pharmacy

17 Butterfly Walk
Denmark Hill, SE5 8RW
020 7708 0907

Davis Chemist

10 Crossthwaite Ave
Sunray Avenue, SE5 8ET
020 7274 9902

Fourways Chemist

36 Denmark Hill
Camberwell SE5 8RZ
020 7274 5868

Kembers & Lawrence Pharmacy

10-11 Camberwell Green
Camberwell SE5 7AF
020 7703 3947

Sheel Pharmacy

2 Sir John Kirk Close
off Bethwin Rd, SE5 0BB
020 7703 6688

Superdrug Pharmacy

Unit 4, Butterfly Walk
Camberwell Green
SE5 8RW
020 7701 9037

V E Lettsom Chemists

84 Vestry Road
Camberwell SE5 8PQ
020 7701 9250

SE15

ABC Pharmacy

127 Bellenden Road
Peckham SE15 4QY
020 7639 6401

ABC Pharmacy

151-169 Peckham High St
SE15 5SL
020 7639 7166

Boots the Chemist

20 Rye Lane
Peckham SE15 5BS
020 7639 1544

Day Lewis Pharmacy

103 Peckham Road
SE15 5LZ
020 7701 8641

Kristal Pharmacy

127 Evelina Road
Nunhead
SE15 3HB
020 7639 2614

Lloyds Pharmacy

147-149 Peckham Hill Street
Peckham SE15 5JZ
020 7639 2807

Morrison Pharmacy

Morrisons Supermarket
Aylesham Centre, Rye Lane
Peckham SE15 1SF
020 7639 0483

Ropharm Chemists

169 Rye Lane
Peckham SE15 4TL
020 7732 4560

Sheel Pharmacy

60 Nunhead Lane, SE15 3QE
020 7639 0262

SE16

Bonamy Pharmacy*

355 Rotherhithe New Road
Bonamy Estate, SE16 3HF
020 7231 9988

Boots the Chemist

Unit 11-13 Surrey Quays
Shopping Centre, SE16 7LL
020 7252 0084

Campion & Co

38 Albion Street
Rotherhithe SE16 1JQ
020 7237 1193

Jamaica Road Pharmacy
182 Jamaica Road
Bermondsey SE16 4RT
020 7237 3483

Medica Pharmacy
202 Southwark Park Road
Rotherhithe SE16 3RW
020 7237 7684

Pyramid Pharmacy
243 Southwark Park Road
Rotherhithe SE16 3TS
020 7237 1659

Surdock Pharmacy
162 Lower Road
Rotherhithe SE16 2UN
020 7237 2512

Tesco Pharmacy
Surrey Quays Shopping
Centre, Redriff Road
Rotherhithe SE16 7LL
020 7506 7549

SE17

Boots the Chemist
289-291 Walworth Road
Walworth SE17 2TG
020 7703 4356

D P Pharmacy*
309 East Street
SE17 2SX
020 7703 7843

East Street Pharmacy
18 East Street
Walworth SE17 2DN
020 7703 5155

Maddock Pharmacy
5 Maddock Way
Walworth SE17 3NH
020 7735 2700

Ridgway Pharmacy
251-253 Walworth Road
Walworth SE17 1RL
020 7701 2720

Superdrug Pharmacy
371-375 Walworth Road
Walworth SE17 2AL
020 7701 2797

Taplow Pharmacy*
Unit 5,
Ground Floor
Taplow
Thurlow Street
Walworth SE17 2UQ
020 7701 1643

