

Help us help you – choosing the right service

To help you to choose well, please find below a list of NHS services available to you and some examples of when it is appropriate to use these services...

Self-care

For common illnesses, such as:

- hangover
- grazed knee
- sore throat
- cough

A lot of illnesses can be treated at home with medicines and by getting plenty of rest. Self-care is the best choice to treat minor illnesses and injuries.

If you are unsure about whether your illness requires self-care, please call 111.

NHS 111

If you have an urgent medical problem and you're not sure what to do NHS 111 can help.

Visit 111.nhs.uk or call 111. NHS 111 is available 24 hours a day, 7 days a week.

If you have difficulties communicating or hearing, you can:

- call 18001 111 on a textphone
- visit interpreternow.co.uk/nhs111 if you're deaf and want to use the phone service
- ask for a translator if you need one.

Pharmacy

Feeling poorly and need advice about:

- fevers
- stomach upset
- aches and pains
- headaches

Don't wait for your symptoms to get worse. Ask your pharmacist about minor health concerns.

If your symptoms suggest it's more serious they will make sure you get the help you need.

GP Surgery

For symptoms that don't go away, such as:

- ear pain
- back pain
- stomach pain.

If you struggle to make a GP appointment during working hours, you can now get evening and weekend appointments with a GP, nurse or healthcare professional.

Ask your GP about their extended opening hours.

Urgent Care Centre

When it's urgent but not life threatening, such as:

- sprains
- fractures
- minor burns
- skin infection.

The Nottingham Urgent Care Centre is located at:

London Road
Nottingham
NG2 4LA

Primary Care 24 is located at:

Kings Mill Hospital
Mansfield Road
Sutton-In-Ashfield
Nottinghamshire
NG17 4JL

The Newark Urgent Care Centre is located at:

Newark Hospital
Boundary Rd
Newark
NG24 4DE
Tel: 01636 681681

Emergency Department / 999

Only in an emergency, such as:

- loss of consciousness
- severe breathing difficulties
- heavy bleeding

The Emergency Department in Nottingham is based at:

Queen's Medical Centre
Derby Road
Nottingham
NG7 2UH

The Emergency Department in Sutton-in-Ashfield is based at:

Kings Mill Hospital
Mansfield Road
Sutton-In-Ashfield
Nottinghamshire
NG17 4J