

**This practice will be closed on the following dates  
due to training and educational sessions for all  
practice staff:**

**Thursday 4th October 2018**  
**12.30pm-6.30pm**

**Tuesday 5th March 2019**  
**12.30pm-6.30pm**



Grazed knee.  
Sore throat.  
Cough.  
Stock your  
medicine cabinet.

**Self-care**


If you feel unwell during this time there are lots of places where you can get help.



Unwell?  
Unsure?  
GP surgery closed?  
Need help?

**NHS 111**


**Call NHS111** for urgent medical advice.



Diarrhoea.  
Runny nose.  
Painful cough.  
Headache.

**Pharmacy**

Your **local pharmacist** can help with many minor ailments, such as coughs and colds.



Choking.  
Chest pain.  
Blacking out.  
Blood loss.

**A&E or 999**  
Emergencies only

Calling 999 or going to A&E should be reserved for life threatening emergencies, such as severe chest pain or blood loss.

This training event is organised by  
**North Hampshire Clinical Commissioning Group**  
We apologise for any inconvenience caused.