

Do you know which service to use?

					
					
SELF-CARE	111.NHS.UK	PHARMACIST	GP	MINOR INJURY UNITS	999 A&E

Find out which service you should use to
get the right support and quickest medical
help in Shropshire, Telford and Wrekin.

For further information and support visit:
thinkwhichservice.co.uk

thinkwhichservice.co.uk

Our local health and care professionals are ready and waiting to provide you with the right help, at the right time, in the right place. All you need to know is which service best suits your needs.

Find out which service you should use and why.

Think self-care for a better winter

As a GP, here are my top self-care tips for taking care of yourself and looking out for others:

- Get your COVID-19 and flu vaccinations if you are eligible
- Keep active, get outside when you can and eat well
- Build your strength, balance and coordination. Wear shoes or slippers with a good grip to help prevent falls
- Keep warm and heat regularly used rooms in your house to 18°C
- If you are worried about money, struggling to pay bills or buy food, contact your local council for support
- Check in on older or unwell neighbours, friends and family members
- Keep your medicine cabinet well stocked
- Stay at home if you do get ill and wash your hands regularly
- Contact NHS 111 online or by phone if you're worried about any symptoms



GP
Telford and Wrekin

NHS 111
Call Handler

Think NHS 111 online if you're not sure what to do

I'm an NHS 111 call handler, by ringing 111 or visiting NHS 111 online, you help keep GP appointments and A&E free for those who need them most.

Ring 111 or visit 111.nhs.uk:

- 24/7, 365 days a year, for fast and simple access to a range of online advice
- If you or someone you're with has a medical problem or issue that isn't life-threatening, but you need advice on where to go
- Think you may require an emergency face-to-face appointment with a relevant healthcare professional
- Need help with getting a repeat prescription or an emergency supply
- Require emergency dental or mental health assistance

Think Pharmacist for the right advice and medication for your condition

I am a clinical pharmacist working with patients across our area. As pharmacists, we are highly qualified and knowledgeable. There are two types of pharmacists that can help you: a local community pharmacist and a clinical pharmacist.

You can talk to your community pharmacist in confidence, without an appointment about:

- Coughs, colds and the flu
- Aches, pains and minor injuries
- Skin rashes and allergies
- Ear and eye care
- Stomach aches, constipation or diarrhoea
- Haemorrhoids
- Oral contraception*
- Urinary tract infections (UTI)*
- Help with medication and repeat prescriptions
- Advice on healthy living – how to eat better, lose weight and stop smoking

**All community pharmacists can provide advice and support, only some can offer prescribed treatment.*

Clinical pharmacists in GP practices work as part of the team. They provide medication reviews, help with managing long-term conditions and advice for people on multiple medicines.

Seeing a clinical pharmacist frees up the GP's time, allowing them to focus on diagnosing and treating patients with more complex conditions.

Think Minor Injury Units (MIU) before A&E

I'm one of the Emergency Care Practitioners (ECP) at a local MIU. We have a team of nurses and support staff to get you the help you need, fast.

Without the same long wait times in A&E, your local MIU can treat you for:

- Bites, human and animal
- Cuts and lacerations
- Foreign bodies in the eyes, nose and ears
- X-ray and fractures that require plaster only (Ages 5 years and above)
- Minor burns and scalds
- Minor head injuries (with no loss of consciousness)
- Soft tissue injuries, for example, sprains and bruises
- Wound infections

By visiting your local MIU, you also help keep A&E free for those who need it most.

MIUs are located at our community hospitals in Bridgnorth, Ludlow, Whitchurch, and Oswestry Health Centre.



Emergency Care Practitioner
Bridgnorth MIU



Clinical Pharmacist
in GP Practice
Telford and Wrekin