

Your local NHS services

Your nearest Minor Injuries Units:

- **North Cambridgeshire Hospital**
The Park, Wisbech, PE13 3AB. Tel: 01945 488 068
Opening hours: Monday-Friday, 8.30am-6pm
- **Princess of Wales Hospital**
Lynn Road, Ely, CB6 1DN. Tel: 01353 656 675
Opening hours: Monday-Sunday, 8.30am-6pm
- **Doddington Community Hospital**
Benwick Road, Doddington PE15 OUG. Tel: 01354 644 243
Opening hours: Monday-Friday, 8.30am-6pm; Saturday, Sunday and Bank Holidays 9am-5pm
- **St Neots Health Centre** (GP practice where patients can 'walk in')
24 Moores Walk, St Neots, PE19 1AG. Tel: 01480 219 317
Opening hours: Monday-Sunday 8am-8pm, Saturday-Sunday 9am-4pm
Closed Christmas Day and Easter Sunday

Your nearest Emergency Department is situated at:

- **Addenbrooke's Hospital**
Hills Road, Cambridge, CB2 0QQ
Tel: 01223 245151 www.cuh.org.uk
- **Hinchingbrooke Hospital**
Hinchingbrooke Park, Huntingdon PE29 6NT
Tel: 01480 416416 www.hinchingbrooke.nhs.uk
- **Queen Elizabeth**
Gayton Road, King's Lynn, PE30 4ET
Tel: 01553 613 613 www.qehkl.nhs.uk
- **Peterborough City Hospital**
Edith Cavell Campus, Bretton Gate, Bretton, Peterborough, Cambridgeshire, PE3 9GZ
Tel: 01733 678000 www.peterboroughhandstamford.nhs.uk

Did you know...?

- over 121,000 patients in Cambridgeshire visited the Emergency Department last year
- one in four people who attended the Emergency Department could have been treated elsewhere in the community
- it costs the NHS £124 every time someone goes to the Emergency Department and is discharged without the need for further treatment
- The Emergency Department and 999 services are for life threatening and emergency conditions only.

NHS

Cambridgeshire

Feeling unwell?

There are 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

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| Self-care | <p>Self-care is the best choice to treat very minor illnesses, ailments and injuries. A range of common illnesses and complaints, such as coughs and colds, sore throats, upset stomachs and aches and pains can be treated with a well stocked medicine cabinet and plenty of rest.</p> | <p>Some self-care essentials</p> <ul style="list-style-type: none"> • Paracetamol • Anti-diarrhoeal medicines • Re-hydration mixtures • Indigestion remedies • A thermometer |
| <p>NHS Choices www.nhs.uk NHS Direct 0845 46 47</p> | <p>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, minor injuries units and so on.</p> | <p>NHS Direct provides a confidential telephone service, 24 hours a day, to give advice and guidance on health issues.</p> <p><small>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.</small></p> |
| Your Local Pharmacy | <p>Your local high street pharmacy can provide confidential, expert advice and treatment for a range of common illnesses and complaints, without having to wait for a GP appointment or go to the Emergency Department.</p> | <p>To find your local pharmacist including details of opening hours please visit: www.nhs.uk/servicedirectories or call NHS Direct on 0845 46 47</p> <p>For details on pharmacy services during bank holidays please visit: www.cambridgeshire.nhs.uk</p> |
| Your GP | <p>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.</p> | <p>To find your nearest GP service go to our website: www.cambridgeshire.nhs.uk or contact NHS Cambridgeshire PALS on 0800 279 2535 or 01223 725588</p> |
| Your Dentist | <p>NHS dental treatment is available to everyone to maintain dental health. There are three standard charges for a course of NHS dental treatment, depending on the treatment that is needed.</p> | <p>Out of hours dental care can be accessed by telephoning 01223 471798. Patients can only access services if they have telephoned the out of hours telephone line and have been triaged as being appropriate for a pre-booked appointment. Dental access centres are available in Cambridge, Huntingdon and Wisbech.</p> <p>To find an NHS dentist or for further information about treatment bands please visit www.nhs.uk or call 0800 279 2535</p> |
| Minor Injuries Unit | <p>Minor Injuries Units offer convenient access to a range of treatments for minor illnesses and injuries including: cuts and grazes, minor burns and scalds, bites and stings, strains and sprains and minor eye or ear problems.</p> | <p>To find your nearest Minor Injuries Unit, see overleaf.</p> <p>Alternatively go to NHS Choices www.nhs.uk or call NHS Direct 0845 46 47</p> |
| Emergency Department or 999 | <p>Emergency 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.</p> | <p>To find your nearest Emergency Department, see overleaf.</p> <p>Alternatively go to NHS Choices www.nhs.uk or call NHS Direct 0845 46 47</p> <p>Remember the Emergency Department and 999 services are for life-threatening and emergency conditions only.</p> |