

NEWS RELEASE...NEWS RELEASE...NEWS RELEASE

How to stay healthy this Christmas

WITH the festive period fast approaching and the prospect of winter's chilly blast throwing its worst at us, here is some useful advice and information from Mid Essex Clinical Commissioning Group on how to stay healthy and, should you require treatment, where to go to get it.

Tips to stay healthy

COMMON sense precautions should be followed to maximise the chances of you and your family enjoying a healthy Christmas and New Year.

That is the message from Dr Lisa Harrod-Rothwell, Chairman of Mid Essex Clinical Commissioning Group. She offered the following advice to people to help ensure a healthy festive period and winter:

- At this time of year we spend a lot of time visiting friends and relatives and unfortunately, we can bring unwanted gifts such as the flu. Flu, particularly for older people and people in certain at risk groups can be an extremely serious illness. If you are over 65, pregnant or in an at risk category – this includes people with diabetes and chronic heart, chest or kidney conditions – flu vaccination is free. If you haven't already done so, contact your GP surgery for a flu jab
- cold weather can be a potential killer for older people, both in terms of hypothermia and slips and falls. Dressing warmly with several light layers of clothing; moving beds or chairs away from cold exterior walls, eating properly, taking regular warm drinks and staying active can all help people minimise the risk of hypothermia. If you know an older person living on their own, keep an eye out for them over the festive period – why not take round a slice of Christmas cake and some Christmas cheer?
- be prepared for minor health problems by keeping a well-stocked medicines cupboard that contains paracetamol, ibuprofen, indigestion remedies, cough mixture, mild laxatives and other medication that your family needs. Always

read the label and keep out of the reach of your young ones.

- patients with repeat prescriptions should make sure they have enough medication to see them through the holiday period
- there is nothing wrong with a Christmas drink but try not to over-do it. If you are going out for a few drinks, it is best to eat beforehand and alternate alcoholic and non-alcoholic drinks. If you are drinking alcohol, don't risk driving – take the late bus, nominate a driver or arrange for a taxi to take you home.

Where to get treatment

- **GP cover:** If you need to contact a doctor outside normal surgery hours, please ring your usual surgery number and you will be put through to the out-of-hours service. This service should only be used for urgent medical problems that cannot wait until the patient's own GP practice re-opens.
- **Dental cover:** NHS Direct, who manage the PCT's out-of-hours arrangements, can be contacted on a dedicated dental telephone number 0845 603 1377. Call handling and nurse assessment only is provided in the out of hours period 18:30 to 08:00 (7 days a week), including weekends and bank holidays. NB: The out of hours dental treatment service only operates at weekends and on the bank holidays.
- **Pharmacies:** Your local pharmacists are qualified to offer expert help and advice on medicines (prescribed and over-the-counter) as well as many other ailments such as sore throats, colds and flu, mouth problems, minor grazes and headaches. Most people live near to a community pharmacy and no appointment is necessary. The following pharmacies will be open over Christmas and New Year:

Christmas Eve – Monday 24th December 2012

Pharmacy	Amended Opening Hours
Boots, 1 The Vineyards	09:00-17:00
Boots, Unit 29 The Meadows Shopping Centre	08:30-17:00
Boots, Unit B2, Chelmer Village Retail Park	09:00-18:00
Boreham Pharmacy	08:30-18:00
Colecross Ltd	09:00-16:00
Morrisons Pharmacy, Copperfield Road	08:00-17:00
Sainsbury's Pharmacy, 2 White Hart Lane	06:00-18:00
The Village Pharmacy, 52 The Green, Writtle	09:00-17:30
Longfield Pharmacy	09:00-16:00

Rowlands Pharmacy	09:00-18:00
Savages, 20-22 Station Road	08:00-16:00
Southminster Pharmacy	08:45-16:00
A M F Medica Ltd, 52-54 Dorothy Sayers Drive	09:00-17:00
Boots, 72 High Street, Kelvedon	09:00-18:00
Castle Pharmacy	09:00-16:00
Christchurch Pharmacy	08:30-16:30
Lloyds Pharmacy, 5 Newland Street, Witham	09:00-16:00
Tesco Pharmacy, Tesco Superstore, Princes Road	08:00-19:00

