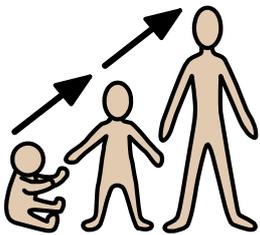


How the NHS works



As you grow older, you learn new things. You might start to do things on your own, without your parents being there. This is called becoming independent (said: inn-dee-pen-dent).



One of the things you might start to do on your own is look after your health. There are lots of things to learn. You will need to know what to do if you are ill and how to see a doctor.



Doctors, hospitals and clinics in England are part of the National Health Service or NHS for short. It helps to understand what this means for you and who you should contact and when.



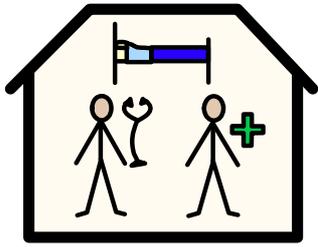
Your family doctor or GP will be the person who looks after your health generally and does your annual health check. They work in a surgery near your home.



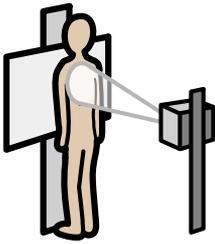
There is usually a nurse at the surgery too. You could see them instead of the doctor for some things.



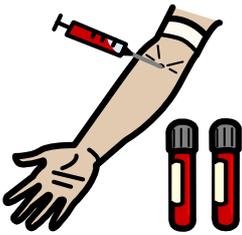
Make sure you have the number to call the surgery. You will need to call them to make an appointment if you want to see the doctor or nurse.



Sometimes, your GP will want you to see another doctor at a hospital. These doctors know lots about one type of health problem.



They may ask you to go to the hospital for a scan or x-ray. This makes a picture of inside your body. The doctors look at this and work out how to help you.



You might have to have a blood test. Sometimes this is done at your surgery or sometimes at a hospital. You can ask to have cold spray so it does not hurt so much.



If you hurt yourself, you can go to a minor injury unit. These are usually at your nearest hospital. You can see the nurse who can give you a check up.



If you are very ill or have had a bad accident, you can call 999 for an ambulance to take you to hospital. This is only for people who need emergency help.



Please ask us if you have any questions.