

STAY WELL

Hundreds of people spend hours at Accident and Emergency departments each week for minor illnesses and ailments when other services would have been more appropriate.

Did you know there are a range of NHS services on your doorstep?

Self Care

NHS 111

Pharmacy

GP

**Walk-in and
Urgent Care Centres**

A&E and 999 services are for life-threatening and emergency conditions only.

Accident and Emergency

Visit www.nhs.uk or call 111 for advice on which local health service can best offer the care you need.