

HEALTH SERVICES



Accident and Emergency Department

Arrowe Park Hospital
Arrowe Park Road
Upton
CH49 5PE

Tel: Switchboard 0151 678 5111

Opening hours: 24 hours a day.

Email: wirralenq@whnt.nhs.uk

GPs/Doctors

To register with a GP call into or telephone a practice that is local to where you're living. Alternatively, if unable to register directly (e.g. practice may be full), contact the Patient Relations Manager on 0151 651 0011 for further assistance. Drug or alcohol services may also be able to assist you with this - just ask.

Wirral Emergency Out of Hours Service

Tel: 0151 678 8496

Opening hours: Monday - Friday 6.30pm - 8am, 24 hours on weekends and bank holidays/public holidays.

If you have an URGENT health care need when your surgery is closed ring the above number which will:

- provide telephone advice by a GP
- invite you to attend a primary care treatment centre if necessary
- arrange a home visit if necessary
- direct you to another service such as a Walk-in Centre (see page 50) or local pharmacy etc.

**DAMAGE
LIMITATION**
THINK WHEN YOU DRINK
0800 988 1421

Wirral Walk-in Centres

Arrowe Park Hospital

Arrowe Park Road
Upton

Tel: 0151 488 3706

The Walk-in Centres treat patients with minor injury, minor illness and offer general healthcare advice. No appointment necessary.

Opening hours: Monday - Friday 7am - 10pm, weekends and bank holidays 9am - 10pm.

Victoria Central Hospital

Mill Lane
Wallasey

Tel: 0151 604 7296

Genito Urinary Medicine (GUM) services

2nd Floor, Arrowe Park Hospital

Arrowe Park Road

Upton

CH49 5PE

Tel: 0151 604 7339 or 0151 678 5111 ext 2694

Opening hours:

Monday 9am - 11am at the GUM Department, 2nd Floor, Arrowe Park Hospital (next door to the hairdressers)

Tuesday 5.30pm - 7.30pm at NHS Walk-in Centre, Victoria Central Hospital, Mill Lane, Wallasey

Wednesday 5.30pm - 7.30pm at Claughton Medical Centre, Park Road North (opposite the Sixth Form College), Claughton, Birkenhead

Thursday 2pm - 4pm at the GUM Department, 2nd Floor, Arrowe Park Hospital (next door to the hairdressers)

Saturday 10am - 12pm at the GUM Department, 2nd Floor, Arrowe Park Hospital (next door to the hairdressers).

Confidential services provided:

- screening and treatment for HIV and sexually transmitted infections including chlamydia
- sexual health education and advice.

How to access:

Drop in clinics as detailed; no referral needed. However, patients may also be referred by their GP or other agencies.

Patient Advice & Liaison Service (PALS)

PALS Office

Lauries Centre

136 Claughton Road

Birkenhead

CH41 6EY

Tel: 0151 647 4251

Have your say: 0800 085 1547

Opening hours: Monday - Friday 8.30am - 5pm.

Services provided:

- general advice and information for patients, service users, carers and their families on access to, and concerns about, primary care matters within Wirral Primary Care Trust
- covers all the PCT's community based services such as health visiting, women's services, occupational therapy and family health service providers such as GPs, pharmacists, opticians and dentists
- referral point for enquiries relating to hospital and social services.



Sahir House

PO Box 11
Liverpool L69 1SN

Tel: 0151 707 0606 or 0151 708 9080

Email: info@sahir.uk.com

Opening hours: Monday - Wednesday 10am - 8pm,
Thursday - Friday 10am - 5pm. Some therapeutic
sessions available at other times on request.

Services provided:

Sahir House offers a wide range of services to people and families living with or affected by HIV on Merseyside.

- counselling.
- complementary therapies.
- training service.
- information service.
- support groups.

How to access:

Referrals are usually from medical or social work contacts and appointments must be arranged prior to visit. Self referrals can be made, but in all instances proof of HIV status or connection to HIV is required.

Facilities provided:

Disabled accessible stair lift etc.

SUPPORT for those who want to stop smoking

Health & Wellbeing Team
Gibraltar House
40 Kelvin Road
Wallasey
CH44 7JW

Tel: 0151 647 0211 or to self refer tel: 0800 195 2131
for an appointment.

Service offers friendly and confidential advice to anybody who wants to stop smoking. Please ring for more details.