

## 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 will be able to book and cancel online, via the following links:

Barking and Dagenham: <https://app.10to8.com/book/swcbarkingdagenham/>  
Havering: <https://app.10to8.com/book/swchavering/>  
Redbridge: <https://app.10to8.com/book/redbridgeswc/>

A phone booking system will be available shortly.

### 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.

Borough	Site 1	Site 2
Barking and Dagenham - Weekdays	Barking Hospital Upney Lane, Barking IG11 9LX	Broad Street Medical Centre, Morland Road, Dagenham RM10 9HU
Parking	Yes	Yes
Barking and Dagenham - Saturday and Sunday	Barking Hospital Upney Lane, Barking IG11 9LX	
Parking	Yes	
Havering - Weekdays	Rosewood Medical Centre 30 Astra Close Hornchurch RM12 5NJ	Petersfield Surgery 70 Petersfield Avenue Romford RM3 9PD
Parking	Yes	Off street parking
Redbridge - Weekdays	The Loxford Practice 417 Ilford Lane, Ilford IG1 2SN	Gants Hill Medical Centre 63-65 Ethelbert Gardens, Gants Hill, Ilford IG2 6UP
Parking	Yes	None
Redbridge- Weekdays	Newbury Group Practice 40 Perrymans Farm Rd, Ilford IG2 7LE	Fullwell Cross Medical Centre 1 Tomswood Hill, Fullwell Cross, Ilford IG6 2HG
Parking	Yes / Off street parking	Disabled badge holders only