

**...more  
than you  
think**

Which NHS  
services should  
I be using in  
Herefordshire?

## **GP services**

...more accessible than  
you think.

## **Pharmacy**

...your local community  
pharmacy offers more than  
you think.

## **Minor Injury Unit**

...providing you with more  
choice than you think.

## **Call NHS 111**

...you can access more  
help and advice than you  
think.

### **Not registered with a GP?**

Contact your nearest GP practice to find out how to register  
or visit the NHS Choices website [www.nhs.uk](http://www.nhs.uk) and search for  
your nearest practice.



## NHS 111

...providing you with access to more help and advice than you think.

If you need health advice or feel confused about what service to use, call 111.

NHS 111 has a team of trained staff, including nurses, available 24 hours a day.

In minutes you can have expert advice and be advised where to go. And if it's an emergency, an ambulance will be called.



## Community pharmacies

...offering more than you think.

Some pharmacies are part of a scheme called Pharmacy First that gives you advice and treatment for certain conditions. No GP appointment needed - and no waits.

It's available to anyone registered with a GP in Herefordshire and covers illnesses such as skin rashes, diarrhoea, colds, flu and indigestion.

To find out which pharmacies offer this service, [click here](#)



# GP services

...more accessible than you think

There are many ways you can access care from your GP. If you are registered with a GP you can access their online services. These allow you to:

- Book appointments
- Order a repeat prescription
- Access your GP records

To find out more about these online services, please [click here](#)

## Need a GP appointment in the evening or weekend?

Three GP access hubs across Herefordshire (Hereford, Leominster, Ross-on-Wye) provide care in the evenings and weekends.

To use this service call your GP practice or NHS 111 and request an evening or weekend appointment with Taurus Healthcare.

## Not registered with a GP?

Registering with a GP can be simpler than you think. If you aren't registered with a GP practice, you need to register as soon as you can to make sure that you can see a GP if you become ill.

How to register:

- Visit your nearest practice
- Request a registration form (this is called a GMS1 form)
- Complete the form
- Hand the form to the receptionist at the practice

You may be asked to prove your identity. If you don't have a fixed address, you can use a local community address, a friend's address or the address of the practice itself.

For more information, please [click here](#)



# Minor injury units (MIUs)

...providing you with more choice than you think.

Minor Injuries Units (MIUs) treat injuries and ailments including burns, cuts and broken bones. They also provide emergency contraception.

There are four MIUs in Herefordshire:

- The Ledbury Community Health & Care Centre Minor Injury Unit open 24- hours-a-day
- Leominster Community Hospital open from 8.30am to 5.30pm, Monday to Friday only
- Ross Community Hospital Minor Injury Unit open from 8.30am to 5.30pm, Monday to Friday only
- Kington Health and Social Care Centre Minor Injury Unit open from 8am to 8pm