Walworth Pharmacy
192 Walworth Road
Walworth SE17 1JJ
020 7703 5103

SE21

Rumsey Chemists
47 Dulwich Village
Dulwich SE21 7BN
020 8693 2430

SE22

Day Lewis Pharmacy
34 Forest Hill Road
East Dulwich SE22 0RR
020 8299 2707

Day Lewis Pharmacy
46 Lordship Lane
East Dulwich SE22 8HJ
020 8693 1717

Foster & Sons
14 Forest Hill Road
East Dulwich SE22 0RR
020 8693 1548

Lloyds Pharmacy
43-45 Northcross Road
East Dulwich SE22 9ET
020 8693 3652

Sadlers Pharmacy
389 Lordship Lane
East Dulwich SE22 8JN
020 8693 4701

Sainsbury's Pharmacy
80 Dog Kennel Hill
East Dulwich SE22 8AA
020 7733 6195

Sogim Pharmacy*
115 Lordship Lane
East Dulwich SE22 8HU
020 8693 4848

Vale Pharmacy
104 Grove Vale
East Dulwich SE22 8DR
020 8299 1103

SE24

Brockwell Park Pharmacy
7 Half Moon Lane
Herne Hill SE24 9JU
020 7274 3928

Fourway Pharmacy
12 Half Moon Lane
Herne Hill SE24 9HU
020 7924 9344

Herne Hill Pharmacy
75 Herne Hill
Herne Hill SE24 9NE
020 7274 4591

***Pharmacies that are accredited by Southwark Health and Social Care to provide assessments, advice and equipment for independent living**



Ongoing treatment & care

Your local doctor (GP)

For when it's not an emergency your local doctor's surgery is the best place for most health enquiries, medical treatment, jabs and tests (for example immunisations, blood tests or cervical smears).

Nearly all our GP practices offer appointments before 8am or after 6.30pm on certain days (except for those marked *). Please phone the practice for details.

NHS Southwark produces a GP Balanced Performance Scorecard that lets you know how your practice is performing in a number of key areas. Visit www.southwarkpct.nhs.uk

SE1

Bermondsey & Lansdowne Medical Mission
6 Decima Street
London SE1 4QX
020 7403 3618

Bermondsey & Lansdowne Medical Mission (at) Artesian Health Centre
138 Grange Road
London SE1 3GF
020 7403 3618

Blackfriars Medical Practice
45 Colombo Street
London SE1 8EE
020 7928 6216

Borough Medical Centre (Dr Misra)
1-5 Newington Causeway
London SE1 6ED
020 7357 0288

Borough Medical Centre (Dr Sharma)
1-5 Newington Causeway
London SE1 6ED
020 7357 7852

Dun Cow Surgery (Aylesbury Partnership)
279 Old Kent Road
London SE1 5LU
0844 375 6375

Falmouth Road Group Practice
78 Falmouth Road
London SE1 4JW
020 7407 4101

Grange Road Practice Bermondsey Health Centre
108 Grange Road
London SE1 3BW
020 3049 7220

Old Kent Road Surgery (Dr Abu-Nijaila)
182-184 Old Kent Road
London SE1 5TY
020 7252 6272

Parkers Row Family Practice
2 Wade House
Parkers Row
London SE1 2DN
020 7237 1517

