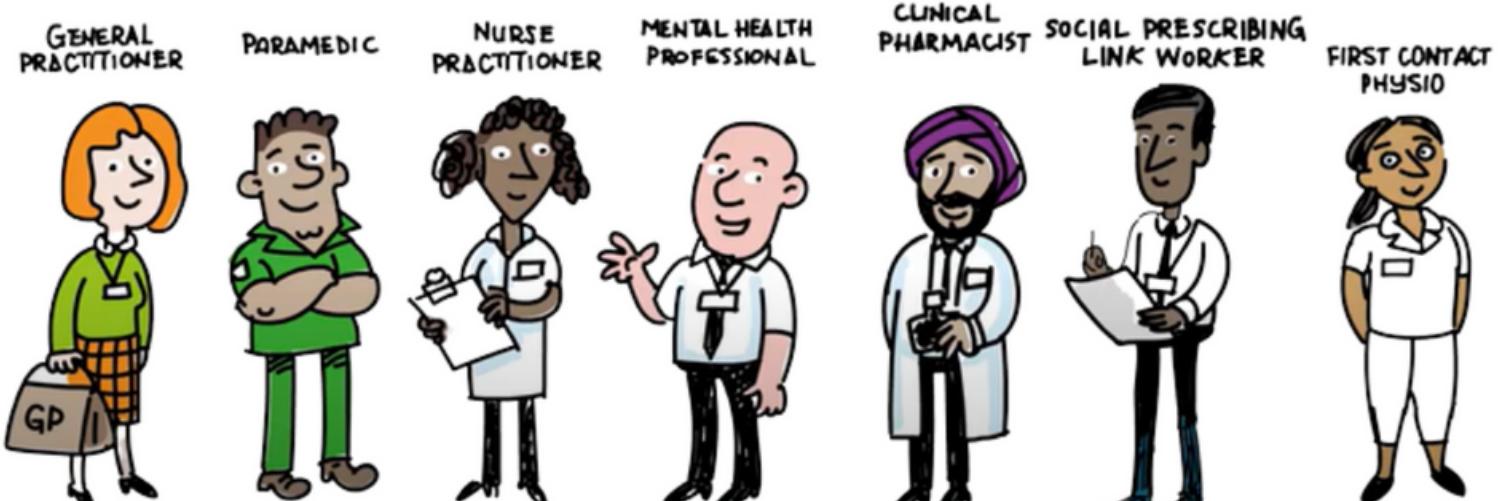


# Your GP practice team here for you this winter

NHS



Many common illness can be treated at home or with advice from your pharmacist but if symptoms persist, or become worse, it's important to know how to contact your GP practice health care team.



You can contact your GP practice

- online
- on the phone
- in person

Appointments  
available 8am-8pm  
and at weekends

Please answer questions as fully as possible.



Care Navigators help ensure you are directed to the right member of the your GP practice healthcare team. A doctor might not always be the best person to help you!



Remember you can download the NHS App to:

- order repeat prescriptions
- view your health record
- book appointments
- get health advice and contact NHS 111



If at any time you are feeling unwell and are worried or unsure, or it is out of usual GP practice hours - contact NHS 111 for advice and guidance.

STAY  
WELL THIS  
Winter