



Local GPs launch NHS smartphone advice app

Residents in Havering can get health advice at their fingertips thanks to a new smart phone app launched by local GPs.

All you have to do is select your symptoms and the app will tell you which service you need, and, thanks to a locator map, how to get there.

The names, locations and opening hours of every pharmacy, GP surgery, urgent care centre and hospital A&E in Barking and Dagenham, Havering and Redbridge are included in the app.

There's also a fun quiz which tests your knowledge about the most appropriate NHS service to use.

The app is the latest part of a joint campaign by health and council bosses to make sure only the most serious cases go to A&E and that people can find the right NHS service for them.

Every year, thousands of local people wait for hours in A&E when they could have got quicker and more appropriate treatment closer to home.

Not only are residents wasting hours of their valuable time waiting, but they potentially stop other people in more urgent need from getting the care they need.

The Not Always A&E app is free to download on Apple and Android devices through Apple Store and Google Play. All you have to do is search for "NotalwaysA&E".

Dr Atul Aggarwal, chair of Havering CCG, and a local GP said:

"Our new app is just one part of our campaign to help residents and patients get the care they need from the right service. A&E shouldn't automatically be the place to go for any problem – it's for the most serious cases only. Many people could easily be treated by a local pharmacist, GP, at a minor injuries unit or walk-in service, or even just by staying at home and looking after themselves. As easily as phoning a friend or sending a text, residents can use our new app to help them get the most appropriate care."