Princess Street Group Practice
2 Princess Street
London SE1 6JP
020 7928 0253

The New Mill Street Surgery

1 Wolseley Street
London SE1 2BP
020 7252 1817

**The Surgery*
(Dr Lee)**

249 Old Kent Road
London SE1 5LU
020 7237 2492

SE5

Camberwell Green Practice

17 Camberwell Green
London SE5 7AF
020 7703 3788

Concordia Parkside Medical Centre

52 Camberwell Green
London SE5 7AQ
020 7703 0596

Hambleton Clinic*

Blanchedowne
Denmark Hill
London SE5 8HL
0844 477 8726

Sir John Kirk Close

3 Sir John Kirk Close
London SE5 0BB
020 7703 2046

**St Giles Surgery
(Drs Patel, Roseman
& Vasant)**

40 St Giles Road
London SE5 7RF
020 7740 4736

**St Giles Surgery
(Drs Virji & Begley)**

40 St Giles Road
London SE5 7RF
020 7740 4737

SE15

Acorn Surgery

136 Meeting House Lane
London SE15 2UA
020 7635 2055

**Commercial Way Surgery
(Aylesbury Partnership)**

109 Commercial Way
London SE15 6DB
0844 375 6375

DMC Chadwick Rd

60 Chadwick Road
London SE15 4PU
020 7639 9622

Gaumont House Surgery

153 Peckham High St
London SE15 5SL
020 7138 7888

**Lister Primary Care Centre
Dr Arumugaraasah**

101 Peckham Road
London SE15 5LJ
020 3049 8390

**Lister Primary Care Centre
Dr Hossain**

101 Peckham Road
London SE15 5LJ
020 3049 8360

**Lister Primary Care Centre
Dr Ullah**

101 Peckham Road
London SE15 5LJ
020 3049 8410

**Lister Primary
Care Centre**
Hurley Group Practice**

101 Peckham Road
London SE15 5LJ
020 3049 8430

**** GP Led Walk-in Centre,
open 8am-8pm, every day
of the year for registered
and unregistered patients**

Nunhead Surgery

58 Nunhead Grove
London SE15 3LY
020 7639 2715

Queens Road Surgery

12 Queens Rd
London SE15 2PT
020 7639 1133

Sternhall Lane Surgery

12 Sternhall Lane
London SE15 4NT
020 7639 3553

The Trafalgar Surgery

10 Trafalgar Avenue
London SE15 6NR
020 7703 9271

SE16

**Albion Street
Group Practice**

87 Albion Street
London SE16 7JX
020 3049 7120

**Alfred Salter
Medical Centre**
6 Drummond Road
London SE16 4BU
0207 237 1857

Avicenna Health Centre

2 Verney Way
London SE16 3HA
020 7237 1685

DMC Silverlock

3 Warndon Street
London SE16 2SB
020 7237 4091

Park Medical Centre

57 Hawkstone Road
London SE16 2PE
0844 815 1145

St James Church Surgery*

North Aisle, St James Church
Thurland Road
London SE16 4AA
020 7237 4066

**Surrey Docks
Health Centre**

Downtown Road
London SE16 6NP
020 3049 7444

SE17

**Aylesbury Medical Centre
(Aylesbury Partnership)**

Thurlow Street
London SE17 2XE
0844 375 6375

Maddock Way Surgery

10 – 12 Maddock Way
Cooks Road
London SE17 3NH
020 7735 3644

Manor Place Surgery

1 Manor Place
London SE17 3BD
0844 477 3699

Penrose Surgery

33 Penrose Street
London SE17 3DW
020 7703 3677

The Surgery

301 East Street
London SE17 2SX
020 7703 4550

Villa Street Medical Centre

47 Villa Street
London SE17 2EL
020 7703 7393

SE22

3-Zero-6 Medical Centre

306 Lordship Lane
London SE22 8LY
020 8693 4704

**Concordia Melbourne
Grove Medical Practice**

Melbourne Grove
London SE22 8QN
020 8299 0499

Dulwich Medical Centre

163-169 Crystal Palace Road
London SE22 9EP
020 8693 2727

**East Dulwich Primary
Care Centre**

East Dulwich Grove
London SE22 8PT
020 8693 1844

**Forest Hill Road
Group Practice**

1 Forest Hill Road
London SE22 0SQ
0844 477 3996

The Lordship Lane Surgery

417 Lordship Lane
London SE22 8JN
020 8693 2912

The Surgery

The Gardens
London SE22 9QU
020 8693 4715

SE24

Elm Lodge Surgery*

2 Burbage Road
London SE24 9HJ
020 7274 6138

Nursing services

District nursing

Our nurses visit house-bound patients to provide advice and care including palliative care, wound management, catheter and continence care, and medication support. They help prevent unnecessary admission to hospital, and help people to leave hospital as soon as they are able.

Your GP will refer you to a district nurse when you need help. For further information call **020 7138 7802**.

Health visiting

Health visitors are nurses who will support you from pregnancy or the birth of your child through to when your child starts primary school. They hold regular clinics, group sessions and will visit you at home to provide support on issues such as immunisation, breastfeeding, nutrition, sleep and the developmental progress of your child.

