

Minor Injuries Units in Worcestershire:

Evesham Community Hospital

Waterside, Evesham WR11 1JT
Tel: 01386 502388 **Open:** 8am to 11pm daily

Kidderminster Hospital

Treatment Centre, Bewdley Road,
Kidderminster DY11 6RJ
Tel: 01562 513039 **Open:** 24 hours daily

Malvern Community Hospital

185 Worcester Road, Malvern WR14 1EX
Tel: 01684 612619 **Open:** 9am to 9pm daily

Princess of Wales Community Hospital

Stourbridge Road, Bromsgrove B61 0BB
Tel: 01527 488058 **Open:** 8am to 8pm weekdays, 12pm to 8pm weekends and Bank Holidays

Tenbury Community Hospital

Worcester Road, Tenbury Wells, WR15 8AP
Tel: 01584 810643 **Open:** 24 hours daily

Did you know...?

- One out of every four people who go to A&E could have been treated elsewhere in the community, or could have self-treated.
- 12% of people admit to having used A&E in the past even when they knew there was nothing seriously wrong with them.
- Every time someone goes to A&E and is discharged without needing further treatment, the cost to the NHS is £124.
- Remember A&E and 999 services are for life-threatening and emergency conditions only.

Dental Access Centre

If you need emergency **dental treatment** but are not registered with an NHS dentist you can visit a Dental Access Centre visit www.worcestershire.nhs.uk/choose-well for contact information. These centres are not open 24 hours a day. Out of hours telephone 0300 123 3211.

NHS

Feeling unwell?

There are a range of NHS services on your doorstep.

Accident and Emergency (A&E)



Minor Injuries Units and Walk-in Health Centre



Your GP



Dentist or Dental Access Centre



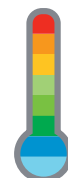
Pharmacy



NHS Direct



Self care



Unwell?
Choose
well.

For more information on
choosing the right service visit:
www.worcestershire.nhs.uk/choose-well

Choose well.

For expert help and advice.

A&E and 999

A&E, 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.

More Information: To find your nearest A&E department, go to www.worcestershire.nhs.uk/choose-well or call NHS Direct 0845 46 47.

Minor Injuries Units and Walk-in Health Centre

Minor Injuries Units offer fast, convenient and expert care for minor illnesses and ailments including cuts, grazes, wounds, sprains and minor burns. **Walk-in Health Centre** if you're not registered with a GP then you can visit the Worcester Walk-in Health Centre for treatment, which is open from 8am to 8pm, 365 days a year (including Bank Holidays).

More Information: For details about your local Minor Injuries Unit see overleaf.

Worcester Walk-in Health Centre, Farrier House, Farrier Street, Worcester, WR1 3BH. Tel 01905 879100. Open 8am to 8pm, 7 days a week including bank holidays. Visit: www.worcesterwalkin.co.uk

Your GP

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.

More Information: To find your nearest GP service, go to NHS Choices www.worcestershire.nhs.uk/choose-well or call NHS Direct 0845 46 47. If your local GP surgery is closed and you cannot wait until it opens, you can access the GP Out-of-Hours service on 0300 123 3211.

Your Local Pharmacy

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.

More Information: To find your nearest local pharmacy, look in your local phone directory, or go to www.worcestershire.nhs.uk/choose-well or text 'pharmacy' to 64746 to receive three free texts with details of your nearest pharmacies.

NHS Choices www.nhs.uk NHS Direct 0845 46 47

NHS Choices www.nhs.uk is a dedicated website where you can find up-to-date and expert advice on a range of illnesses and complaints, as well as find your nearest NHS services, such as GPs, dentists, pharmacists, walk-in centres and so on.

NHS Direct 0845 46 47 provides a confidential telephone service, 24 hours a day, to give advice and guidance on health issues.

Calls cost a maximum 5p from a BT landline. Calls from mobiles and other networks may vary. An interpretation service is available in many languages.

Self-care

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.

Some self-care essentials

- Paracetamol
- Anti-diarrhoeal medicines
- Re-hydration mixtures
- Indigestion remedies
- A thermometer