Christmas Day – Tuesday 25th December 2012

Pharmacy	Opening Hours
Waldmans Pharmacy	10:00-12:00
Borno Chemists Ltd, 124 Newland Street, Witham	10:00-12:00
Borno Chemists Ltd, 9 Bank Street, Braintree	12:30-14:30

Boxing Day – Wednesday 26th December 2012

Pharmacy	Opening Hours
Boots, 43 High Chelmer	08.00-18.00
Boots, Unit 29 The Meadows Shopping Centre	10.30-16.30
Boots, Unit B2, Chelmer Village Retail Park	09:00-17:00
Sainsbury's Pharmacy, 2 White Hart Lane	10.00-16.00
Blackwater Pharmacy	10:00-20:00
Boots, 42 Newland Street, Witham	10:00-16:00
Boots, 69-71 High Street, Halstead	10:00-16:00

Thursday 27th December 2012

Pharmacy	Amended Opening Hours
Morrisons Pharmacy, Copperfield Road	09:00-18:00

Friday 28th December 2012

Pharmacy	Amended Opening Hours
Morrisons Pharmacy, Copperfield Road	09:00-18:00

New Year's Eve – Monday 31st December 2012

Pharmacy	Amended Opening Hours
Boots, 1 The Vineyards	09:00-17:00
Boots, Unit B2, Chelmer Village Retail Park	09:00-18:00
Boreham Pharmacy	08.30-18.00
Colecross Ltd	09:00-16:00
Morrisons Pharmacy, Copperfield Road	08:00-17:00
Sainsbury's Pharmacy, 2 White Hart Lane	06:00-18:00
The Village Pharmacy, 52 The Green, Writtle	09:00-17:30
Rowlands Pharmacy	09:00-18:00
Savages, 20-22 Station Road	08:00-16:00
A M F Medica Ltd, 52-54 Dorothy Sayers Drive	09:00-17:00
Boots, 72 High Street, Kelvedon	09:00-18:00
Christchurch Pharmacy	08:30-16:30
Lloyds Pharmacy, 5 Newland Street, Witham	09:00-16:00
Tesco Pharmacy, Tesco Superstore, Princes Road	08:00-19:00

New Year's Day – Tuesday 1st January 2013

Pharmacy	Opening Hours
Boots, 43 High Chelmer	10.30-16.30
Boots, Unit 29 The Meadows Shopping Centre	10.30-16.30
Boots, Unit B2, Chelmer Village Retail Park	11.00-17.00
Sainsbury's Pharmacy, 2 White Hart Lane	09.00-19.00
Blackwater Pharmacy	10:00-20:00
Boots, 42 Newland Street, Witham	10:00-16:00
Boots, 69-71 High Street, Halstead	10:00-16:00

- **Medications:** Arrange repeat prescriptions from your GP for any prescribed medicines, to ensure you have enough. Keep your medicine cabinet well stocked with over-the-counter treatments.

- **NHS Direct:** If you, or someone you know, falls ill over the holiday period (or at any other time) call NHS Direct on 0845 4647. Medical professionals are on hand to give confidential health advice around the clock.

- **Accident & Emergency department, Broomfield Hospital, Court Road, Broomfield, Chelmsford, CM1 7WE. The service is situated on Level 2 in the new hospital wing. A & E has its own separate entrance and you can drive up to this. Follow the signs from the roundabout at the top of hospital approach. The main switchboard telephone number is 01245 443673:** Only for critical or life-threatening situations requiring medical attention, such as loss of consciousness, heavy blood loss, suspected broken bones, persistent chest pain, difficulty breathing, overdoses, ingestion or poisoning. If you think immediate treatment by paramedics is needed, call 999 for an emergency ambulance.

ends

December 10 2012

For further information contact Peter Richardson on 01206 843225 or 07778 067614.