Concerned about your health?

Visit one of our centres or other local services:

- **Ask your local pharmacist who is qualified to give you expert advice.**
- **Call your surgery for an appointment with your GP or practice nurse or to access GP out-of-hours service.**
- **Call 999 for emergencies such as loss of consciousness, chest pain, serious accidents and serious loss of blood.**
- **Go straight to accident and emergency for serious injury.**

If you are generally concerned and need advice or reassurance, please dial 111. NHS 111 is a simple, free-to-call three digit number that is available 24 hours a day, 365 days a year.
No appointment necessary

For fast-track treatment for a minor injury visit one of our minor injury units.

You don’t need an appointment, you can just walk-in. Our units are staffed by well-trained, experienced, specialist minor injury nurses who can treat a range of injuries and conditions.

The units are open seven days a week and all have x-ray facilities for suspected broken bones (please check website for details).

The great thing about our units is you are more likely to be seen faster than if you visit an accident and emergency department. By choosing an MIU, you can help to keep accident and emergency free for people with life-threatening conditions.

If you are unsure if we can help, then book in, or phone 111, the non-emergency NHS advice line.

If we do treat you and loan you any equipment such as crutches if clinically required, please return them to the unit.

For life-threatening injuries, like suspected heart attacks, please call 999 or go straight to your nearest accident and emergency department.

Some MIUs may be able to see you if you have a minor illness.

Please phone before visiting to check.

Minor illnesses include:
- minor ear, nose and throat problems
- minor chest infections
- urinary tract infections
- skin infections
- emergency contraception.