

# Do you know which service to use?



SELF-CARE



NHS 111



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.

[thinkwhichservice.co.uk](http://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.

## Think self-care for a better winter

As a GP, here are my top self-care tips:

- Get COVID-19, flu and RSV vaccinations if eligible
- Stay active, hydrated, eat well, and spend time outdoors. Wear grippy shoes to help prevent falls
- Keep warm and heat regularly used rooms in your house to 18C
- Contact your local council if you are worried about money, struggling to pay bills or buy food
- Connect with others and check on older or unwell neighbours, friends and family
- Keep a stocked medicine cabinet



GP  
Much Wenlock  
and Cressage

## Think Pharmacist for the right advice and medication for your condition

I am a community pharmacist; we are highly qualified and knowledgeable experts. All pharmacies in Shropshire, Telford and Wrekin have private consultation rooms and can help you with **seven** conditions without needing a GP appointment. Speak to your pharmacist if you have:

- Sinusitis
- Sore throat
- Earache (children)
- Infected insect bites
- Impetigo
- Shingles
- Urinary tract infections (women aged 16 to 64 years)



Pharmacist  
Oswestry

Find out which service you should use and why.



NHS 111  
Call Handler

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

I am an NHS 111 call handler.  
Visit [111.nhs.uk](https://111.nhs.uk) or call 111 for:

- Prompt guidance, keeping GP Practices and A&E (Emergency Departments) free for those who need them most
- 24/7, 365 days a year, quick online advice
- Non-life-threatening medical issues
- Emergency face-to-face appointments
- Assistance with repeat prescriptions or emergency supply
- Emergency dental or mental health support.

## Think Minor Injury Units (MIU) before A&E

I'm one of the Emergency Nurse Practitioners at a local MIU. We treat various minor injuries without the A&E (Emergency Department) wait:

- Sprains and strains
- Minor fractures
- Wounds needing stitches
- Burns and scalds
- Minor head injuries

Visit us to keep A&E (Emergency Departments) available for the people who need them most. MIUs are in Bridgnorth, Ludlow, Whitchurch, and Oswestry Health Centre.



Emergency Nurse  
Practitioner Oswestry, MIU

# This winter, think which service for the right help, fast

For further information and support visit:  
[thinkwhichservice.co.uk](http://thinkwhichservice.co.uk)



Shropshire, Telford  
and Wrekin



SELF-CARE

Common ailments  
and illnesses



NHS 111

Urgent medical help or advice  
that isn't life-threatening



PHARMACIST

Health advice and over  
the counter medicines



GP

Symptoms that  
won't go away



MINOR  
INJURY  
UNITS

Walk-in service  
for urgent care

999

A&E

Life-threatening  
emergencies