

NHS services in Hertfordshire – no appointment needed!

Accident and Emergency (A&E) departments are here to treat people who have serious, life-threatening or dangerous conditions. Ambulances should only be called in genuine emergencies. There are other walk-in NHS services which you should use if you need urgent medical help, but it's not life-threatening.

See a pharmacist

Pharmacists can supply expert advice and low-cost medicines to ease your symptoms and help treat your condition. There are a number of pharmacies which open late into the evening and most have consulting rooms where you can ask for advice in private. Go to www.nhs.uk/service-search to find your nearest open pharmacist

You can walk in and see a GP without appointment at:

Service	West Herts Medical Centre Hemel Hempstead Hospital Jubilee Wing Hillfield Road Hemel Hempstead HP2 4AD	Urgent Care Centre (UCC) Hemel Hempstead Hospital Hillfield Road Hemel Hempstead Hertfordshire HP2 4AD	Urgent Care Centre (UCC) QEII Hospital Howlands Welwyn Garden City Hertfordshire AL7 4HQ	Spring House Medical Centre Ascots Lane Welwyn Garden City Herts AL7 4HL
Phone	03000 33 22 33			01707 294354
Opening hours	<ul style="list-style-type: none"> Open 8am to 8pm Mon to Fri, 8am to 7pm Sat, Sun and bank holidays 	Open 24 hours a day, every day	Open 24 hours a day, every day	Open 8am to 8pm, every day (last walk-in registration at 7.30pm)
Details	<ul style="list-style-type: none"> Anyone who lives or works in west Hertfordshire can see a GP at West Herts Medical Centre – no appointment needed. Also offers a full GP service for registered patients. 	Treats all ages, including babies and children <ul style="list-style-type: none"> Muscle and joint injuries Suspected fractures and broken bones Bites, stings, cuts, bruises and grazes Burns and scalds Foreign bodies stuck in ears or noses Minor eye injuries Minor head injuries Minor illnesses which would normally be treated by a GP, but which can't wait until your GP practice is next open. 		<ul style="list-style-type: none"> Anyone who lives in east and north Hertfordshire can see a GP at Spring House – no appointment needed. Also offers a full GP service for registered patients.

If you have seriously hurt yourself, but your injury is not life-threatening you can go to:

Service	Urgent Care Centre (UCC) Hemel Hempstead Hospital Hillfield Road Hemel Hempstead Hertfordshire HP2 4AD	Urgent Care Centre (UCC) QEII Hospital Howlands Welwyn Garden City Hertfordshire AL7 4HQ	Minor Injuries Unit (MIU) Cheshunt Community Hospital King Arthur Court Cheshunt Hertfordshire EN8 8XN	Minor Injuries Unit (MIU) St Albans City Hospital Waverley Road St Albans Hertfordshire AL3 5PN	Minor Injuries Unit (MIU) Herts and Essex Hospital Bishop's Stortford Hertfordshire CM23 5JH
Phone	01442 213 141			01727 897182	01279 655191 ext 4298
Opening hours	Open 24 hours a day, every day	Open 24 hours a day, every day	Open 8am to 8pm, every day	Open 9am to 8pm, every day except Christmas Day (x-ray available 9am to 4.45pm Mon – Fri)	Open 9am to 4.30pm, Mon to Fri Closed weekends and bank holidays
Details	Treats all ages, including babies and children <ul style="list-style-type: none"> Muscle and joint injuries - such as strains, sprains, sudden back or neck pain, tendonitis and soft tissue injuries Suspected fractures and broken bones Bites, stings, cuts, bruises and grazes Burns and scalds Foreign bodies stuck in ears or noses Minor eye injuries Minor head injuries Minor illnesses which would normally be treated by a GP, but which can't wait until your GP practice is next open. 		The nurses at Cheshunt MIU can see anyone over <u>12 months old</u> . <ul style="list-style-type: none"> Suspected fractures /broken bones Bites and stings Cuts and grazes Minor burns/scalds Minor eye injuries Minor head injuries Foreign bodies stuck in ears or nose Removal of splinters Sprains and strains 	The nurses at St Albans MIU can see <u>anyone over the age of 2</u> . <p>Can't x-ray children under 4 years of age.</p> <ul style="list-style-type: none"> Suspected fractures /broken bones Bites and stings Cuts and grazes Minor burns/scalds Minor eye injuries Minor head injuries Foreign bodies stuck in ears or nose Removal of splinters Sprains and strains 	The nurses at Herts and Essex MIU can see <u>anyone over the age of 2</u> . <ul style="list-style-type: none"> Suspected fractures/broken bones Bites and stings Cuts and grazes Minor burns/scalds Minor eye injuries Minor head injuries Foreign bodies stuck in ears or nose Removal of splinters Sprains and strains