



## Media notice

### For immediate use

March

## Keeping well over the Easter period

NHS West Essex is encouraging everyone to be aware of health services available over the Easter period, choosing the right service can save you time. Whether you've eaten too many chocolate eggs and made yourself sick or you've fallen over in a mad dash to the egg hunt – make sure you know where to go. If you do fall ill consider the below options:

**Treat yourself** for simple illness and minor cuts, sprains, and burns. Keep simple painkillers and cough remedies in a safe place at home and have a first aid kit handy.

**Ask your local pharmacist** for advice on minor illness. They can provide expert advice and simple treatments. Pharmacy opening times over Easter are advertised in local newspapers, or check [www.nhs.uk](http://www.nhs.uk), please see list below.

**Call NHS Direct** 24 hours a day on 0845 4647. Their specialist nurses can provide clinical assessment and advice.

**Call your GP surgery or Out of Hours service**, for Out of hours call your surgery and you will be redirected or provided with a contact number.

**The Emergency Dental Line** 0845 070 1612

Available weekends and bank holidays between 10.00am – 2.00pm

**On the web** all local NHS services can be found via [www.nhs.uk](http://www.nhs.uk)

Local GP doctors' surgeries will be open all day on Thursday 28 March and again on Tuesday April 2 providing their normal range of services. Patients who require repeat medications are asked to plan ahead so that you're not left without vital medicine at Easter. If you need to get to the doctor's surgery for a repeat prescription, – make sure you provide your practice plenty of notice to prepare your prescription in time.

The accident and emergency department at Princes Alexandra Hospital should only be used 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.

**Good Friday – 29<sup>th</sup> March 2013**

Pharmacy	Address	Opening Hours
Boots	223 High Street, Epping, Essex, CM16 6BL	08:30-17:30

Boots, Loughton	230 High Road, Loughton, Essex, IG10 1EZ	10:00-16:00
Morrison's Pharmacy	246/250 High Street, Loughton, Essex, IG10 1RB	09:00-18:00
Asda Pharmacy	Water Gardens Southgate, Harlow, Essex, CM20 1AN	09:00-18:00
Sainsbury Pharmacy	Fifth Avenue, Allende Avenue, Harlow, Essex, CM20 2AG	08:30-21:00
Tesco Pharmacy	Tesco Superstore, Church Langley Way, Harlow, Essex, CM17 9TE	11:00-16:00
Boots	Market Place, Saffron Waldon, Essex, CB10 1HR	11:00-12:00
Ropers Pharmacy	3-5 High Street, Great Dunmow, Essex, CM6 1AB	11:00-12:00

### **Easter Sunday – 31<sup>st</sup> March 2013**

<b>Pharmacy</b>	<b>Address</b>	<b>Opening Hours</b>
North Weald Chemists	48 High Road, North Weald, Essex, CM16 6BU	11:00-13:00
Co-operative Pharmacy	3 The Arches, Hill Street, Saffron Waldon, Essex, CB10 1ED	11:00-12:00
Ropers Pharmacy	3-5 High Street, Great Dunmow, Essex, CM6 1AB	11:00-12:00
Netteswell Pharmacy	1 Pypers Hatch, Maddox Road, Harlow, Essex, CM20 3NG	10:00-12:00

### **Easter Monday – 1st April 2013**

<b>Pharmacy</b>	<b>Address</b>	<b>Opening Hours</b>
Boots, Epping	223 High Street, Epping, Essex, CM16 6BL	10:00-16:00
Morrison's Pharmacy	246/250 High Street, Loughton, Essex, IG10 1RB	09:00-18:00
Asda Pharmacy	Water Gardens Southgate, Harlow, Essex, CM20 1AN	09:00-18:00
Sainsbury Pharmacy	Fifth Avenue, Allende Avenue, Harlow, Essex, CM20 2AG	09:00-19:00
Tesco Pharmacy	Tesco Superstore, Church Langley Way, Harlow, Essex, CM17 9TE	11:00-16:00
Boots, Saffron Walden	Market Place, Saffron Waldon, Essex, CB10 1HR	11:00-12:00
Ropers Pharmacy	3-5 High Street, Great Dunmow, Essex, CM6 1AB	11:00-12:00

ENDS

### **Notes to Editors:**

For more information contact North Essex Communications team on 01245 459473.

**West Essex Clinical Commissioning Group (WECCG)** is the successor organisation to the Primary Care Trust.

It serves the communities in Epping Forest, Harlow and Uttlesford and the surrounding areas, approximately 293,000 people.

It currently exists in shadow form and will be fully authorised by 1 April 2013

WECCG Board is led by elected GP's, a senior Nurse, Lay members, senior NHS managers and a secondary care Consultant. Public Health and Social Services are also represented.

It is responsible for planning and buying healthcare through:

- assessing local needs
- listening to patients and public
- working in partnership
- designing services and agreeing contracts
- WECCG manages quality and performance

It is responsible for an annual budget, in total, of £449 million (2012/13 figures)