



**Choose  
well.**

**NHS**

*Wakefield District*

**It doesn't have to be A&E.**



**Unexpected  
sickness.  
Severe pain.  
Worsening health  
conditions.**

**Ring West Yorkshire  
Urgent Care Services on  
0345 605 9999.**



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

**Take care of yourself.  
Keep a well stocked  
medicine cabinet.**



**Unwell.  
Unsure.  
Confused.  
Need help.**

**Call NHS Direct on  
0845 4647 or visit  
[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)**



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

**Go to your nearest  
pharmacy (chemist).**



**Being sick.  
Ear pain.  
Stomach bugs.  
Backache.**

**Call your GP.**



**Cuts.  
Strains.  
Rashes.  
Sprains.**

**Go to the nearest walk-in  
centre or minor injuries unit.**



**Choking.  
Chest pain.  
Severe bleeding.  
Blacking out.**

**Go to A&E or ring 999.**



**Keep these numbers handy**

**West Yorkshire Urgent Care Service  
0345 605 9999**

When you need healthcare in a hurry,  
24 hours a day.<sup>1</sup>

**NHS Direct 0845 4647**

For health advice or information by phone  
or on the internet 24 hours a day.<sup>2</sup>

**Your GP (family doctor)  
Write the number here:**

Out of hours you will be directed to  
West Yorkshire Urgent Care Service.

**Your nearest walk-in centre is:  
King Street Health Centre**

King Street, Wakefield, WF1 2SN –  
open 7 days a week - 8am til 8pm.

**Your nearest minor injuries unit is:  
White Rose Surgery**

Exchange Street, South Elmsall, WF9 2RD –  
open 7 days a week - 7am til 7pm on weekdays,  
9am til 5pm on Saturdays, 10am til 5pm on  
Sundays and 9am til 1pm on Bank Holidays.

If you want this information in another language  
or format ring 0845 6024832.

**If you have a smartphone,  
you can now download a  
free app for Android and  
iPhones.**

ANDROID



iPhone



<sup>1</sup> Calls to 03 numbers should cost no more than 01 or 02 local calls and may be part of your inclusive minutes. Subject to provider and call package. Calls from mobiles may vary depending on your network provider.

<sup>2</sup> Calls to NHS Direct cost a maximum of 5 pence per minute from a BT landline. Calls from mobiles and other networks may vary. Your service provider may charge a minimum cost per call. For patients' safety, calls to NHS Direct are recorded.