

Press release

13 December 2018

Where to get health advice over Christmas and New Year

The NHS is reminding residents in Shropshire where they can access expert medical treatment to help them stay well over the Christmas and New Year holiday.

NHS Shropshire Clinical Commissioning Group (CCG) is advising local people to consider the options for healthcare and ensure they are aware of GP practices and pharmacy opening times.

If people need urgent medical help but not emergency care this winter NHS 111 is available 24 hours a day, 365 days a year, including Christmas Day, Boxing Day and New Year's Day. Simply call 111 for free from your landline or mobile to access advice.

GP surgeries in Shropshire will be closed on Christmas Day, Boxing Day and New Year's Day. However, GP extended access will mean during the Christmas and New Year period Shropshire registered patients will have access to a limited number of routine GP appointments on Christmas Day, Boxing Day and New Year's Day. To book one of these appointments please speak to your GP practice during their normal opening hours.

Many pharmacies have limited opening hours between Christmas and New Year so it is important to order and collect any repeat prescription in plenty of time.

Shropshire pharmacy opening times over the Christmas and New Year 2018/19 period can be found [here](#).

Dr Julian Povey, Chair of NHS Shropshire CCG, said: "It is important to be prepared for the Christmas and New Year holiday. If you have a prescription check your medication to make sure you have enough for the extended festive break. If you need a repeat prescription organise it now and make sure you pick it up before the busy Christmas period.

"We can all help ourselves stay well by having a flu jab (available on the NHS if you are in one of the high risk groups), keeping warm, taking cold and flu remedies if we need them, and by keeping an eye out for elderly family members and neighbours.

"If you are not sure which NHS service to turn to for support, call 111 for fast, free medical advice day or night, seven days a week."

Please be aware that the Walk In Centre (Urgent Care Centre) at the Royal Shrewsbury Hospital will be open every day from 8am to 8pm including the bank holidays (Christmas Day, Boxing Day and New Year's Day) for anyone who needs urgent medical attention if they cannot get an appointment with their own doctor or are not registered with a GP practice. No appointment is necessary.

The Walk In Centre can help with a whole range of symptoms including children with high temperatures, anyone with breathing problems, severe headaches, abdominal pain and painful infections through to mild injuries and burns.

Please do not forget that Accident and Emergency at your local hospital should not be used unless it is for critical or life threatening illness or injury.

For more information on what you can do to stay well this winter, please visit nhs.uk/staywell.

Ends

For more information please contact:

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If you have an urgent media call outside normal office hours please call 01743 261000 and ask to be put through to the CCG director on call.

Note to Editors:

NHS Shropshire Clinical Commissioning Group

NHS Shropshire Clinical Commissioning Group (CCG) is responsible for the planning and commissioning (buying) of health and care services from a range of providers for the people of Shropshire. It also has a duty to monitor these services to ensure they provide a high level of care and are value for money.

It is a clinically led organisation with 41 GP Practices and it provides healthcare services for patients across the County registered with a local GP. The CCG buys a wide range of services and these include GP and primary care services through to hospital care as well as community services and mental health services.

The CCG's Head Office is based at William Farr House in Shrewsbury.