

There are a range of NHS services on your doorstep

NHS Direct

For 24-hour health advice and information.

Call 0845 45 46 47 or visit www.nhsdirect.nhs.uk

Pharmacist

For advice on common illnesses and injuries, and medicines to treat them.

Find your nearest pharmacy at www.wirral.nhs.uk

Doctor/GP

Make an appointment with your GP for medical advice

Find your nearest GP at www.wirral.nhs.uk

Call 0151 678 8496 for the emergency out-of-hours service.
6:30pm - 8am (Weekdays)
24 hours (Weekends and Bank Holidays)

Walk-in Centre/ minor injury unit

For the treatment of minor illnesses and injuries, without an appointment.

Victoria Central (with X-ray facilities)
Mill Lane, Wallasey, CH44 5UF
7am - 10pm (Monday to Friday)
9am - 10pm (Weekends and Bank Holidays)

Eastham Clinic, Eastham Rake,
Eastham, CH62 9AN

2:30pm - 10pm (Monday to Friday)
9am - 5pm (Weekends and Bank Holidays)

All Day Health Centre,
Arrowe Park Hospital
Arrowe Park Road, Upton, CH49 5PE
8am - 10pm (7 days a week)
You can book an appointment with a doctor by calling 0151 201 4188

Miriam Medical Practice, Laird Street,
Birkenhead, CH41 8FG

Parkfield Medical Centre, Sefton Road
New Ferry, CH62 5AP

12 noon - 8pm (Monday to Thursday)

12 noon - 6:30pm (Friday)

A&E or 999

For serious illnesses and life threatening accidents ONLY choose A&E or 999

The Children's Emergency Department, Arrowe Park Hospital
9am - 11pm (Monday - Thursday)
10am - midnight (Friday - Sunday)
At times when the Children's Emergency Department is closed, please visit the main A&E department.

For children under 1 year with minor illnesses, access services via your GP, the GP out of hours service or the All Day Health Centre at Arrowe Park Hospital.

For children under 1 year with injuries, access services via the Children's Emergency Department or A&E.

For children over the age of 1 year with minor illnesses and injuries, you can also access services via the Walk-in Centres at Wallasey and Eastham and the Minor Injury Units in Wallasey, Birkenhead and New Ferry.

NHS
Wirral



Choose well.

www.nhs.uk

There is a range of NHS services on your doorstep.

Make the right choice for you and your child.



If your child is ill or injured, there are a range of services available



Please do not give aspirin to children under 16.

This can cause serious complications in children later diagnosed with viral infections



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

For wear and tear, minor trips and everything in between.

Self-care

You can treat your child's very minor illnesses and injuries at home.

Some illnesses can be treated in your own home with support and advice from the services listed when required, using the recommended medicines and getting plenty of rest.

Children can recover from illness quickly but also can become more poorly quickly; it is important to seek further advice if a child's condition gets worse.



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

For absolutely any questions about health, choose NHS Direct.

NHS Direct

NHS Direct offers confidential 24-hour health advice and information which you can access by phone or online and ask absolutely any question about wellbeing.

Use NHS Direct if you are unsure what to do next, have any questions about a condition or treatment or require information about local health services.

You'll find the contact details on the back of this leaflet.



**Mild diarrhoea.
Mild skin irritations.
Mild fever.**

Are you unsure if your child is unwell and needs help?

Pharmacist

Your local pharmacist offers advice on common illnesses like cold symptoms (runny nose, cough or sore throat) and skin irritations, without the need for an appointment and can offer medicines for your child. Many pharmacists have longer daily opening hours than GP surgeries, and some are open at weekends.

Visit a pharmacy if your child is ill, but does not need to see a GP.

Remember that if your child's condition gets worse, you should seek further medical advice immediately.



**High temperature.
Minor bumps and cuts.**

Doctors and GPs can treat many illnesses that do not warrant a visit to A&E.

Choose these services to treat your child's illness or injuries that have been treated with self-care but just won't go away.

If it's essential that your child sees a doctor between 6:30pm-8am, or at the weekend use the emergency out of hours number printed on the reverse of this leaflet.

You have a choice of services:

You can visit your GP or use the emergency out of hours service.

You can drop by and be seen without an appointment at your local Walk-in Centre or Minor Injury Clinic. These services are often open early until late and they can offer a convenient alternative to your GP.



**Dehydration.
Headache.
Tummy pain.**

or

Walk-in Centres and Minor Injury Clinics can provide medical advice without the need for an appointment.

Please see the reverse of this leaflet to identify services available in Wirral.



**Choking.
Loss of consciousness.
Fitting.
Broken bones.**

Does your child need urgent medical attention?

A&E or 999

Choose A&E or 999 if your child is experiencing any life-threatening symptoms of illness or injury.

These also include severe breathing difficulties, tummy pain that is not getting better or a very high temperature.

Many visits to A&E and calls to 999 could be resolved by other NHS services.

If your child's condition is not critical, choose another service to get them the best possible treatment.