



## GP appointments at evenings & weekends

**Feeling unwell and need advice when your practice is closed?** Same-day appointments are available locally on evenings and at weekends if you need one.

Weekdays 6pm - 10pm  
Weekends & Bank Holidays 9am - 3pm

This NHS service is known as GP Care Wakefield and is staffed by local GPs and other healthcare staff.

Just call your practice number as usual, even when closed, to speak to a clinician straightaway.

**Find out more at:**  
<http://bit.ly/gpcarewakefield>



## Urgent care

**Feeling unwell suddenly or not registered with a local GP?** Wakefield has two urgent care options:

### **King Street Walk-in Centre** **Open 10am-10pm. Seven days a week.**

A nurse-led service that provides assessment, advice and treatment of minor illnesses and a selection of minor injuries.

The service is unable to treat: ongoing care for pre-existing or long-term conditions, dental problems. In the following cases: pregnancy-related issues, babies under 6 months, head injuries in under 2s or over 65s, you will be assessed and re-directed appropriately. The service is unable to offer x-rays, repeat prescriptions or fit notes.

### **Urgent Treatment Centre at Pontefract Hospital** **Open 24 hours a day. Seven days a week.**

Fast, expert care for minor injuries and illness that are not life-threatening.

The service is run by GPs and specialist nurses.

For more information, visit  
[www.wakefieldccg.nhs.uk](http://www.wakefieldccg.nhs.uk)

This leaflet was produced by Wakefield GPs.  
For more information visit:  
[www.conexus-healthcare.org](http://www.conexus-healthcare.org)



# Which service is best for me?

A guide to choosing the right NHS service in Wakefield if you become ill or injured.



## Health advice online with NHS Choices

**Looking for your nearest pharmacy, opening times or trustworthy health advice on the go?**

Visit NHS Choices online at [www.nhs.uk](http://www.nhs.uk).





## Self care

Hangover.  
Sore throat.  
Coughs.  
Colds.  
Small cuts.

Many minor illnesses and injuries can be treated in your home by using a well stocked medicine cabinet and plenty of rest.

### Some self care essentials include:

- Ibuprofen
- Paracetamol
- Anti-diarrhoea & indigestion tablets
- Plasters
- Thermometer.



## NHS 111

Not sure?  
Confused?  
Need help?  
Overnight.  
Early hours.

If you're feeling unwell and not sure which health service can help you right now, call 111.

**NHS 111 is available 24/7.** They provide health advice for non life-threatening emergencies.

They can also book you an appointment with a healthcare professional if you need one.



## Pharmacy

Diarrhoea.  
Runny nose.  
Painful cough.  
Headache.  
Skin irritation.

Pharmacists are highly trained healthcare professionals who can advise and treat a range of minor illnesses, **without the need to visit your GP.**

No appointment is needed and most pharmacies now have private consulting areas.

Many pharmacies are open during evenings and weekends too.



## GP practice

Unwell.  
Vomiting.  
Ear pain.  
Not getting better.

Make an appointment at your GP practice if you are feeling unwell physically or mentally.

GPs and nurses deal with a whole range of health problems by appointment or sometimes over the phone.

**For urgent appointments when your practice is closed,** just ring your GP's normal number.



## Urgent care

Minor injury.  
Minor illness.  
Not life-threatening.

**King Street Walk-in Centre** and the **Urgent Treatment Centre at Pontefract Hospital** provide urgent care for **non-life threatening** minor illnesses and minor injuries. See the back of this leaflet for more details.

An appointment is not necessary but you may have to wait as people are seen in order of clinical need.



## A&E or 999

Choking.  
Chest pain.  
Blacking out.  
Blood loss.  
Unconscious.

If someone is very seriously ill with a life-threatening condition, call 999.

A&E is located at Pinderfields Hospital and provides immediate emergency care for people who are seriously ill or are badly injured.

**Emergency services are very busy.** They should only be used in very serious or life-threatening situations.