

A BIT OF HOMEWORK WILL HELP TO KEEP YOU WELL OVER THE HOLIDAYS

The NHS in South Gloucestershire is advising local people to look after themselves this festive season with a few simple steps.

1. stock up on over the counter remedies and any prescriptions,
2. find out what local NHS services are open, and
3. attend the one most appropriate for your needs.

Be prepared

Dr Chris Payne, Director of Public Health for South Gloucestershire, said: "This is not an exciting message but nothing can ruin your festive season quite as quickly as a bout of illness."

"Winter brings more coughs, colds and flu so it is a good idea to be prepared and to make sure you have paracetamol and other over the counter remedies to hand. If you need a regular prescription for a long term condition, please check now to make sure that you have enough to tide you over the holiday period."

Where to go for what

If you or a member of your family does become ill over the festive period you will need to know the most appropriate place to go.

Dr Chris Payne said: "This is really important. By choosing the right facility for your needs you will cut down on the amount of time it takes to receive advice or treatment. A&E might be the first thing that springs to mind for some people but in fact there are many more appropriate services available over the Christmas period where you are likely to be treated much more quickly. You can ring your GP surgery or the out of hours service or visit the new GP-led health centre in Kingswood which is open from 8am to 8pm every day of the year."

Juliette Hughes, Clinical Matron for the Accident & Emergency Department at Frenchay Hospital, said: "The A&E department at Frenchay Hospital is likely to be extremely busy over the Christmas period caring for people with serious conditions. In order to get the most effective help, members of the public should think about whether it is more appropriate to seek help from their GP or use one of the other health services such as NHS Direct, the GP-led health centre or the Minor Injuries Unit at Southmead Hospital which is open from 9am until 9pm every day of the year."

Festive opening times

NHS Direct

NHS Direct <http://www.nhsdirect.nhs.uk/> is a 24-hour service that offers advice about what to do if you are feeling unwell. The telephone services on 0845 4647 offers confidential health advice and information 24-hours a day, 365 days a year.

Pharmacists

Pharmacists are qualified to give free health advice and help with everyday illnesses. They can answer questions about choosing the right medicine and help you to decide whether or not you need to see your GP.

In addition the pharmacies indicated * below are able to issue antiviral medication (capsules only) for treatment of Swine Flu. Pharmacies indicated ** are able to issue antiviral capsules and liquid

Open Friday 25 December

Shaunaks Pharmacy **, Frome Valley Medical Centre, Frampton Cotterell, open 12h00 – 14h00

Shaunaks Pharmacy **, High Street, Hanham, open 12h00 – 14h00

Open Saturday 26 December

Boots Pharmacy, 10 – 11 Kings Chase Shopping Centre, Regent Street, open 09h00 – 18h00

Boots Pharmacy **, 43 High Street, Thornbury, open 09h00 – 17h30

Boots Pharmacy **, Cribbs Causeway, open 08h30 – 18h00

Boots Pharmacy **, Emersons Green, open 08h00 – 18h00

Boots Pharmacy, Yate, open 09h00 – 18h00

Boots Pharmacy **, Unit D, Longwell Green Retail Park, from 08h00 – 24h00

Co-Op Pharmacy *, 7 Badminton Road, Downend, open 09h00 – 13h00

Lloyds Pharmacy *, 14 West Walk, Yate, open 10h00 – 16h00

Lloyds Pharmacy *, 8 – 10 Horseshoe Lane, Thornbury, open 10h00 – 14h00

Lloyds Pharmacy **, Courtside Surgery, Kennedy Way, Kate, open 09h00 – 16h00

Lloyds Pharmacy, Willow Surgery, Downend, open 0800 - 2300

Sainsbury's Pharmacy *, Emersons Green, open 09h00 – 16h00

Open Sunday 27 December

Asda *, Patchway, open 10h00 – 16h00

Boots Pharmacy, 10 – 11 Kings Chase Shopping Centre, Regent Street, open 10h00 – 16h00

