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refugee and migrant centre

The Refugee and Migrant Centre offer a free drop-in advice and support service to any member of New Arrival communities Monday, Tuesday, Thursday, Friday 9am - 5pm (closed 1pm-2pm).

**First Floor, Roma Parva, 9, Waterloo Road, Wolverhampton WV1 4NB.
Tel: 01902 311554.**



Age UK Wolverhampton helps older people remain independent by providing benefits advice and support, access to quality services, IT skills development and links to local social activities.

**93-94 Darlington Street, Wolverhampton WV1 4EX
Open Monday – Friday 9.30am to 3.30pm
01902 572060**



Aspiring Futures CIC is a women's support organisation.

We offer counselling, support services and learning opportunities to improve mental health, physical well-being and self-confidence and skills. Open from Monday to Friday 10am to 3pm.

You can drop in at The Old School, 73 Dudley Road, Wolverhampton

**Contact us on Facebook 'Aspiring Futures' www.aspiring-futures.co.uk,
01902 458 770 or 07557 667 609. Email: info@aspiring-futures.co.uk**



Hangover.
Grazed knee.
Sore throat.
Cough.

Self-care



Unsure?
Confused?
Need help?

NHS 111



Diarrhoea.
Runny nose.
Painful cough.
Headache.

Pharmacist



Unwell.
Vomiting.
Ear pain.
Back ache.

GP (Doctor)








If you cannot
get to see
your GP and
it's not getting
any better

NHS Walk-in



Choking.
Chest pain.
Severe
bleeding.
Blacking out.

A&E or 999

Self-care	
NHS 111	
Pharmacist	
GP	
Walk-in Services	
A&E or 999	