



Your GP practice team here for you this winter



GENERAL PRACTITIONER



PARAMEDIC



NURSE PRACTITIONER



MENTAL HEALTH PROFESSIONAL



CLINICAL PHARMACIST



SOCIAL PRESCRIBING LINK WORKER



FIRST CONTACT PHYSIO



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.