Boots Pharmacy **, Cribbs Causeway, open 11h00 – 17h00

Boots Pharmacy **, Emersons Green, open 10h30 – 16h30

Boots Pharmacy, Yate, open 10h00 – 16h00

Boots Pharmacy **, Unit D, Longwell Green Retail Park, open 10h30 – 16h30

Lloyds Pharmacy, Willow Surgery, Downend, open 0900 - 1900

Morrisons Pharmacy *, Cribbs Causeway, open 10h00 – 16h00

Sainsbury's Pharmacy *, Emersons Green, open 09h30 – 16h30

Bank Holiday Monday 28 December

Boots Pharmacy, 98 High Street, Staple Hill, Bristol, open 09h30 – 11h00

Asda *, Patchway, open 09h00 – 18h00

Boots Pharmacy, 10 – 11 Kings Chase Shopping Centre, Regent Street, open 09h00 – 17h30

Boots Pharmacy **, 43 High Street, Thornbury, open 09h00 – 17h30

Boots Pharmacy **, Cribbs Causeway, open 08h30 – 22h00

Boots Pharmacy **, Emersons Green, open 09h00 – 18h00

Boots Pharmacy, Yate, open 09h00 – 17h30

Boots Pharmacy **, Unit D, Longwell Green Retail Park, open 09h00 – 18h00

Lloyds Pharmacy **, Courtside Surgery, Kennedy Way, Kate, open 10h00 – 14h00

Morrisons Pharmacy *, Cribbs Causeway, open 09h00 – 18h00

Sainsbury's Pharmacy *, Emersons Green, open 09h00 – 19h00

Shaunaks Pharmacy **, Frome Valley Medical Centre, Frampton Cotterell, open 12h00-14h00

Shaunaks Pharmacy **, High Street, Hanham, open 12h00 – 14h00

New Year's Day Friday 1 January 2010

Boots Pharmacy **, Emersons Green, open 10h00 – 17h00

Boots Pharmacy, Yate, open 11h00 – 17h00

Boots Pharmacy **, Unit D, Longwell Green Retail Park, open 10h00 – 17h00

Sainsbury's Pharmacy *, Emersons Green, open 09h00 – 18h00

Shaunaks Pharmacy **, Frome Valley Medical Centre, Frampton Cotterell, open 12h00 – 14h00

Shaunaks Pharmacy **, High Street, Hanham, open 12h00 – 14h00

GPs

Frendoc and Brisdoc are the out of hours GP services that operate from 6.30pm-

8am Monday-Friday, all weekends and bank holidays. This service is provided by GPs and nurses who can offer telephone advice, face-to-face consultations, or home visits for patients who are housebound. This service is available for treating conditions that cannot wait until your GP surgery reopens. Ring your usual surgery where you will be given instructions or diverted to the out of hours service, or ring **NHS Direct on 0845 4647**.

GP led health centre

The GP led health centre in Kingswood is open from 8am to 8pm 7 days per week including bank holidays. You do not need to be registered at the health centre – you can use the services offered at the centre as well as your GP surgery. You can use the centre by walking in or phoning to make an appointment.

The Orchard Medical Centre
Macdonald Walk
Kingswood
Bristol
BS158NJ
Tel. 0117 9805100

Minor injury units (MIUs)

For minor injuries such as wounds, sprains and broken bones there is a minor injuries unit at Southmead Hospital, which is open 9 am to 9pm everyday including Christmas Day. It treats wounds, sprains, strains, some broken bones, minor head injuries and other similar conditions.

Accident and emergency (A&E)

You should go to your local accident and emergency (A&E) department if you need emergency care for a serious injury, or illness - for example, if you are experiencing breathing difficulties, blood loss, or if you suspect that you have a broken bone. A&E departments are usually open 24 hours a day, 365 days a year. In an emergency you should dial 999 to ask for an ambulance.

Unless you need emergency medical attention, it is best not to go to your local A&E. A&E doctors and nurses are equipped to deal with serious medical cases, not routine and minor ailments.