

## Out of Hours contact telephone numbers

**Emergencies** 999

### Accident and emergency units

The James Cook University Hospital  
Middlesbrough 01642 854252

Scarborough Hospital 01723 342145

York District Hospital 01904 726588

### Minor Injury Units

Whitby Hospital 01947 824238

Stead Hospital, Redcar 01642 282282

Guisborough General Hospital 01287 284000

East Cleveland Hospital Brotton 01287 676205

**Out of Hours doctor or NHS Direct** 111

**Samaritans** 0845 7909090



**Main Surgery**  
Churchfield Surgery,  
Iburndale Lane,  
Sleights,  
Whitby,  
North Yorkshire,  
YO22 5DP  
Tel: (01947) 810 466

**Branch Surgery**  
Sandsend Surgery.  
East Row,  
Sandsend,  
Whitby,  
North Yorkshire,  
YO22 3SU  
Tel: (01947) 894 948

## Out of Hours information - Getting help outside surgery opening hours



[www.sleightsandsandsendmedicalpractice.nhs.uk](http://www.sleightsandsandsendmedicalpractice.nhs.uk)

### What is Out of Hours?

Out of hours is the time when the surgery is closed, which is between 6.00pm and 8am every day (except Tuesdays when we are open at 6.45am) weekends and bank holidays.

There are various sources of help during this time. We are currently trialing a Saturday Morning GP Surgery at the practice, to book an appointment call the surgery.

### Medical Emergencies

If there is a medical emergency or accident and the problem appears life threatening and needing an ambulance to transport the patient to hospital quickly, dial 999

Medical emergencies include chest pain, stroke or unconsciousness, difficulty in breathing or severe pain. Accidents and falls causing pain, bleeding or the inability to move, dial 999

### Accident and emergency departments

These are based in Scarborough, Middlesbrough and York and are open 24 hours a day. If the patient can be safely moved they can be taken to any of these hospitals for treatment. Phone numbers are listed on the back page.

### Minor injuries Units (MIU)

Whitby, Brotton, Guisborough and Redcar MIUs are staffed by emergency nurses. They deal with sprains, cuts and grazes and minor illnesses. You can visit without an appointment. Phone numbers are listed on the back page.

### Opening hours for Minor injuries Units

Whitby Hospital	8am-11pm
East Cleveland Hospital, Brotton	9am-5pm
Guisborough Hospital	
Monday - Friday	9am-5pm
Saturday - Sunday	8am-8pm
Stead Hospital, Redcar	24 hours a day

### 111

NHS 111 is a service to make it easier for you to access local NHS healthcare services in England. You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time.

NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.



### When to use 111

You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation.

Call 111 if:

- you need medical help fast but it's not a 999 emergency
- you think you need to go to [A&E](#) or need another NHS urgent care service
- you don't know who to call or you don't have a GP to call
- you need health information or reassurance about what to do next

### Out of Hours doctor

You can contact the out of hours doctor between 6.30pm – 8.00am by dialling 111 (free phone) Sometimes telephone advice is all that is needed. Other times you may be asked to travel to see a doctor at Whitby hospital. If necessary the on-call GP may decide to make a home visit.

### Pharmacists

Pharmacists are trained to offer advice on treatment for many common illnesses. Local press and NHS-Direct advise on which pharmacy is open on emergency rota.

### Samaritans

Samaritans give 24 hour confidential emotional support