

Winter media pack

Please find below a selection of articles and information you can use on your websites and newsletters over Christmas and into January/Feb. If you want any more information/ assets please email: antonia.smith@nhs.net

GP services available over the Christmas holidays

Across Greater Nottingham, you can book routine GP and Nurse appointments in the evening, at weekends and over bank holidays.

Pre-bookable appointments are available Monday-Friday, 6.30pm-8pm, plus weekends and bank holidays, and you can be seen by a GP, Nurse or Healthcare Assistant.

If you would like to arrange an appointment, or for more information on when and where appointments are available, speak to your practice receptionist. Please be aware that the appointment may take place at another GP Practice in the area.

If you need urgent medical advice when the surgery is closed, you should continue to call NHS 111.

Time to get festive but don't forget your prescriptions

Running out of daily medication over the festive period could have serious consequences for patients who rely on them to control heart and breathing problems, so don't leave it too late to order and collect repeat prescriptions this Christmas.

The busy festive period can make it difficult to remember the important, everyday things such as ordering repeat prescriptions. This is especially important, as those with long term conditions rely on their prescribed medication to help them keep their condition under control.

GP Practices have shorter opening hours during the Christmas holidays and the majority of pharmacies will also be closed on Christmas Day and New Year's Day, so it's important to order repeat prescriptions at least a week in advance so that the festive season can be enjoyed in good health.

Also double check you are prepared with sufficient over-the-counter remedies so that minor illnesses and injuries can be managed at home. Local pharmacies can provide useful advice and help deal with minor ailments without people having to see their GP about winter bugs like coughs, colds, sore throats, stomach upsets and flu.

Stay well this winter

GP's surgeries and A&E come under increasing pressure over the winter months, so we're asking you to consider whether you can self care if your illness is not serious.

Coughs, colds and other minor illnesses can often be managed with a visit to your local pharmacist, but if your symptoms persist we recommend you book an appointment with your GP.

We understand that some health problems get worse as the weather gets colder, and we want you to be able to access the right service for your health care needs.

There are lots of options available, from self-treatment to advice in a pharmacy, GP services, calling NHS 111, mental health services, walk-in and urgent care centres and A&E.

Gedling GP and Nottingham North and East Clinical Commissioning Group's clinical lead, Dr James Hopkinson says: "Often people needing medical help go straight to A&E when there may be another more appropriate service available, such as their GP, pharmacist, NHS 111 or their local walk-in or urgent care centre, all of which may be better placed to help.

"People tend to get better advice and faster treatment when they need it if they choose the right NHS service for their symptoms or illness, so I'd ask them to consider carefully before going straight to A&E."

Top tips for staying well this winter

- Keep your home warm, at least 18 degrees Celsius
- If eligible, make sure you get your FREE flu jab - speak to your doctor or pharmacist
- Make sure you keep taking any prescribed medicines and take them as directed
- If you are prescribed antibiotics, make sure you finish the course
- Keep a supply of cold and flu remedies in the house
- If you start to feel ill, get help from your pharmacy straight away
- A&E is for emergencies only. If your surgery is closed then NHS 111 can help you get the right treatment

Nottinghamshire pharmacy opening times

As the Christmas holidays approach it's important to remember that not all pharmacies will be open over the whole Christmas period, while most GP surgeries will be closed on Christmas Day, Boxing Day and New Year's Day.

So make sure you order any medication you need in plenty of time so you have a good supply during the festive period.

Pharmacy opening hours in Nottinghamshire can be found on the NHS Choices website (www.nhs.uk) along with information on walk-in centres, urgent care centres or minor injuries units. Patients can type in their postcode on the website to find their nearest services. You can download a pharmacy opening times poster here **(insert link to relevant opening times – the pdf file is on this email).**