When you have a baby a health visitor will automatically contact you. For further information call **020 7525 0481**.



School nursing

School nurses work with school-age children and their teachers, parents and carers to promote children's health. They support children with additional health needs such as asthma, diabetes, epilepsy or mental health problems and work with teachers to address concerns such as smoking, healthy weight and safe sex. They deliver the school immunisation programme and conduct the National Child Measurement Programme.

For further information on nursing services call **020 7525 0481**.

Dentists

NHS Southwark is responsible for arranging NHS dental services in your area. Registration is not necessary. To receive NHS dental care just contact one of the practices listed in this booklet and ask for an NHS appointment.

If you have a dental emergency after 6pm when dental surgeries are closed, call SELDOC Dental on **020 8299 5509**.

NHS dental charges

The charge you pay depends on the treatment you need. You will only ever be asked to pay one charge for each complete course of treatment, even if you need to visit your dentist more than once to finish it – either Band 1, Band 2 or Band 3 (see box).

Payment exemptions

Some people do not have to pay for NHS dental treatment, for example if, you are aged under 18, pregnant or a mother who has had a baby in the previous 12 months. You also do not have to pay if you receive Income Support and Jobseeker's Allowance. For a full list of exemptions visit: www.dh.gov.uk

Band 1 course of treatment £16.50

This covers an examination, diagnosis (e.g. X-rays), advice on how to prevent future problems, a scale and polish if needed, and application of fluoride varnish or fissure sealants. If you require urgent care, even if your urgent treatment needs more than one appointment to complete, you will only need to pay one Band 1 charge.

Band 2 course of treatment £45.60

This covers everything listed in Band 1 above, plus any further treatment such as fillings, root canal work or if your dentist needs to take out one or more of your teeth.

Band 3 course of treatment £198.00

This covers everything listed in Bands 1 and 2 above, plus crowns, dentures or bridges.



SE1

156 Old Kent Road
(Dr C T A Ng)
London SE1 5TY
0207 703 9922

305 Borough High Street
(Dr F Mirzai)
London SE1 1JH
0207 407 3883

Portelly Dental Surgery
108 St George's Road
London SE1 6EU
0207 928 4474

SEF & Associates
32 New Kent Road
London SE1 6TJ
0207 703 2524

Talbot Dental Clinic
85-87 Borough High Street
Talbot Yard
London SE1 1NH
0207 407 3929

