

Welcome To  
Your Youth Health Day  
Event



South Sefton Clinical Commissioning Group  
Southport and Formby Clinical Commissioning Group



**Use your smart phone and go  
to the following link:**

<https://bit.ly/2NffKfv>

SELF CARE -  
Things you  
can do by  
yourself

PHARMACIST- You  
don't need to book an  
appointment here

[www.NHS.uk](http://www.NHS.uk) – You can  
check your symptoms  
and find answers to  
hundreds of health  
questions

GP OUT OF HOURS – If  
you can't wait for your  
surgery to open you  
can still see a GP here

NHS 111 – Call 111 and  
get medical advice 24  
hours a day

DENTAL – You don't  
need to book an  
appointment here

Walk-in Centre - Need  
urgent treatment, but  
not a 999  
emergency

YOUR GP PRACTICE –  
You can get personal  
care close to home


# Self care

- **Counter Medicines** – For coughs and colds, especially in colder months
- **Collecting Repeat Prescriptions** – Remember not to over order
- **Local Pharmacy** – To seek advice
- **NHS Choices Website** – Answers of health conditions
- **www.NHS.uk**- Finding advice and information about living well



# Pharmacist

- **Advice and treatment (of everyday health issues)** - Friendly, confidential, expert
- **Care at the Chemist scheme** - Available at several pharmacies for those who need it
- **no appointment needed** - Open early till late

(Some pharmacies also open on bank holidays to provide cover in each area) 

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# Walk-in Centre

- **Advice and treatment**  
**minor injuries and illnesses**

Infections and rashes

Minor cuts and bruises

Minor burns and strains

Emergency contraception and advice for under 25s

Insect and animal bites

Stomach aches and upsets

Stitches and dressing care

Coughs and flu-like symptoms

- **No appointment needed**  
**open early till late**



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# NHS 111

- When you need medical help fast but it's **not a 999 emergency**
- NHS 111 is available **24 hours a day, 365 days a year**
- Call **111 free from landlines and mobiles**



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# Your GP practice

- Medical care for illnesses you can't treat yourself -

- Contactable from 8.30am-6.30pm weekdays
- Same day appointments available if necessary
- If you don't have a GP you can register with your local surgery



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# GP Out of Hours

- If you can't wait for your surgery to open you can still see a local GP by calling your usual practice number or dialling NHS 111
- You can speak to a local GP over the phone or face to face if necessary
- Local GPs available during the evening, weekends and bank holidays
- It's very likely you will be seen and treated more quickly using the out of hours service than if you were waiting to see a doctor in A&E, especially at busy times



# Over to you

Each table has been given a few scenarios to discuss

- Which service would you choose?
- What are the main reasons for your choice?
- After today's discussions, will you choose differently in the future and why?

*Remember there is no right or wrong answer; we're interested in hearing which services you would consider and why*

**You have 15 minutes for this session.**



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# A&E Department

**Summer cough**

Should be at the pharmacy

**Stomach ache**

Should see a GP

**Unsure or confused about an illness**

Should call NHS 111

**Minor cuts and sprains**

Should be at the Minor Injuries Unit

**Sunburn**

Should treat themselves at home from their medicine cabinet

**Severe chest pain**

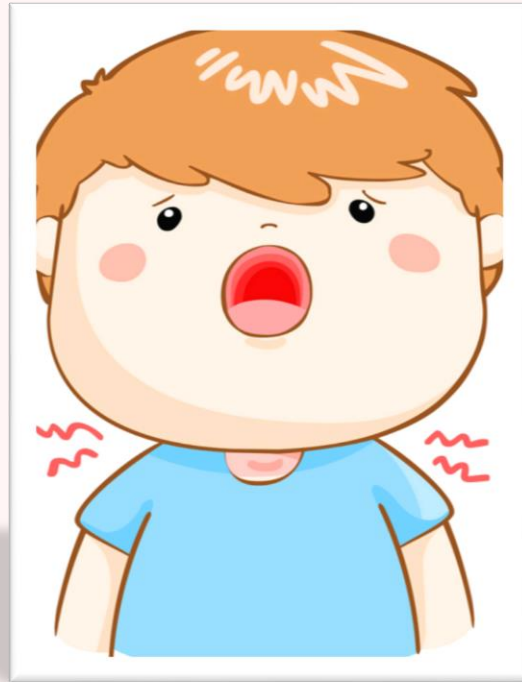
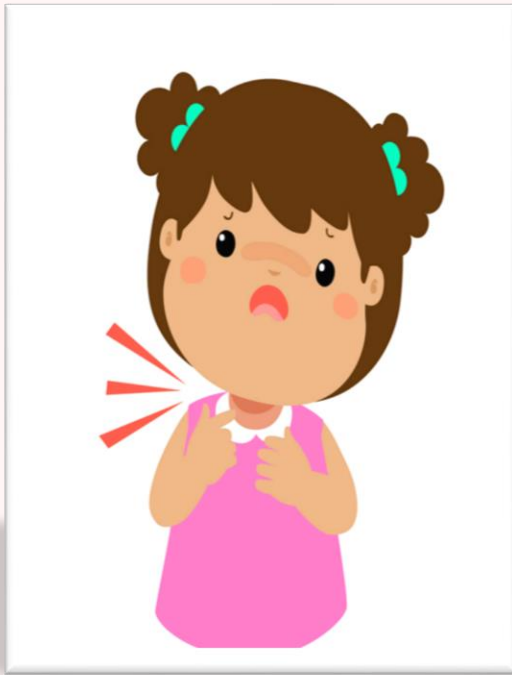
Shouldn't have been in a queue



