



When Monkey's feeling poorly or gets an injury He doesn't have to swing straight to A and E There are lots of friendly people in the NHS So here's a Monkey song to help you choose what's best

#### **CHORUS**

Try a....

Grown up, pharmacist, helpline, GP

School Nurse, ChildLine, out of hours surgery

On-line, walk in, 999, A&E

Monkey, here to help you through Monkey, knows just what to do Monkey, always there for you Monkey

If you've got the sniffles or a little scrape Don't go bananas and don't go ape Talk to a grown-up or your school nurse They'll help you out so it doesn't get worse

If you're monkey puzzled and still feel unwell You can give the helpline a little bell They'll listen hard to what you have to say Or look online at NHS.uk

#### **CHORUS**

Monkey sometimes goes to see the jungle GP
He knows little Monkey and his family
But out of office hours, if Monkey's sick up in his tree
Go to the walk in centre or out of hours GP

If someone has an accident or is really really sick Don't monkey around - you need to act quick If you need an ambulance, move quick call 999 Or go to A&E and you'll be seen on time!

#### **CHORUS**

Monkey tries to stay healthy, he eats his 5 a day
His paws are clean, he's really keen to keep the germs away
He like swinging in the trees, oh it's great to run and play
An apple - or banana - help to keep the Doc away

So be happy and be active and you'll stay very well
But sometimes we're all poorly and we feel unwell
There are lots of friendly people in the NHS
But staying fit and healthy is what everyone likes best!

#### CHORUS x2







Music by: James Gower . Lyrics by: K. Evans, A. Gower, J. Gower, C. Sweeney, M. Sweeney Recorded by: www.one2onerecording.com . James Gower: james@jamesgower.com

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## **VERSE 1**

When Monkey's feeling poorly or gets an injury
He doesn't have to swing straight to A and E
There are lots of friendly people in the NHS
So here's a Monkey song to help you choose what's best

## **CHORUS**

Try a....

Grown up, pharmacist, helpline, GP School Nurse, ChildLine, out of hours surgery On-line, walk in, 999, A&E

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## VERSE 2

If you've got the sniffles or a little scrape Don't go bananas and don't go ape Talk to a grown-up or your school nurse They'll help you out so it doesn't get worse

If you're monkey puzzled and still feel unwell You can give the helpline a little bell They'll listen hard to what you have to say Or look online at NHS.uk

#### CHORUS

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#### VERSE 3

Monkey sometimes goes to see the jungle GP
He knows little Monkey and his family
But out of office hours, if Monkey's sick up in his tree
Go to the walk in centre or out of hours GP

If someone has an accident or is really really sick Don't monkey around - you need to act quick If you need an ambulance, move quick call 999 Or go to A&E and you'll be seen on time!

#### **CHORUS**

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#### **VERSE 4**

Monkey tries to stay healthy, he eats his 5 a day
His paws are clean, he's really keen to keep the germs away
He like swinging in the trees, oh it's great to run and play
An apple - or banana - help to keep the Doc away

So be happy and be active and you'll stay very well
But sometimes we're all poorly and we feel unwell
There are lots of friendly people in the NHS
But staying fit and healthy is what everyone likes best!

CHORUS x2

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