

# Changes to Teddington Walk-in Centre

From **2 July 2018** the Walk-in Centre is changing to an urgent treatment centre.

New opening hours will be **8am to 8pm**.  
After 8pm please call **NHS 111** to find the right care for you.

Bookable appointments will be available alongside walk-ins for adults and children who need urgent treatment.

## Self care

Stock your medicine cabinet

visit: [www.nhs.uk](http://www.nhs.uk)

- Minor cuts and grazes
- Bruises and minor sprains
- Coughs and colds



## Pharmacy

- Feeling unwell?
- Unsure?
- Anxious?
- Need help?



## NHS 111

- Minor illnesses
- Headache
- Stomach upsets
- Bites and stings



## GP advice

Out of hours call: 111

- Persistent symptoms
- Chronic pain
- Long term conditions



## Urgent treatment centre

When it's urgent but not life-threatening

Call NHS 111 to find the right care for you



## A&E or 999

Emergencies only

- Choking
- Chest pain
- Blacking out
- Serious blood loss



If you have any questions or concerns about these changes, please contact [pals.hrch@nhs.net](mailto:pals.hrch@nhs.net) or call **0800 953 0363**