



We're here to help.

NHS111

**If you have an urgent
medical problem and you're
not sure what to do,
contact NHS 111 first.**

They will help you get the right
care in the right place,
in a timely and safe way.

Call 111 or go to 111.nhs.uk
for help with an urgent medical
problem, 24 hours a day,
7 days a week.

A wide range of health and care services are available in Norfolk and Waveney, providing the care you need to lead a healthy life.

No matter what time of the day you need help or advice, there is always a GP, nurse, pharmacist and lots more primary health and care professionals available.

You should always contact your local practice or speak to a local pharmacist before accessing the emergency department for less urgent health issues. Your local pharmacist can provide timely friendly and professional information, often suggesting over the counter remedies to treat less serious conditions.



Integrated Care 24 is the Integrated Urgent Care Service in Norfolk and Waveney which is there for you and your family to use when you need urgent medical care at night, weekends or on public holidays. To use the service, telephone your own doctor's surgery or call 111.

Monday to Friday, 6.30 pm - 8.00am
Friday, 6.30 pm until Monday 8.00am.

Every public holiday

Pharmacy on your doorstep

Visit a **pharmacy** for expert help and advice on common conditions such as hayfever, colds, cuts, bruises and medicines advice.

Practices can also send prescriptions electronically to a local pharmacy.

Walk-In Centre and Minor Injuries Units

Drop into the NHS **Walk-In Centre** at Rouen House on Rouen Road in Norwich, NR1 1RB. Open between 7am and 9pm daily, it can help with minor cuts and wounds, strains and sprains and skin complaints. Tel: 01603 677500

Go to the **Minor Injuries Units (MIU)** in Cromer or Wisbech, which have x-ray facilities and can provide treatment for minor wounds, burns, simple fractures and other injuries.