

**Sexual health services**

This are a free and confidential services. You can visit:  
**The Garden Clinic**  
 Upton Hospital  
 Albert Street  
 Slough  
 SL1 2BJ



**Finding/registering with a doctor**

If you are new to the area, you can register with the local doctor yourself. In the UK, family doctors are also called General Practitioners (GPs). You need to register with a GP before you become ill. You will need your passport, visa or IND form.

If you are unable to find a GP, you can ask to be allocated one by telephoning:

(Reading) 0118 918 3333

or by writing to:  
 GP Allocation,  
 Thames Valley Primary Care Agency  
 7-9 Cremyll Road  
 Reading, Berkshire  
 RG1 8NQ



**Flu**

Don't forget your 'flu jab this winter. 'Flu jabs are free for everyone aged 65 or over and anyone in an 'at risk' group.

**CASCADE**

This is a service offering advice and treatment for people with drug or alcohol problems and their families and friends in East Berkshire.

CASCADE is based at Upton Hospital, Albert Street, Slough and you can contact them by calling 01753 821789.



**COMMUNITY HEALTH SERVICES IN SLOUGH**



**Accident and Emergency**

If you have an accident or a life-threatening illness such as fits or severe breathing difficulties, you can go straight to the Accident and Emergency Department at Wexham Park Hospital, Slough.

An ambulance should only be called in cases of an emergency. For all emergency services - ambulance, fire and police, call 999.

For health information or advice at any time, you can call NHS Direct, a 24-hour advice/information service, on: 0845 4647.

**Don't give up giving up!**

For help to give up smoking call 01344 823267 or 0800 169 0 169  
[www.givingupsmoking.co.uk](http://www.givingupsmoking.co.uk)

Slough **NHS** Primary Care Trust  
 information



**The Walk-in Centre**

The Walk-in Centre provides healthcare advice, information and treatment. No appointment is necessary. The Walk-in Centre does not replace local GP or hospital services but complements existing services.

An emergency dental service is also available. Opening hours:

7.00am - 10.00pm  
 Monday - Friday  
 9.00am - 10.00pm,  
 Saturday & Sunday

Walk-in Centre enquiries  
 01753 635505

Slough NHS Walk-in Centre **NHS**  
**Men's Health Clinic**

Free and confidential health check for men

Consultation includes:  
 ◊ Cholesterol Check  
 ◊ Blood Pressure Check  
 ◊ Diabetes Check  
 ◊ Body Mass Index  
 ◊ Advice on Self-Testicular Examination

Please call 01753 635505 to make your appointment

**Public Health Nurse**

The Public Health Nurse is a Clinical Nurse Specialist who:

- ◊ provides information to all New Entrants on how to access Primary Care Services including GP registration and how to use the NHS
- ◊ is able to refer to appropriate services e.g. health visitor, practice nurse

The Public Health Nurse can be contacted on: 01753 635522



**Family health**

Health visitors are qualified nurses who have specialist training, expertise and experience in health matters relating to your whole family. They work at your local GP surgery, local Health Centres and Child Health Clinics.



Every family with children under 5 years has a Health Visitor who can advise them on general health matters.

**Maternity care**

If you are expecting a baby, you should see your GP as soon as possible. He will refer you to a local midwife. The midwife will care for you before you have the baby and for a short time afterwards.

**Emergency Contraception**

You can obtain emergency contraception from The Garden Clinic at Upton Hospital or from your local pharmacy.

- The Garden Clinic provides:
- ◊ advice and information on all sexual health matters
  - ◊ screening, treatment and counselling for anyone with worries about sexually transmitted infections and HIV
  - ◊ full contraception service

For an appointment, telephone: 01753 635302 or visit the website at: [www.healthyssex.org.uk](http://www.healthyssex.org.uk)

For information on sexual health promotion, contact Pam on 01753 635336.

**Slough Refugee Support**

This is a voluntary agency that provides information, advice and contacts for asylum seekers and refugees. They can be contacted at:

Slough Refugee Support  
 28 Bath Road, Slough  
 Tel: 01753 537142

Open from 10.00am - 12.00 noon  
 Tuesday, Wednesday, Thursday & Friday

Slough Refugee Support also holds:

Mother & New Baby Club  
 Fridays, 2.00pm - 3.30pm  
 and  
 Job Club  
 Thursdays, 2.00pm

The products and services advertised hereon should not be regarded as carrying Slough PCT's recommendations.

September 2004

**Princes SL ONE Boutique**  
 AND  
**AFRICA HOME VIDEO RENTAL**

Unit 18, Village Shopping Centre, High Street, Slough  
 SL1 1HP  
 Tel: 07932 811289

**World@View Cyber Cafe**  
**internet-access**  
 Fax-copy-print-scan-laminate

open 7 days  
 Mon - Thur: 9am - 10pm | Fri: 9am - 10pm | Sat: 10am - 10pm | Sun: 12pm - 10pm  
 104 High Street, Slough  
 tel: 01753 575024 fax: 01753 516950  
[www.widviev.net](http://www.widviev.net)

**FOOD AFRICA MUSIC AFRICA**

**Floral Arms**  
 228 High Street - Slough

**MALAIKA**  
 Wigs and pieces

where style and elegance meet

from fashion-defining styles to natural-look curls

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 Slough

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Slough High Street  
 opposite Chicago Rock cafe

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 professional hairdresser

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Unit 30  
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 01753 571086  
 07776 327 912