

Other local health services:

NHS Walk-in Health Centre

Worcester Walk-in Health Centre offers GP appointments to everyone (registered and non-registered) 12 hours a day, 7 days a week, 365 days a year.

For more information, contact Worcester Walk-in Health Centre, Farrier House Farrier Street, Worcester, WR1 3BH. Tel: 01905 879100.

Dental

Everyone can access NHS dental services and you don't need to register. To find your nearest NHS dental practice telephone 01905 760111.

When your dentist is closed and you have an urgent dental problem, you can call the Out of Hours Urgent Dental Service on 0300 123 3211.

Sexual Health

Sexual health services offer confidential advice and information on contraception, sexually transmitted infections, pregnancy choices and planning a pregnancy.

We have a number of sexual health clinics across Worcestershire many of which offer walk-in services which are available to everyone.

To find your nearest Sexual Health Clinic visit www.isaandeforme.com



This leaflet can help you to find the best NHS health service for you - meaning you don't spend time waiting in A&E if you don't need to.

Choosing the right health service when you are unwell or injured allows busy NHS services to help the people who need them most.

For more information about local services:

www.isaandeforme.com

 @isAandEforme

 www.facebook.com/isaandeforme



If you would like this information in alternative formats or languages contact the Communications Team on 01905 681956 or email ccgcomms@worcestershire.nhs.uk

This leaflet has been produced by the three NHS Clinical Commissioning Groups in Worcestershire 2013/14.



Your Guide to Local Health Services

in Worcestershire



www.isaandeforme.com

Self-care



Hangover? Grazed knee? Sore throat?

Self-care is the best choice to treat very minor illnesses, ailments and injuries. A range of common illnesses and complaints, such as coughs, colds, sore throats and upset stomachs and aches and pains can be treated with a well-stocked medicine cabinet and plenty of rest.

Help stop the spread of infection: If you have sickness and diarrhoea don't go to your GP practice or hospital, instead drink plenty of fluids and call your GP practice if you are worried, especially if you have other health conditions.

For more information about self-care visit isaandeforme.com or www.nhs.uk

Your Local Pharmacy



Need to talk to an expert?

Your local high street pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints, without having to wait for a GP appointment or go to your A&E.

Pharmacists can also dispense repeat prescriptions without the need to visit your GP - speak to your GP or pharmacist to arrange this.

To find your nearest local pharmacy visit isaandeforme.com

Your GP



Illness or injury that won't go away?

If you have an illness or injury that won't go away, make an appointment with your GP. They provide a range of services by appointment and when absolutely essential can make home visits.

If you need urgent medical care when your surgery is closed (and it can't wait until the morning) call your surgery number and you will receive information on how to access the care or advice you need.

To find your nearest GP service visit isaandeforme.com

NHS 111



Need medical advice quickly?

When you call NHS 111 you will speak to an adviser who will help you decide what medical help you need, tell you where you need to go to get medical help and transfer you to the service you need.

You should use the service if you urgently need medical help or advice but its not life-threatening.

Calls to 111 are free, including from mobiles, 24 hours a day, 365 days a year.

Minor Injury Unit (MIU)



Cut? Sprain? Minor burn?

Minor Injury Units (MIUs) offer fast, convenient and expert care for minor illnesses and ailments including cuts, grazes, wounds, sprains and minor burns.

No appointment necessary - just walk in...

MIUs are located in:

Bromsgrove

Tel: 01527 488058
Stourbridge Road,
B61 0BB

Malvern

Tel: 01684 612600
Worcester Road,
WR14 1EX

Evesham

Tel: 01386 502388
Waterside
WR11 1JT

Kidderminster

Tel: 01562 513039
Bewdley Road,
DY11 6RJ

Tenbury

Tel: 01584 810643
Worcester Road,
WR15 8AP

A&E and 999



Difficulty breathing? Heavy bleeding? Broken bones?

Accident and Emergency departments and the 999 ambulance service should only be used in a critical or life-threatening situation. Dialling 999 and stating an emergency situation will result in a response vehicle being sent to your location.

A&E departments are located in:

Alexandra Hospital

Tel: 01527 503030
Woodrow Drive,
Redditch,
B98 7UB

Worcestershire Royal Hospital

Tel: 01905 763333
Charles Hastings Way,
Worcester, WR5 1DD