

Injured or unwell? Choose the right service

Visit 111.nhs.uk for urgent medical advice if you're not sure what to do



Community Wellbeing Hub

Support to improve your wellbeing.

- Health and Wellness
- Financial and Employment
- Access and Support
- Community and Volunteering
- Family and Caregiving



Self Care

- Grazed knees
- Sore throat
- Coughs & colds

Visit nhs.uk for self-care advice

New Pharmacy First Service



Pharmacy

Condition	Age range
Acute otitis media*	1 to 17
Impetigo	1 +
Infected insect bites	1 +
Shingles	18 +
Sinusitis	12 +
Sore throat	5 +
Uncomplicated urinary tract infections	Women 16-64 years



NHS 111

Visit 111.nhs.uk or call 111 for advice and support



GP

Call your GP for new urgent conditions or symptoms that won't go away

Plan ahead and book your appointment; also on the day urgent appointments

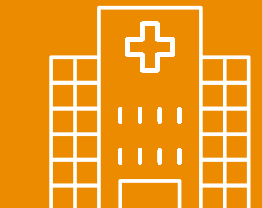


Minor Injuries Unit

Urgent but not life-threatening

- Sprains
- Broken bones
- Wounds
- Burns
- Minor head injuries

Check your local MIU opening times



Urgent Care @ RUH

Urgent but not life-threatening

- Sprains
- Broken bones
- Wounds
- Burns
- Minor head injuries

Open: 0730 - 2200



Emergency Department

Life threatening and serious injuries

- Unconscious
- Breathing difficulties
- Stroke
- Heart attack
- Heavy bleeding
- Severe burns

If you can, use online services in the first instance



Mental Health

For urgent mental health help

Text "SHOUT" to 85258 for free from a UK mobile network or scan the QR code to find a local helpline

