



# Keep this postcard handy - know how to use your NHS this winter

Information from the Healthier Fylde Coast Partnership

The Occupier



Find what services and groups are available near you:

[www.fyidirectory.co.uk](http://www.fyidirectory.co.uk)



**HELP US  
HELP YOU**

**STAY WELL THIS WINTER**

**Pharmacy** - Pharmacists offer free expert advice and medicines for common illnesses.

**Family doctor** - Make an appointment if you have an illness that won't go away.

**Evening and weekend appointments** Book via your GP practice or call **01253 952950** during the service opening times (6.30pm-9pm Mon-Fri or 8am-8pm at weekends).

**Urgent treatment centres** - Open 8am-8pm. You can walk in without an appointment or call 111 to book. Services are located at Whitegate Drive Health Centre in Blackpool, FY3 9ES, and Fleetwood Health and Wellbeing Centre in Dock Street, Fleetwood, FY7 6HP.

**NHS 111** - Available 24 hours a day if you need urgent medical advice. Call 111 or go to 111.nhs.uk

**A&E** - You should only call 999 or go to A&E in an emergency. If you go to A&E and are not an emergency our staff may send you to alternative services.

**Mental health** - Freephone wellbeing and mental health helpline 0800 915 4640.

For more information visit [www.fyldecoastCCGs.nhs.uk/winter](http://www.fyldecoastCCGs.nhs.uk/winter)



NHS



**HELP US  
HELP YOU**

**KNOW WHAT TO DO**