

Press Release

18 December 2017

Local NHS says keep calm and carry its new guide to services available over the festive period

NHS leaders across Thurrock and the whole of mid and south Essex area are putting together a range of information for local people to help them stay well this winter.

During the holiday period, many services are reduced but there are still services available every single day, from pharmacies to out of hours doctors, Thurrock's Health Hubs and NHS111.

There is a new service starting on Thursday 21 December at the Minor Injuries Unit in Orsett Hospital. A GP service will be available from 2pm to 6pm every day to provide a service for people over the festive period. Minor Injuries can also help with all urgent health problems like minor burns, wounds and breaks.

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

"From stocking up your medicine cabinet, to ordering your prescription medicines in time, there's lots we can all still do to prepare for the holiday period. We know that sometimes our health can be an issue over the colder months, so we've provided a helpful guide to help Thurrock people navigate available services throughout Christmas and the New Year."

Dr Vikram Bhat, GP Board Member and lead on planned and unplanned care said:

"Often people panic during bank holidays and go straight to emergency departments. More often than not, there is no need, as other services in Thurrock 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 can help with a range of ailments.

"There are out of hours GP appointments at our Health Hubs on Wednesdays, Fridays and the weekends and at Orsett Minor Injuries Unit, which is open every day except Christmas Day and Boxing Day. Don't forget that NHS111 will provide primary care support during other times of the holiday period.

"We are saying, don't panic, keep calm and carry our guide! Stay Well This Winter."

The guide can be downloaded from: <http://www.thurrockccg.nhs.uk/news>

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Notes to Editors

For information about Orsett Minor Injuries Unit, contact: 0300 300 1527

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