

sitting Cumbria this year

minor ailments local pharmacies
can offer health advice & support

If you need access to
further healthcare advice

call NHS 111 available day & night

**CALL
111**

- The NHS non-emergency number
- Calls free from mobiles & landlines
- Available 24 / 7
- Speak to highly trained advisers
- Supported by healthcare professionals
- They will direct you to the best medical care for you