

SELF-CARE

Sore throat
Cough / cold / flu
Grazes
Hangover

Most minor injuries or illnesses can be treated better at home with a well-stocked medicines cabinet and plenty of rest. Some self-care essentials are: paracetamol, anti-diarrhoea medicines, re-hydration mixtures, indigestion remedies, plasters and a thermometer.

PHARMACY

Aches
Skin conditions
Allergies & rashes
Medication queries

Your local 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 A&E. Pharmacists are experts on medications and can offer advice and answer queries.

DENTISTS

Dental Advice Line
0300 123 0981

Severe toothache
Dental abscess
Knocked-out teeth

Try your usual dentist for advice. If they are closed then contact the Dental Advice Line on 0300 123 0981 (Monday to Friday 8am-5pm) however outside of these hours you can call 111, your call will be triaged and if necessary you will be seen at a local health centre.

GP SURGERY EVENING & WEEKEND DOCTORS

SDUC
0300 7900 246

Asthma
Vomiting
Ear pain
Stomach ache
Back pain
Infections

If you have an illness or injury that won't go away or is getting worse make an appointment with your GP.

During evenings, weekends and bank holiday periods when your practice is closed and you require medical assistance you can call your local evening and weekend SDUC - Staffordshire Doctors Urgent Care on 0300 7900 246. This service is staffed by local GPs to ensure that all registered patients have 24/7 medical cover.

WALK-IN CENTRE

Haywood
01782 673500
Hanley
0300 123 6759
Midway
01782 663757

Minor injuries
Minor ailments

Minor illnesses
Non-emergency
medical problems

Haywood Walk-in Centre
High Lane, Burslem, Stoke-on-Trent, ST6 7AG
01782 673500 (No appointment required)
Open Mon-Fri 7am-10pm, Sat-Sun 9am-10pm

Hanley Health & Wellbeing Centre
69-71 Stafford Street, Hanley, Stoke-on-Trent, ST1 1LW
0300 123 6759 (No appointment required)
Open daily 8am-8pm

Midway Medical & Walk-In Centre
Morston House, Newcastle-under-Lyme, ST5 1QG
01782 663757 (Ring for an appointment)
Open daily 8am-8pm

ACCIDENT & EMERGENCY

Chest pain
Severe blood loss
Choking
Unconsciousness
Fractures

To only be used for critical or life threatening situations. The department provides immediate clinical care for people who are seriously ill or injured. Think twice before going to A&E.

Emergencies ONLY

A&E or 999