

Please use NHS services wisely

Need urgent health care

when your own GP Practice is unavailable?

Call 111 for the right help, whatever the time



when it's less urgent than 999

1 minute*

Pharmacists can help with many conditions



Under 5 minutes*

Walk-in Centre
 Timber Hill Norwich
 9am-7pm,
 7 days a week
 01603 611786



28 minutes*

* average/estimated waiting times

