

Local Information for Medical Students



Local transport

Buses:

There are at least 11 buses an hour from Redhill Bus Station to East Surrey Hospital. There are two stops situated near to the Main Entrance with buses going as far as Sutton and East Grinstead. Daily services are provided by Metrobus with a variety of tickets available on the bus from single fares to daily and weekly tickets. Visit the website for route information, maps, and ways to pay at www.metrobus.co.uk.

Alternatively, why not download the “Metrobus” app for great value tickets. Simply download from your App Store or Google Play Store. Daily and Weekly tickets available vary depending on the area. If you are travelling locally within Redhill, Reigate and Merstham, purchase the Redhill & Reigate Metrorider. If you are travelling beyond these points, you need to purchase a Metrovoyager. Metrovoyager tickets are valid across all Metrobus services and Brighton & Hove Bus services too!

Contactless payments are accepted on all of their services but cash payments are also still welcome.

Oyster Cards are only accepted on Route 405 services operated by Go-Ahead London as well as contactless payments. Cash payments are not accepted on this route.

Trains:

Redhill Train Station is situated in the main town centre (opposite the bus station) and provides services to London Victoria, London Bridge, London Blackfriars, Guildford, Reading, Tonbridge, Gatwick Airport, Crawley, Horsham and the south coast. For more information, please visit the National Rail Enquiries website (www.nationalrail.co.uk).

Taxis:

In addition to Uber, there are a couple of local taxi firms:
Road Runners - 01737 760076
Blue Arrow - 01737 765676

Supermarkets

The nearest supermarket to East Surrey Hospital is Sainsbury's in the centre of Redhill. The store is open from 07.00 until 22.00 Monday to Saturday and from 10.00 until 16.00 on a Sunday. It is less than a 5 minute walk from Redhill Bus Station or a 10 minute drive from the hospital (parking is available at Sainsbury's).

There is also a Tesco Express in Marketfield Way in Redhill, which is open from 06.00 until 23.00 Monday to Sunday. The store is about a 2 minute walk from Redhill Bus Station. There is no parking available outside, however, there are pay and display car parks nearby.

Alternatively, there is a Morrison in Reigate town centre. This store is open from 07.00 until 22.00 Monday to Saturday and 10.00 until 16.00 on a Sunday. It is roughly a 15 minute drive from the hospital or can be accessed by bus numbers 420, 430 or 460.

Local convenience stores are located throughout the area. The nearest store to the hospital is Londis in Earlswood, located on A23 in the direction of Salfords and Horley. It is opposite McDonalds and can be accessed by bus or car. To get there by car, simply exit the hospital back along Three Arch Road until you get to the main A23 junction. Turn left at the traffic lights onto Horley Road and go past the Shell petrol station. It is situated further along on the left.

Pharmacies

The Boots store at East Surrey Hospital is open from 08.00 until 20.30 Monday to Saturday and 10.00 until 16.00 on a Sunday. It has a small range of medicines, vitamins and toiletries. It dispenses over the counter medication but is unable to process prescription requests for non-hospital patients. Should you need a local pharmacy, please see the suggestions below:

Boots – The Belfry, 9 High Street, Redhill RH1 1RD
Garlands Pharmacy – 160 Garlands Road, Redhill RH1 6NZ
T.H Dolman - 9 Linkfield Corner, Redhill, RH1 1BD

Shopping

The closest shopping centre to East Surrey Hospital is the Belfry in Redhill town centre. It can be reached by a number of buses that regularly depart from the hospital and stop at Redhill Bus Station.

The shops in the Belfry are open from 09.00 until 17.30 Monday to Saturday and from 10.30 until 16.30 on a Sunday. Its multi-storey car park is however open from 07.00 to 00.00 every day. It offers a range of shops and cafes including M&S, Boots, H&M, New Look, Bodyshop and WHSmith. On the High Street, there is a Wilko, Poundland, Rymans, Clintons, Specsavers, Boots Opticians, Greggs, Costa Coffee, McDonalds and Posadero Lounge.

Nearby Reigate has a number of independent shops selling gifts, stationery, accessories, shoes and clothing as well as cafes, pubs and restaurants. Buses 420, 430 and 460 are direct services to Reigate from the hospital and Redhill. Alternatively, it is a 5-10 minute drive from the hospital.

Sports Centres/Gyms

The YMCA in Princes Road, Earlswood, Redhill is the closest sports centre to East Surrey Hospital. It is open 7 days a week and offers a gym as well as a number of fitness classes. For more information, please visit <https://www.ymcaeast Surrey.org.uk/>

The Gym is located above Sainsbury's in Redhill. It is open 24 hours a day, 7 days a week. It offers free Wi-Fi, changing rooms and lockers (padlock needs to be bought with you), cardio machines, a weights area as well as free parking. For more information, please visit www.thegymgroup.com/find-a-gym/redhill-gyms/redhill/

Alternatively, there is Donyngs Leisure Centre in Linkfield Lane, Redhill. It is open 7 days a week and offers a swimming pool, gym, sports hall/studio and fitness classes. For more information, please visit www.better.org.uk/leisure-centre/reigate-and-banstead/donyngs-leisure-centre

Other Leisure

The Light is a leisure complex in Redhill town centre that offers a 6-screen cinema, bowling, mini golf, a climbing wall, interactive darts, American Pool, axe throwing, shuffleboard, Karaoke and an arcade. There is also a Kitchen offering a range of breakfasts, lunches and dinners. For more information, please visit <https://redhill.thelight.co.uk/>

Parking for The Light is available in the nearby Belfry shopping centre car park, which is open until midnight every day. Alternatively, Redhill Bus Station is a 2-minute walk away.

There is also the Harlequin in Redhill for films and theatre shows (<https://harlequintheatre.co.uk/>), an

Everyman in Reigate for films (www.everymancinema.com/venues-list/x070x-everyman-reigate/) and a Cineworld in Crawley (www.cineworld.co.uk/cinemas/crawley/), which is a 10 minute walk from the Broadway if travelling by bus.

The above venues all have car parking available nearby.

Nightlife

There are a number of pubs and bars in the area:

Redhill:

The Garibaldi, The Garland, Posadero Lounge, The Sun, The Red Lion, The Home Cottage, The Hatch.

Reigate and Woodhatch:

The Bull's Head, The Blue Anchor, The Red Cross Inn, The Bell, The Cage Wine Bar, The Roe Deer, The Prince Of Wales, The Beehive.

Earlswood:

The Plough, The Old Chestnut.