

**STAY WELL
THIS WINTER**



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

A&E or 999
Emergencies only



**Cuts.
Strains.
Itches.
Sprains.**

**NHS Walk-in
Centres**



**Vomiting.
Ear pain.
Stomach ache.
Back ache.**

GP Surgery



**Diarrhoea.
Runny nose.
Painful cough.
Headache.**

Pharmacy



**Unwell?
Unsure?
Confused?
Need help?**

NHS Direct



**Hangover.
Grazed knee.
Sore throat.
Cough.**

Self-care

Dear Patients,

We would like to inform you that from 4th February 2019 we will be holding extra clinics' with Dr Ahmad to accommodate the needs and difficulties you face with your health during this winter.

- **Dr Ahmad will prioritise patients with breathing difficulties and children.**
- **The appointments are bookable on that day only.**
- **In March the clinics will take place on Wednesdays and Fridays.**