A blue starburst shape with multiple points, centered on a white background. The text "Time To Feedback" is written in a bold, blue, sans-serif font across the center of the starburst.

**Time To  
Feedback**

# Scenario One



“You’ve had a sore throat for around a week with no sign of improvement. You struggle to swallow and it hurts to cough.”

# Scenario Two



“You’ve had a severe headache and your jaw hurts when eating, however it has not been happening for more than 2 hours.”

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# Scenario Three



“You’re sat with your friends in the local park. It is a really hot day and you get a sunburn. It hurts however not to the point where you cannot continue staying out.”

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# Scenario Four



“Your friend has told you that they have had sex with their partner 2 days ago. She says that they did not use a condom and that she does not use any other form of contraception. She is worried that she might be pregnant”

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# Scenario Five



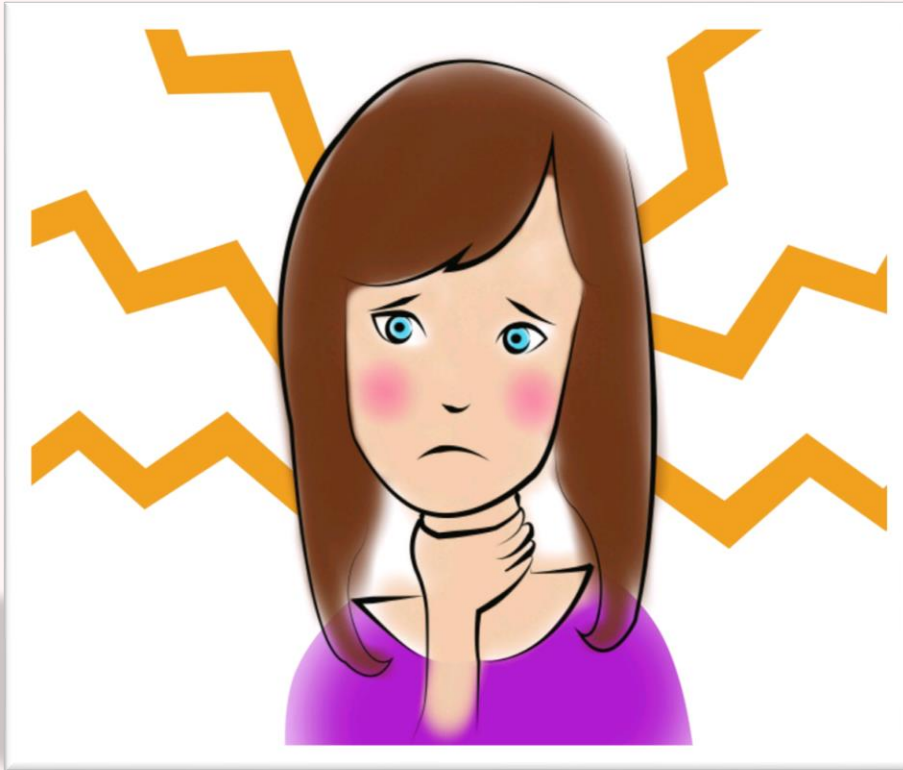
“You’ve twisted your ankle whilst playing football on a Sunday evening and it’s really swollen and painful?”



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# Scenario Six



“Your chest feels tight and you feel breathless to the point where you struggle to speak, eat or sleep. You do not have an inhaler.”

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# Feeling unwell? Choose the right service



## Self-care

Hangover.  
Grazed knee.  
Sore throat.  
Cough.



## NHS 111

Unsure?  
Confused?  
Need help?



## Pharmacist

Diarrhoea.  
Runny Nose.  
Painful cough.  
Headache.



## GP (Doctor)

Unwell.  
Vomiting.  
Ear pain.  
Back ache.



## NHS Walk-in Services

If you cannot get to the GP and it is not getting any better.



## A&E or 999

Choking.  
Severe bleeding.  
Chest pain.  
Blacking out.

**Use your smart phone and go  
to the following link:**

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# Thank you



## Any questions?



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