**The Grange
Dental Practice**
134 Grange Road
London SE1 3GF
0207 394 1593

**Tower Bridge Road
Dental Surgery**
25 Tower Bridge Road
London SE1 4TL
0207 407 7427

Waterloo Dental Practice
223 Waterloo Road
London SE1 8XH
0207 928 5844

SE5

**82 Camberwell Church
Street (Dr V S Sehmi)**
London SE5 8QZ
0207 703 7599

167 Camberwell New Road
(Dr Akinsola)
London SE5 0TJ
0207 582 2562

179 Denmark Hill
(Dr P A Norton)
London SE5 8DX
0207 274 0861

276b Camberwell Road
(Dr C J Watson)
London SE5 0DL
0207 703 5110

Camberwell Dental Care
6 Camberwell Church Street
London SE5 8QU
0207 703 0301

SE8

**Surrey Quays
Dental Practice**
204 Lower Road
London SE8 5DJ
0207 231 7912

SE15

Baillie & Associates
184 Peckham High Street
London SE15 5EG
0207 639 1873

Colegrove Dental Care
2 Colegrove Road
London SE15 6ND
084 4815 1569

Linden Grove Dental Care
42 Linden Grove
London SE15 3LF
0207 639 3001

Peckham Dental Centre
71 Peckham High Street
London SE15 5RS
0207 703 4388

PH Dental Practice
10 Station Way, Rye Lane
London SE15 4RX
0207 639 4422

The Lacey Dental Practice
591 Old Kent road
London SE15 5RS
0207 639 6024

SE16

**Canada Water
Dental Health**
Toronto House
Surrey Quays Road
London SE16 7AJ
0844 375 6060

GK Ooi & Associates
36 Brunel Road
London SE16 6HZ
0207 237 8386

MP Dental Practice
186-188 Jamaica Road
London SE16 4RT
0207 231 2883

**Surrey Docks
Dental Practice**
Downtown Road
London SE16 6NP
0207 252 1628

**The South Bank
Dental Clinic**
164 Jamaica Road
London SE16 4RT
0207 237 3413

SE17

Walworth Dental Care
296 Walworth Road
London SE17 2TE
0207 703 5601

SE19

Owens Dental Practice
142 Gipsy Hill
London SE19 1PW
0208 670 5604

SE21

**Dulwich Orthodontic
Centre**
82 Park Hall Road
London SE21 8BW
0208 265 9797

**The Dental Practice in
Dulwich Village**
112 Dulwich Village
London SE21 7AQ
0207 299 3533

SE22

43-45 Northcross Road
(Dr S. Mirfenderski &
Dr Daly)
London SE22 9ET
0208 693 3339

65 East Dulwich Road
(Dr C A Sida-Murray)
London SE22 9AP
0208 693 3056

178 Peckham Rye
(Dr P M Frost &
Dr I N Freedman)
London SE22 9QA
0208 693 4001

Dulwich Dental Clinic
78 Lordship Lane
London SE22 8HF
0208 299 1334

**Dulwich Oak
Dental Practice**
3a Fellbridge House
Dog Kennel Hill
London SE22 8BQ
0207 095 9818

East Dulwich Dental Care
16 Forest Hill Road
London SE22 0RR
0208 299 0240

**Townley Road
Dental Practice**
1 Townley Road
London SE22 8SW
0208 693 4974

SE23

**The Orthodontic
Practice Ltd**
1 Wood Vale
London SE23 3DS
0208 693 3233

SE24

Half Moon Dental Practice
1-3 Half Moon Lane
Herne Hill
London SE24 9JU
0207 733 0011

Opticians

A regular trip to the opticians helps to keep your eyes healthy and can pick up signs of other illnesses at an early stage. Most adults should have their eyes examined every two years, but children and the elderly are advised to have check-ups more frequently.

You do not need to register with an optician just contact your local service and book an appointment.



SE1

G F Barnes

153 Borough High Street,
Borough
London SE1 1HR
020 7407 3267

L.A. Sackwild

90 Towerbridge Road
Bermondsey
London SE1 4TP
020 7237 4789

Quinlan's Opticians

7 Bedale Street
London SE1 9AL
0207 403 6179

Provision Opticians

263 Old Kent Road
London SE1 5LU
020 7231 2191

The Institute of Optometry

56-62 Newington Causeway
Elephant & Castle
London SE1 6DS
020 7234 9641

SE5

Clear Optics

41 Denmark Hill
Camberwell
London SE5 8RS
020 7787 0592

Rodney Opticians

7 Camberwell Green
Camberwell
London SE5 7AF
020 7703 3615

SE15

Jay Opticians

Unit 16
The Aylesham Centre
Ryle Lane
Peckham
London SE15 5EW
020 7639 4755

R Woodfall

183 Rye Lane
Peckham
London SE15 4TP
020 7639 4520

Specsavers (Peckham)

Unit 3
The Aylesham Centre
London SE15 5EW
020 7277 7222

Stephen Butler (Dollond & Aitchison Franchise)

60-62 Rye Lane
Peckham
London SE15 5BY
020 7639 0924

SE16

David Clulow Optician

Unit 7, Postal No 27
Surrey Quays Shopping
Centre
Redriff Road
London SE16 7LL
020 7394 9818

Dollond & Aitchison

49-51 Surrey Quays
Shopping Centre
Redriff Road
Bermondsey
London SE16 7LL
020 7252 3115

