

## Other useful services continued

### Sexual health

The Warwickshire Sexual Health service is based at:  
**George Eliot Hospital, Shepperton House, College Street,  
Nuneaton, CV10 7DJ.**

Shepperton House is next to the main hospital car park.  
Follow signs for "GU Medicine". Services offered include:  
morning after pill; screening and treatment for STIs and  
HIV; free condoms and pregnancy testing.

For more information, and to check drop-in times or book  
an appointment, call **0300 123 6644** or visit  
[www.sexualhealthwarwickshire.nhs.uk/clinics\\_george\\_eliot.php](http://www.sexualhealthwarwickshire.nhs.uk/clinics_george_eliot.php)

### Wellbeing Hubs

Our drop-in centres offer professional support and friendly  
advice to people who struggle with mental health  
problems or general well-being concerns. We can help  
you with issues that may be having an effect on your  
wellbeing. This may be things like dealing with debt and  
money worries, a drug or alcohol problem, managing your  
mental wellbeing, education and training opportunities,  
finding somewhere to live or issues affecting you at work,  
with the family or a relationship.

The wellbeing hubs are free to attend, for more details  
please visit: [www.warwickshire.gov.uk/mentalhealth](http://www.warwickshire.gov.uk/mentalhealth)

### Sexual and domestic violence

If you have experienced or are experiencing  
domestic abuse, sexual abuse or rape you can  
speak to any health professional for help, or call:

**National Domestic Violence Helpline** 0808 2000 247  
**Domestic violence helpline for women** 0808 800 0340  
**Domestic violence men's advice line** 0808 801 0327

If you want this information in  
any other language or another  
format such as large print,  
please contact 02476 324 399.

Useful  
information  
to keep

**NHS**

# Right Care First Time

Your guide to health services in  
North Warwickshire



## Self-care

Hangover? Hay-fever? Sprained ankle? Simple diarrhoea? Cough in the first few days of illness?

A lot of common illnesses can be treated in your own home by using medicine and getting plenty of rest. It is worth keeping some medication in your home such as paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy, antihistamine, plasters, cough mixture and a thermometer. Medicines kept at home should always be stored in a locked cabinet away from children. For more info visit [www.nhs.uk/staywell](http://www.nhs.uk/staywell)



## Pharmacist

A cold? Headache? Minor infection? Need travel advice? Warts and verrucas? Sticky eye? Thrush? Mouth ulcers?

Pharmacists are health professionals who can give you friendly, expert advice for many common minor illnesses without the need for an appointment. Your local pharmacy will have a consulting room in which you can discuss your health concerns in private.



## GP

A worrying symptom that won't go away? Found a lump? Need help managing your asthma or diabetes? Joint pains or sprains?

Make an appointment with your GP if you are feeling unwell and it is not a life threatening emergency. Not registered with a GP? Visit [www.nhs.uk](http://www.nhs.uk) to search for your local GP surgery. When your GP surgery is closed call **NHS 111** who will be able to give you advice or arrange for you to access your local GP out-of-hours service.



## 999 – A&E

For serious or life threatening injuries or illnesses call 999.

Accident & Emergency (also known as the Emergency Department) is open 24 hours a day, 7 days a week and is there to treat life-threatening conditions such as heart attack and stroke. You should only call 999 in a critical or life threatening situation.

Be responsible, going to A&E is a need not a choice.



## Urgent Care Walk-in Centre

The Urgent Care centre is based within the A&E centre at George Eliot Hospital.

Urgent Care can deal with a range of illnesses, and injuries such as cuts and wounds needing stitching, infections, minor burns or dislocations. If a patient is in need of emergency care they will access the Accident and Emergency services at the George Eliot.

The service operates from 8am until 8pm, seven days a week including bank holidays. It can also be used when your symptoms can't wait for an appointment with your GP.

Visit A&E Reception and ask for Urgent Care Centre George Eliot Hospital NHS Trust, College Street, Nuneaton, Warwickshire, CV10 7DJ.



## NHS 111

It's not a life-threatening emergency but you need urgent help and advice? Not sure where to go?

111 is the free phone number for when you need medical help fast but it is NOT life threatening.

It provides advice on where to go if you're not sure what service you need and how to get an appointment with your GP, dental care or local Out of hours service in evening and weekends. NHS 111 operates 24 hours a day, 365 days a year and is free from landlines and mobiles.

NHS 111 have an interpreting service and can offer additional support to those that are hard of hearing.



## Other useful services

### Dentists

If you are not registered with a dentist visit [www.nhs.uk](http://www.nhs.uk) to find a dentist near to you that is accepting new NHS patients.

For urgent problems call your usual dentist first. If the surgery is closed, you will hear recorded information on who to contact in an emergency or you can call **NHS 111**.

*Continued overleaf...*