

Contact us

Our minor injury and urgent treatment centres support the local community with urgent minor injuries and/or illnesses. They are led by our specialist emergency nurse practitioners, who are fully trained in both adult and paediatric care.

They are walk-in centres so you don't need an appointment or a referral – you can just arrive at the centre during opening hours. These centres are not appropriate for life-threatening injuries or serious illnesses.

Bristol Urgent Treatment Centre Minor injuries and illnesses

Open 8am–8pm, 7 days a week
South Bristol NHS Community Hospital
Hengrove Promenade
Hengrove, Bristol BS14 0DE
T: 0300 124 6260

Yate Minor Injury Unit Minor injuries only

Open 8am–8pm, 7 days a week
Yate West Gate Centre
21 West Walk, Yate BS37 4AX
T: 0300 125 6800

Clevedon Minor Injury Unit Minor injuries only

Open 8am–9.00pm
(last admission 8.30pm), 7 days a week
North Somerset Community Hospital
Old Street, Clevedon BS21 6BS
T: 01275 546852



Let us know what you think and get involved

T: 0300 124 5300*
E: sirona.hello@nhs.net
W: www.sirona-cic.org.uk

*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

This document can be provided in other formats and languages, please contact us for more information.

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Registered office

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Company Number: 07585003



Head Injury Advice

For babies,
toddlers and
children

Service provided by



Your child has sustained a head injury. Following a thorough examination we are satisfied that the injury is not serious.

Do expect your child to feel generally miserable and 'off colour'. These feelings may include feeling sick, dizziness, irritability, or bad temper, problems concentrating, problems sleeping or lack of appetite. Do not force them to eat, but make sure that they have enough to drink.

Do expect your child to be more tired than usual. Allow them to sleep if they want to. See them every hour or so. Do not be confused between normal sleep and unconsciousness – someone who is unconscious cannot be woken up. You need to be satisfied that they are reacting normally to you.

Do expect your child to have moderate headache. Children's Paracetamol (sugar free) will suffice for this. A young child may only show a headache as fretfulness.

These symptoms should improve rapidly

If you are concerned about any of these symptoms in the first few days, you should take your child to their doctor.

If these problems do not go away after 2 weeks, take your child to see their doctor.

Baby:

Encourage your child to have plenty of rest and avoid stressful situations. Your baby should be alert and be easily arousable from sleep. Offer your baby milk feeds as normal. Avoid rich puddings etc, for the first 2 days.

Toddler:

Avoid vigorous play. Offer a light diet avoiding sweets/chocolates and fizzy drinks. **Do** make sure that there is a nearby telephone and that the child stays within easy reach of medical help.

Things that will help your child get better:

Do encourage your child to have plenty of rest and avoid stressful situations.

Do not give them sleeping pills, sedatives or tranquilisers unless they are prescribed for your child by a doctor.

Do not let them play any contact sport (for example, football) for at least 3 weeks without talking to their doctor first.

Do not allow them to return to school until you feel that they have completely recovered.

Do not leave your child alone in the home for the first 48 hours after leaving hospital.

Do make sure that there is a nearby telephone and that the child stays within easy reach of medical help. Even after an apparently minor head injury, complications may occur, but these are rare.

Please seek immediate medical advice if you notice any of the following signs:

- Unconsciousness, continuing drowsiness or difficulty in waking from sleep
- Appears confused or not understanding what is said
- More than two vomits
- Complaining of severe headache or trouble with their eyesight
- Any loss of balance or problems walking
- Becomes irritable
- Has any kind of attack, which you think is a fit
- Any weakness in one or both arms or legs
- Clear fluid coming out of their ears or nose
- Bleeding from one or both ears
- New deafness in one or both ears
- Cries more than usual or is more difficult to settle than usual
- Fails to grasp objects
- Any abnormal behaviour

Call 111 if you urgently need medical help or advice but it's not a life-threatening situation.

For less urgent health needs, contact your GP or local pharmacist in the usual way.