J G Bentley

204 Southwark Park Road
Bermondsey
London SE16 3RW
020 7237 8246

Specsavers (Surrey Quays)

Unit 21
Surrey Quays Shopping
Centre
Redriff Road
London SE16 7LL
020 7064 6590

Tesco Opticians

Surrey Quays Shopping
Centre
Surrey Quays
Redriff Road
London SE16 7LL
020 7506 7538

SE17

Dolond & Aitchison

297 Walworth Road
Walworth
London SE17 2TG
020 7703 3814

R & J Optical

39-41 East Street
London SE17 2DS
020 7252 4544

SE21

Roger Pope Opticians

29 Dulwich Village
London SE21 7BN
020 8299 0230

SE22

Paine & Hunter

55 Lordship Lane
East Dulwich
London SE22 8EP
020 8299 1464

Other services

Immunisations and vaccinations

Childhood immunisations are necessary to protect all children from serious infectious diseases. Getting your child immunised doesn't just protect them, it protects people in the community around you. It is really easy - just contact your GP practice.

We also provide immunisation for people to protect against seasonal influenza. For more information speak to your GP, practice nurse, or local pharmacist.

Find out more about immunisations and the diseases they protect against at: www.southwarkpct.nhs.uk/immunisations

Breastfeeding cafés

NHS Southwark holds 'breastfeeding cafés' from Monday to Friday at different locations around the borough. Mums can attend the informal cafés with their babies to receive advice and support from health visitors, midwives and other mums. To find out where your nearest café is visit: www.southwarkpct.nhs.uk/breastfeeding



Unscheduled care

Unscheduled care is when you need care which would normally be provided by a GP surgery, but an appointment is not available. For example: if you are not registered with a practice; an emergency appointment is not available; or when your surgery is closed and your problem cannot wait until it re-opens.

GP led health centre - walk in service

Open 8am – 8pm everyday including weekends and bank holidays
Walk in or call **020 3049 8430** to make an appointment. No need to register.

Hurley Group Practice
Lister Primary Care Centre
101 Peckham Road
London SE15 5LJ
020 3049 8430

GP out of hours

(After 6:30 pm & before 8 am)
If you feel unwell when your GP surgery is closed you can get urgent medical advice and treatment by calling South East London Doctors' Cooperative (SELDOC) **020 8299 9066**
www.seldoc.co.uk

Can't get an appointment? Then tell us (see page 14 for details).



Out of hours dental services

If you need urgent dental treatment outside normal surgery hours (after 6pm) call **020 8299 5509**.

Minor injuries unit at Guy's and St Thomas' NHS Foundation Trust

The Minor Injuries Unit (MIU) is based on the Guy's Hospital site. It offers treatment to anyone with a minor inquiry, without the need for a referral or appointment. The Unit is staffed by experienced nurses who have additional training so that they can treat patients with minor injuries.



When should I visit the Minor Injuries Unit?

Staff at the MIU treat minor injuries and illnesses including:

- injuries to upper and lower limbs
- broken bones, sprains, bruises and wounds
- bites, burns and scalds
- abscesses and wound infections
- minor head injuries
- broken noses and nosebleeds
- foreign bodies in the eyes and nose



Emergency care

Emergency services are very busy. They should only be used in very serious or life threatening situations.

999

For serious health complaints like chest pain or blood loss you should immediately contact the emergency services by calling 999. This will result in an ambulance or response vehicle being sent to your location.

Where is my nearest A&E?

The following hospitals have accident & emergency (A&E) departments (please note that Dulwich Community Hospital does not have an A&E department).

King's College Hospital A&E

Denmark Hill
SE5 9RS
020 3299 9000
www.kch.nhs.uk

St Thomas' Hospital A&E

St Thomas' Hospital
Westminster Bridge Road
SE1 9EH
020 7188 7188
www.guysandstthomas.nhs.uk

If you are not sure whether to visit A&E call NHS Direct on **0845 46 47**.

