

## Minor Injuries Units

### North Dorset:

#### **Blandford Community Hospital**

Milldown Road, Blandford DT11 7DD

Telephone: **01258 394032**

#### **Westminster Memorial Hospital**

Magdelene Lane, Shaftesbury SP7 8BD

Telephone: **01747 475251**

#### **Yeatman Community Hospital**

Hospital Lane, Sherborne DT9 3JU

Telephone: **01935 813991**

### South West Dorset:

#### **Bridport Community Hospital**

Hospital Lane, Bridport DT6 5DR

Telephone: **01308 426245**

#### **Lyme Regis Medical Centre**

Uplyme Road, Lyme Regis DT7 3LS

Telephone: **01297 445777**

#### **Portland Community Hospital**

Castle Road, Portland DT5 1AX

Telephone: **01305 860111**

#### **Weymouth Community Hospital**

Melcombe Avenue, Weymouth DT4 7TB

Telephone: **01305 762545**

### South and East Dorset:

#### **St. Leonard's Community Hospital**

Local Treatment Centre (out of hours)

241 Ringwood Road, Ringwood BH24 2RR

6.30 pm–10.30 pm Monday–Friday,

8 am–8 pm Sat, Sunday and bank holidays.

Telephone **111** for an appointment.

#### **Swanage Hospital**

Queens Road, Swanage BH19 2ES

Telephone: **01929 475009**

#### **Victoria Hospital**

Victoria Road, Wimborne BH21 1ER

Telephone: **01202 856410**

## Emergency Departments

#### **Dorset County Hospital**

Williams Avenue, Dorchester, DT1 2JY

Telephone: **01305 251150**

#### **Poole General Hospital**

Longfleet Road, Poole, BH15 2JB

Telephone: **01202 665511**

#### **Royal Bournemouth Hospital**

Castle Lane East, Bournemouth, BH7 7DW

Telephone: **01202 704167**

#### **Salisbury Hospital**

Odstock Road, Salisbury, SP2 8BJ

Telephone: **01722 336262**

#### **Yeovil District Hospital**

Higher Kingston, Yeovil, BA21 4AT

Telephone: **01935 475122**

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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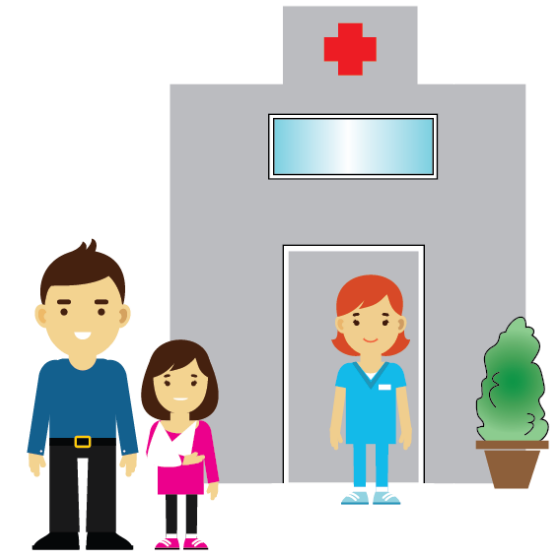
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**NHS****Dorset HealthCare  
University**

NHS Foundation Trust

## Minor Injuries Unit

## Advice for children

**Dorset HealthCare University NHS Foundation Trust**

Sentinel House

4–6 Nuffield Road

Poole, Dorset

BH17 0RB

☎ 01202 277000

🐦 @DorsetHealth

🌐 www.dorsethealthcare.nhs.uk

**Information  
for patients,  
relatives and carers****Excellence  
Compassion  
Expertise**

## What is a Minor Injuries Unit?

A Minor Injuries Unit (MIU) is a place where there are nurses who can help you if you have hurt yourself.

There is a list opposite of all the things that nurses can help to make better for you. This list may look scary and you might be afraid or nervous, but try not to worry, whatever is wrong with you the nurse will help to make better. The nurse will talk to you and let you know what they are going to do to help you. You can have your mummy, daddy or carer with you for the whole time you are here.

You do not need to make an appointment, and patients are seen in the order of how sick they are but children are usually seen before adults so hopefully you won't have to wait for too long. If you are bored, ask mummy, daddy or whoever is with you to play a game such as eye spy or you could colour in the heart on the middle of this page.

## What injuries/illnesses can the MIU deal with?

Treatment and advice for:

- Cuts and bruises, including wounds that require suturing
- Strains and sprains
- Burns and scalds
- Bites and stings
- Wound and skin infections
- Removal of foreign bodies from eyes, ears, nose and skin
- Minor head injuries
- Eye injuries
- Asthma
- Rashes and allergic reactions
- Injuries to hands, wrists, elbows and shoulders
- Below knee injuries, lower leg, ankles and feet
- Earache and sore throats
- X-ray facility: X-rays can be requested and interpreted by specialist nurses. Only for children over 2 years of age.



## Further advice

If you start to feel worse once you have left or something different or new starts to bother you, tell your mummy, daddy or carer straight away and they can get some advice on what to do or where to go to make you feel better.

Mummy, daddy or your carer can:

- Take you to the nearest Minor Injury Unit.
- Contact your GP during normal surgery hours.
- If outside of surgery hours (8.00am to 6.30pm), contact the GP's out of hours contact number.
- Contact NHS **111** or log on to [www.nhs.uk/111](http://www.nhs.uk/111).
- Take you to the nearest emergency department or dial **999** if it is an emergency.

If you have any questions please ask mummy, daddy or your carer. If they do not know the answer they can call the Minor Injury Unit using the phone numbers on the back of this leaflet.

Well done for being so brave.

