

Press Release

10 January 2018

Make GPs and Nurses your first point of call for healthcare this winter

NHS Health leaders are encouraging people to choose the right service during winter. Many people aren't sure where to go for healthcare, but most problems can be managed by yourself and a well-stocked medicine cabinet, or by your pharmacist / GP or Nurse.

There are services available every single day, from pharmacies to out of hours doctors, Thurrock's Health Hubs and NHS111.

There is now a further service until 31 March 2018 at the Minor Injuries Unit in Orsett Hospital. A GP service will be available from 12pm to 6pm every day to provide a service for people who have an urgent medical problem but it's not life threatening. Minor Injuries can also help with all urgent health problems like minor burns, wounds and breaks. This will also benefit residents in Basildon and Brentwood.

Mandy Ansell, Accountable Officer, Thurrock Clinical Commissioning Group said:

"We recognise that getting to see a GP can be difficult, especially during the winter when there are more demands for appointments. That is why we've funded extra appointments at Orsett Minor Injuries Unit and through funding from NHS England, we are able to provide more access to GPs and nurses at our popular Health Hubs.

There are 640 extra appointments available in Thurrock Health Hubs. You can see a GP or nurse locally 7 days a week, so everyone should be able to make an appointment if they need one. For on the day support there's 24 extra GP appointments each week at Orsett MIU."

Dr Anand Deshpande, GP and Chair of Thurrock CCG said:

"Often when people are ill they panic and go straight to emergency departments, with flu circulating, it's a good idea to access other health services. More often than not, primary care services can help you.

"We are asking people to be sensible, make the right choices and access the care they need. We have pharmacies open every single day and they can help with a range of ailments."

Visit thurrockccg.nhs.uk for more information.

ENDS

Notes to Editors

About Thurrock Clinical Commissioning Group

Thurrock Clinical Commissioning Group (CCG) is responsible for the commissioning and delivery of local health care services. The CCG buys healthcare from hospitals, community and mental health services and some specialist services. service contracts with GPs, dentists, pharmacists and opticians are managed by [NHS England](#).

Driven by clinicians, the CCG is supported by a wide range of professionals and strategic partners, to commission and deliver joined up seamless quality services to the public, patients and carers of Thurrock. Our vision is that the health and care experience for the people of Thurrock will be improved as a result of our working together. Further information about Thurrock Clinical Commissioning Group is available from www.thurrockccg.nhs.uk