

Unwell or injured in Fowey?

# Think 'Where is best?'



Cornwall and  
Isles of Scilly



## Self care at home

Treat headaches, coughs, cold, small cuts and grazes at home.



## Pharmacists

Get advice on minor infections and ailments, and emergency supplies of most repeat prescriptions. Find your nearest open pharmacy, <https://www.nhs.uk/service-search/pharmacy>



## Your own GP

Contact your own surgery for concerns about aches and pains, vomiting, asthma or persistent symptoms, basic minor injuries, repeat prescriptions and prescription queries.



## Minor injury unit

For minor illness or injuries within the last 14 days, such as sprains, broken bones, burns.

No appointment needed, open late.

For live waiting times: [cios.icb.nhs.uk/help-us/waiting-times](https://cios.icb.nhs.uk/help-us/waiting-times)



## Urgent treatment centre

For injuries or illnesses that are not life-threatening.

Plymouth, no appointment needed, open daily.



## NHS 111

For urgent and out of hours advice visit NHS 111 online or call 111.



## Mental health support

For a mental health emergency call NHS 111, select the mental health option.



## 999

Only call 999 if you have a serious and potentially life-threatening injury or illness.

Scan the QR code or visit our webpage for more information.  
[cios.icb.nhs.uk/help-us/where-is-best](https://cios.icb.nhs.uk/help-us/where-is-best)



Unwell or injured in Fowey?

# Think 'Where is best?'



Cornwall and Isles of Scilly

- Pharmacy
- Minor injury unit
- Urgent treatment centre
- Emergency department



## Minor injury units and urgent treatment centres

### Minor injury units

St Austell. Porthpean Road,  
PL26 6AA. 01726 873 000

Liskeard Community Hospital,  
Clemo Road, PL14 3XD.  
01579 373500

Bodmin Community Hospital,  
Boundary Road, PL31 2QT.  
01208 251300

### Urgent treatment centres

Cumberland Centre, Damerel Close,  
Plymouth, PL1 4JZ

Dartmoor Building, Derriford  
Hospital, Derriford Road, Plymouth,  
PL6 8BQ

For live waiting times: [cios.icb.nhs.uk/help-us/waitingtimes](https://cios.icb.nhs.uk/help-us/waitingtimes)

## Community support

Cornubia hub, 31 Eastcliffe Rd, Par,  
PL24 2AQ 07980 838578  
[www.cornubia.org.uk](http://www.cornubia.org.uk)  
Community Gateway: **Email:**  
[welcome@kernowgateway.org.uk](mailto:welcome@kernowgateway.org.uk)  
01872 266383 8am-8pm 365 days a year

## Pharmacy

Find your nearest open pharmacy:  
<https://www.nhs.uk/service-search/pharmacy>

## Deaf or hearing loss support services

NHS111: [signvideo.co.uk/nhs111](https://signvideo.co.uk/nhs111)

999 BSL service: [999bsl.co.uk](https://999bsl.co.uk)

Text relay service: [relayuk.bt.com](https://relayuk.bt.com)

## Dentists

Use NHS 111 online or call 111

Emergency dentist 0333 405 0290

Scan the QR code or visit our webpage for more information.  
[cios.icb.nhs.uk/help-us/where-is-best](https://cios.icb.nhs.uk/help-us/where-is-best)

