

Your local NHS services

Oadby and Wigston Walk-in Medical Centre

18 The Parade, Oadby LE2 5BJ
0116 271 1360
Open 8am-8pm, 365 days a year

Melton Mowbray Hospital Minor Injury and Illness Service

Thorpe Road, Melton Mowbray LE13 1SJ
01664 800 103
Open weekends and bank holidays 9.30am-1.30pm.
A minor injury service is provided on weekdays at Latham House Medical Practice, Sage Cross Street from 8.30am-6pm.

Merlyn Vaz Health and Social Care Centre

Spinney Hill Road, Leicester LE5 3GH
0116 242 9450
Open from 8am-8pm, 365 days a year

Loughborough NHS Walk-in Centre

Pinfold Gate, Loughborough Leicestershire LE11 1BE
01509 553 998
Nurse-led service, open 24 hours a day, 365 days a year. X-rays available Mon-Fri 9am-12.30pm and 1.30-4.30pm

Feilding Palmer Hospital Minor Injury Unit

Gilmorton Road, Lutterworth, Leicestershire LE17 4DZ
01455 552 150
Open from 9am-9pm, 365 days a year for minor injuries only

Rutland Memorial Hospital Minor Injury and Illness Unit

Cold Overton Road, Oakham Rutland LE15 6NT
01572 722 552
Nurse-led service available Mon-Fri 9am-5pm. X-rays available Mon-Fri 9am-1pm. Urgent care is available 9am-9pm weekends and bank holidays, please call the Out of Hours Service first for appropriate advice (see back page).

Market Harborough Minor Injury and Illness Unit

Coventry Road, Market Harborough LE16 9DD
01858 410 500
Open from 9am-9pm, 365 days a year. X-rays available Mon-Fri 9am-4.30pm. Please note: Opening times are due to change in January 2011. Visit www.lcrchs.nhs.uk for latest information.

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Urgent Care Centre Leicester

Royal Infirmary, Infirmary Square Leicester LE1 5WW
Open 24 hours a day, 365 days a year

GP Out of Hours Service

If you need to see a doctor urgently outside opening hours, contact your local surgery. You will be given the number for, or be transferred to the Out of Hours service. If you cannot get through to the service via your practice, or you have not registered with a GP you can contact the service direct on 0845 045 0411.

Did you know...?

- Approximately one out of every four people who go to A&E could have been treated elsewhere in the community, or could have self-treated
- Over 16,000 people attended A&E and were discharged without needing further treatment last year, costing the NHS over £1m
- Remember A&E and 999 services are for life-threatening and emergency conditions only
- Your GP will give you expert treatment for your illness or injury in your local area, without you having to wait at A&E
- Most GPs are now open 8am-6.30pm. Some are open in the evenings and at weekends.



Leicester City
Leicestershire County and Rutland

Feeling unwell?

There is a range of NHS services on your doorstep.



Make sure you Choose Well.
Get the right treatment for you and help the NHS to manage its resources.

Choose well

for expert help and advice

Self-care	Hangover. Grazed knee. Sore throat. Cough.	Self-care is the best choice to treat very minor illnesses, ailments and injuries. A range of common illnesses and complaints, such as coughs, colds, sore throats, upset stomachs and aches and pains can be treated with a well stocked medicine cabinet and plenty of rest.	Some self-care essentials <ul style="list-style-type: none">• Paracetamol• Anti-diarrhoeal medicines• Re-hydration mixtures• Indigestion remedies• A thermometer
NHS Choices www.nhs.uk NHS Direct 0845 4647 www.nhs.uk/nhsdirect	Unwell? Unsure? Confused? Need help?	NHS Choices is a dedicated website where you can find up-to-date and expert advice on a range of illnesses and complaints, as well as find your nearest NHS services, such as GPs, dentists, pharmacists, walk-in centres and so on.	NHS Direct provides a confidential telephone service, 24 hours a day, to give advice and guidance on health issues. Calls cost a maximum 5p from a BT landline. Calls from mobiles and other networks may vary. An interpretation service is available in many languages.
Your local pharmacy	Diarrhoea. Runny nose. Painful cough. Headache.	Your local high street pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints such as coughs, colds, sore throats, earaches and emergency contraception, or advice without having to wait for a GP appointment.	More information To find your nearest local pharmacy, look in your local phone directory, or go to www.nhs.uk or text 'pharmacy' to 64746 to receive three free texts with details of your nearest pharmacies. www.leicestercity.nhs.uk/choosewell or www.lcr.nhs.uk/unwell
Your GP	Vomiting. Ear pain. Sore belly. Backache.	If you have an illness or injury that won't go away, make an appointment with your GP. They provide a range of services by appointment and when absolutely essential can make home visits. Core opening hours are Mon-Fri 8am - 6.30pm. If you require a GP outside of normal opening hours please call the GP Out of Hours service. (See reverse for details).	More information To find your nearest GP service, go to NHS Choices www.nhs.uk or call NHS Direct 0845 46 47. www.leicestercity.nhs.uk/choosewell www.lcr.nhs.uk/unwell
Walk-In Centre Minor Injuries Unit Urgent Care Centre	Cuts. Strains Itches. Sprains. Vomiting.	Walk-in centres and urgent care centres offer convenient access to a range of treatment for minor illnesses and injuries including infections, rashes, lacerations, stomach upsets, cuts, bruises, burns and strains. Local opening times may vary (see overleaf). You will be seen by an experienced nurse, without an appointment. X-ray is available at some locations. See reverse for details.	More information To find your nearest Walk-in Centre or similar service, go to NHS Choices www.nhs.uk or call NHS Direct 0845 46 47. www.leicestercity.nhs.uk/choosewell www.lcr.nhs.uk/unwell
A&E and 999	Heavy bleeding. Broken bones. Burns or scalds. Chest pain.	A&E departments and the 999 ambulance service should only be used in a critical or life-threatening situation. Dialling 999 and stating an emergency situation will result in a response vehicle being sent to your location.	More information To find your nearest A&E department, go to NHS Choices www.nhs.uk or call NHS Direct 0845 46 47.