

Help Us Help You



Stock your medicine cabinet as many minor issues, like coughs, grazes and sore throats are treatable at home.

Self Care



Pharmacists offer medical advice and medicines for minor illnesses like coughs, colds, tummy trouble, rashes and aches and pains, and also give flu jabs.

Pharmacy



Within normal surgery hours your GP should be your first contact with health concerns. GPs provide examinations, advice, prescriptions, vaccinations and referrals.

GP



You should visit 111.nhs.uk when you cannot wait to see your doctor. NHS 111 is a fast and easy way to get the right help urgently, 24 hours a day, 365 days a year.

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NHS 111



A&E departments in hospitals are open for life threatening emergencies like heart attacks and accidents, 24 hours a day, 365 days a year.

A&E