

This is a perfect
space for a
fridge magnet!

STAY WELL **NHS**

FAMILY PLANNER



Our plan of action if someone is unwell or injured



Self Care - Treat an upset stomach
or cuts and grazes at home.



Think pharmacy first - Community
pharmacies can offer treatment
and some prescription medicine.



NHS 111 - Use NHS 111 for urgent
medical advice, 24/7.



Use Urgent Treatment Centres or
Minor Injury Units for injuries that
are urgent but not life-threatening.

<https://www.nhs.uk/>

Important Contacts

Our local pharmacy
contact number is:
Rowlands: 01246 822320
Day-Night: 01246 822208

Our GP Surgery
contact number is:

01246 823742

Our nearest Minor
Injury Unit is:

<https://dchs.nhs.uk/our-services-and-locations/a-z-list-of-services/urgent-treatment-centres-all>

Our nearest Urgent
Treatment Centre is:

<https://dchs.nhs.uk/our-services-and-locations/a-z-list-of-services/urgent-treatment-centres-all>

Our nearest A&E is:
Chesterfield Royal
Hospital or Kings Mill
Hospital



For urgent medical
advice visit
111.nhs.uk to get
directed to the
right place.

<https://www.welbeckroadsurgery.co.uk/homepage>

