

# Choose well.

Get the healthcare that's right for you this winter.



Shropshire  
Clinical Commissioning Group



## Self-care

When you start to feel ill, choose self help:  
Go to [www.nhs.uk/asap](http://www.nhs.uk/asap) or your local pharmacist



## Local Pharmacy

If you need advice or treatment for a minor illness or injury, visit your local pharmacy



## Your GP

For illnesses that aren't an emergency, use your GP. Usually open from 8.30am-6pm, Monday to Friday



## Minor Injury Units and Walk-in Centres

For minor injuries use a Minor Injury Unit in Bridgnorth, Ludlow, Oswestry, or Whitchurch. From Monday 15 December, the Shropshire Walk-in Centre will be located at Royal Shrewsbury Hospital Urgent Care Centre, open 8am-8pm daily



## Shropdoc and 111

If you need a doctor out of hours, call Shropdoc on 08444 06 88 88.  
If you're not sure what healthcare support you need, call 111



## 999 and A&E

999 and A&E are only for the most serious, life-threatening health emergencies



For more information  
[www.shropshire.gov.uk/winter](http://www.shropshire.gov.uk/winter)

# The Shropshire Walk-in Health Centre service is moving

From Monday 15 December 2014, the Shropshire Walk-in Centre will be located in the Urgent Care Centre at the Royal Shrewsbury Hospital.

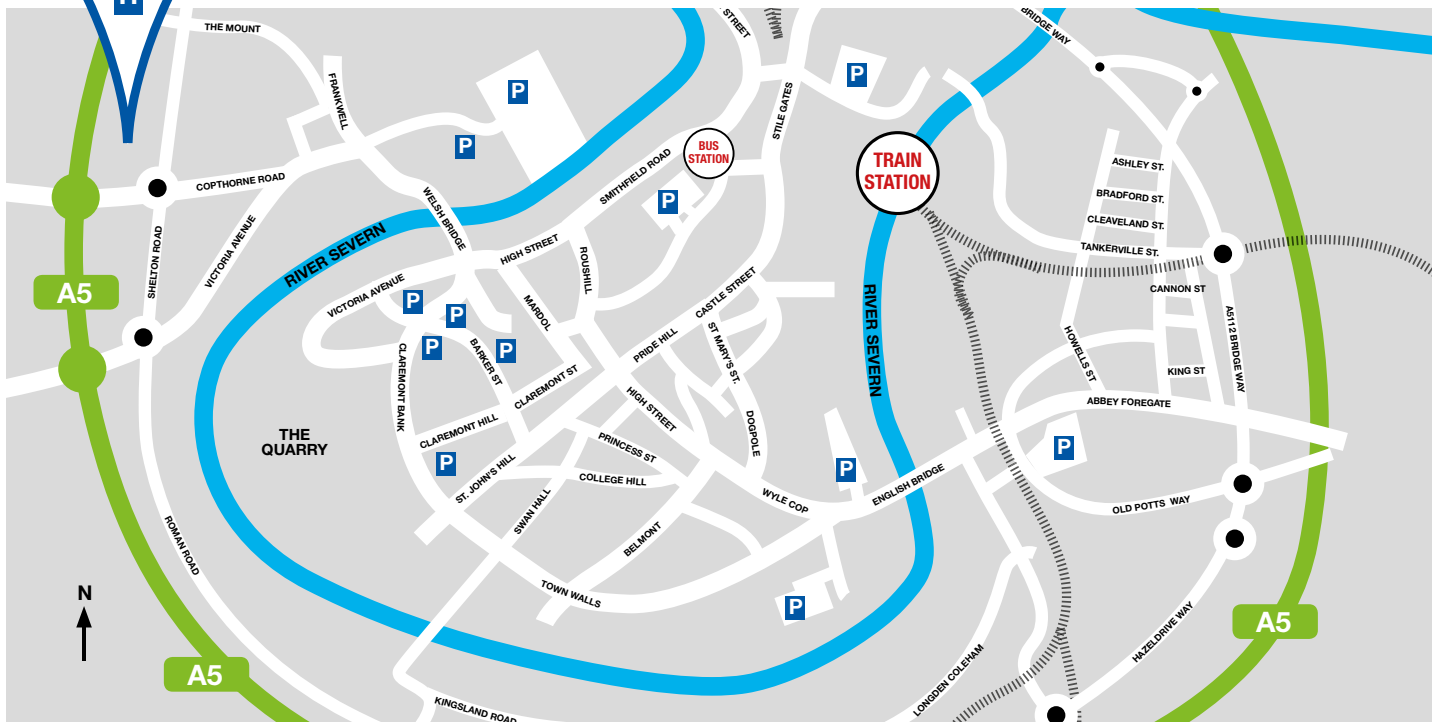
From 15 December 2014 the Shropshire Walk-in Centre will be moving to here

ROYAL SHREWSBURY HOSPITAL

It will continue to be **open from 8am until 8pm every day** and will see a range of minor injuries and illnesses.

If you need to be seen urgently and cannot wait for a GP appointment, you can go to the Walk-in Centre at Royal Shrewsbury Hospital. Follow signs to the **Urgent Care Centre (Walk-in Centre)**.

Go to [www.shropshireccg.nhs.uk](http://www.shropshireccg.nhs.uk) to find out more information.



## Caring for your child during winter

- If your child is unwell, contact your GP who will be able to advise you on what to do. You can also call Shropdoc, the Out of Hours GP service, on 08444 06 88 88, or NHS 111 (England) or NHS Direct 0845 46 47 (if you live in Wales) if your child needs medical help fast but it's not a 999 emergency.
- If you need urgent medical advice, you can take your child to the Walk-in Centre, which from 15 December 2014 will be based at the Royal Shrewsbury Hospital.
- For life-threatening emergencies dial 999 and the ambulance will take you to the best place for your child's care and treatment.
- A&E departments at both the Princess Royal Hospital and the Royal Shrewsbury Hospital provide assessment and treatment in an emergency if you walk in, but if your child needs admission then the best place to be is the Shropshire Women and Children's Centre in Telford.
- To find out more about the Women and Children's Centre in Telford call 01952 565 758 or log on to [www.sath.nhs.uk/womenandchildren](http://www.sath.nhs.uk/womenandchildren)



**NHS**  
Shropshire  
Clinical Commissioning Group