

The background of the top half of the page is a photograph of a family. A man with a beard and a woman are smiling and looking at each other. Two young girls are also smiling, one is leaning on the man's shoulder. The scene is outdoors with warm, golden light, suggesting a sunset or sunrise.

Away from home and need medical care?

Get the right care by choosing the right service:

- **If you think you need A&E**, contact NHS 111 first at 111.nhs.uk or by calling 111.
- **If you need help from a GP practice**, contact your usual GP practice.
- **If you have a minor health concern**, consult a local pharmacist.

Your
health
matters

help us
help you