

# DO YOU REALLY NEED TO SEE YOUR GP ?



## Other Services You Could Use



### NHS Choices

For general advice about your symptoms look on <http://www.nhs.uk> where there is A-Z index



### Walk-In Centre / Minor Injuries Unit (MIU)

If you have a minor illness and/or injury such as a scald or sprain that does not require you to go to A&E, visit your nearest Walk-In Centre.

There are centres locally in Boscombe and Wimborne. Visit [www.dorsethealthcare.nhs.uk/services/miu](http://www.dorsethealthcare.nhs.uk/services/miu) for details of your local centre and opening times.

Details about the Boscombe and Springbourne Walk-in Centre can be found on <http://www.nwic.org.uk/> or by calling 01202 720174.



## **NHS 111**

If you are unsure of your symptoms and want expert advice, dial 111.

The service is open 24 hours a day, seven days a week and the call is free. You will be assessed and advised on the best course of action to take and whether or not you need to seek professional help.



## **Local Pharmacy**

Pharmacies offer more than prescriptions. They can advise on bugs and viruses, coughs and colds, aches and pains, tummy upsets and allergies.



## **Urgent Care Dental Services**

TELEPHONE '111' where your dental need will be accessed prior to any appointments being offered at this service.

Their Clinic is open Thursday 5.30 – 8.30pm, Saturday 9-12am and 1.30-4.30pm and Sunday 9-12am)