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CYMRU  
NHS  
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Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

Dyfodol  Clinigol  
Clinical Futures



BSL Version

# NHS services for you and your family



Thank you for supporting your local NHS -  
Here's a handy guide to help you choose  
the right healthcare service.

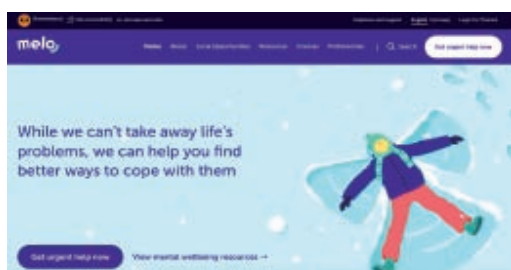
# Taking Care of Yourself and Your Family



Eating a healthy diet, exercising regularly and getting enough sleep can make a big difference to your health.



Keeping a first aid kit at home can help you treat mild illnesses and injuries. Your local Pharmacist can tell you the best things to include.



Your mental health is important and we want you to know we are here if you need us. You can find lots of help at [www.melo.cymru](http://www.melo.cymru). Please contact your GP Practice if you need more support.



# Pharmacy Services



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**Pharmacists** can help if you need medicine for things like a sore throat or an upset tummy. Some medicines are free.



Specially trained Pharmacy staff can also help you stop smoking.



If you've run out of your prescribed medicines, your local Pharmacy may be able to provide you with your medicine until you see your GP.

If you have just come home from hospital, your Pharmacy can offer help with any new medicines and check how you're getting on with them.

Our Pharmacies help with emergency contraception.

For more details, please ask your local Pharmacy.



# GPs, Dentists and Opticians



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**GP** - is short for General Practitioner, which is another name for family Doctor.

You can phone your local GP to make an appointment if you are unwell. The person that answers the phone may ask one of the nurses that work with the doctors to see you instead.



**Dentist** - A Dentist can help if you have pain in your teeth or gums. If your dentist is closed and you need urgent help with your teeth, phone the Dental Helpline on 01633 744387.



**Optician** - An Optician can help if you have bad eyes or need glasses.



**NHS 111** - you can phone NHS 111 if you are unwell, unsure what to do and need help. You can also phone this number if you need to see a GP quickly when your own GP Surgery is closed. If you do not speak English, they can get someone to speak to you in your own language.



# Minor Injury Units



BSL Version



There are **Minor Injury Units** at  
The Royal Gwent Hospital,  
Nevill Hall Hospital,  
Ysbyty Ystrad Fawr and  
Ysbyty Aneurin Bevan.

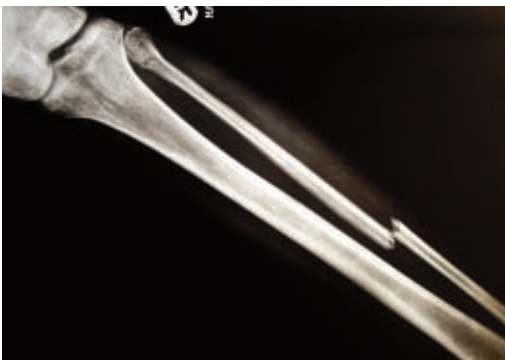


Special nurses work in our  
Minor Injury Units.



**Minor injury Units** can help you:

- If you have a broken leg or arm
- If you have cuts or small burns
- If you have bumped your head
- If you have a bite
- If you have hurt your eye, ear or nose or have something stuck in them
- If you need an X-Ray for an injury (a picture taken of your bones to see if they are broken).



**Minor Injury Units** can treat children over one year old.

All children aged under one year old will need to be seen at The Grange University Hospital.





# Emergency Hospital Services



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**The Grange  
University Hospital**

The **Emergency Department** at **The Grange University Hospital** treats very sick patients, or those with very bad injuries.



**Phone 999** or go straight to **The Grange University Hospital** if you are very, very ill or have a very bad injury, like:

- Not being able to breathe properly
- Very bad pain or if you are bleeding a lot
- Pain in your chest or if you think you have had a stroke
- Very, very bad injuries (eg. from a car crash)



If you go to the **Royal Gwent, Nevill Hall** or any of our other hospitals and you are very, very ill or have a very bad injury, this can put you in danger and you will need to be taken to **The Grange University Hospital** instead.



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