



# Primary Care Services

Continuing to provide first class healthcare in Gwent

**Primary Care Services include GP Practices, Pharmacies, Dentists and Opticians.**

These Primary Care services are often the first port of call when you are unwell.

There are lots of different healthcare professionals available at your local GP surgery and in your community. Choosing the right healthcare service will ensure you are treated by a professional best suited to your needs. NHS 111 is there to help if you are unwell and unsure what to do.



## Choosing the best service:

### GP Services

You need to book an appointment to see your GP. GPs now work alongside a wide range of health professionals in local Surgeries and Health Centres. You don't always need to see your GP – your Surgery may recommend you see another health professional who is better suited to deal with your issue, including Practice and District Nurses, Children's services, Pharmacists and Mental Health professionals.

### Dental Services

Dentists provide routine treatment and emergency care if you have tooth or gum pain. To find out more, or if you are not registered with a dentist and need urgent treatment, call the Dental Helpline on 01633 744387.

### Opticians (Optometry)

Opticians can help and treat lots of common eye problems. They can also refer you to eye casualty if you need more advanced care.

### NHS 111

You can call NHS 111 if you are unwell, unsure what to do and need help. You can also call this number to get urgent GP care when your own Surgery is closed. Or, use the NHS 111 online symptom checker - <https://111.wales.nhs.uk/SelfAssessments>

### Pharmacies

Pharmacies can provide expert advice and over the counter treatment for a range of minor ailments, including a sore throat, backache, diarrhoea, chicken pox, indigestion, nappy rash, constipation, hay fever, head lice and dermatitis.

For further information visit [www.nhsdirect.wales.nhs.uk/localservices](http://www.nhsdirect.wales.nhs.uk/localservices)





GIG  
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Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

Dyfodol  Clinigol  
Clinical Futures

# NHS SERVICES IN GWENT ARE CHANGING

when The Grange University Hospital opens



**CALL 999 OR GO TO  
THE GRANGE UNIVERSITY HOSPITAL**  
if you have a LIFE-THREATENING ILLNESS or SERIOUS INJURY



**GO TO A MINOR INJURY UNIT**  
at Nevill Hall, the Royal Gwent, Ysbyty Ystrad Fawr or  
Ysbyty Aneurin Bevan Hospitals, if you have a minor injury  
(Children under 1 year will need to go to The Grange University Hospital).



**CONTACT YOUR GP**  
if you have an illness or concern that is  
not immediately life-threatening.



**CALL NHS 111**  
if you are unwell, unsure what to do and need help.  
You can also call 111 for urgent GP care  
when your own Surgery is closed.



**TREAT AT HOME or CONTACT YOUR PHARMACIST**  
if you have a minor illness or ailment such as a  
sore throat, cough, skin irritation or common mild illness.

For more information please visit our website <https://abuhb.nhs.wales>.

Keep up to date and ask us questions by following us:



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