This winter you can get treatment and advice anytime here...

Self Care

www.nhs.uk

NHS 111

Pharmacist

- This handy guide from NHS South Sefton Clinical Commissioning Group will help you access the right health advice and treatment over the holiday period
- Included is some simple advice on what to do and where to go should you or a member of your family become ill and need medical help
- You can also look after yourself by stocking up on over the counter medicines and repeat prescriptions – but don't over order
- Pull this out and keep it in a safe place. This guide will make sure that you're ready and prepared for whatever winter has in store for you

EXAMINE YOUR OPTIONS

GP

GP Out-of-hours

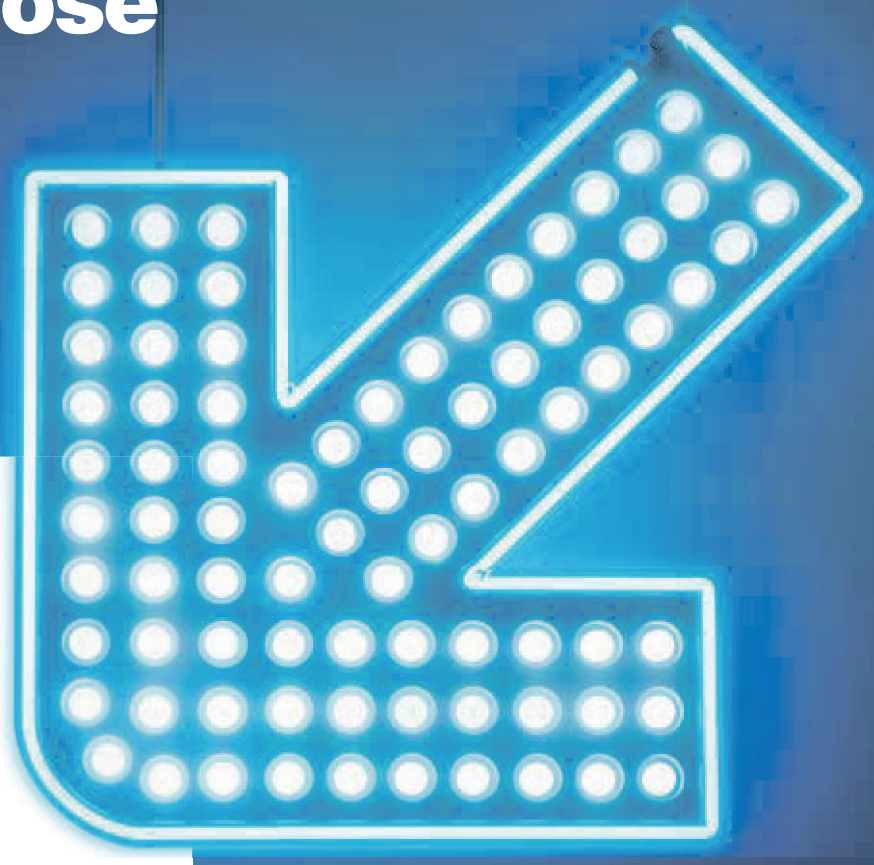
NHS Walk-in Services

NHS

For more information visit www.southseftonccg.nhs.uk

@NHSSSCCG

Get care for illnesses you can't treat yourself close to home here...



Self Care

www.nhs.uk

GP and GP Out-of-hours

- Your GP is available from 8am to 6.30pm weekdays with same day appointments available if necessary for you or your child
- Ear, nose, throat, chest infections and vomiting & diarrhoea are common over winter. Your GP is there to help if these illnesses are persisting and you are getting concerned
- When the surgery is closed, you can still see a GP with the GP out-of-hours service

NHS Walk-in Services

Pharmacist

Call 111 and get medical advice 24 hours a day here...

- You can still see a doctor if you need to when your surgery is closed by simply calling 111
- You can call 111 when you need medical help fast but it's not a 999 emergency
- NHS 111 is available 24 hours a day, every day of the year
- Calls are free from landlines and mobiles

Sefton Council Social Care Services for the festive period

Most Sefton Council buildings will be closed from Friday 22nd December 2017 until Monday 1st January 2018 Inclusive, re-opening Tuesday 2nd January 2018.

For Social care EMERGENCIES ONLY during daytime

Fri 22nd, Wed 27th, Thurs 28th & Fri 29th December 2017 please call:

Childrens Social Care
0151 934 3114

Adult Social Care
01704 704389 (North)
0151 529 3761 (South)

For Social care EMERGENCIES ONLY during the Christmas and New Year holidays and during evenings

(ie outside normal office hrs) please call:

The Emergency Duty Team
0151 934 3555

THESE NUMBERS ARE FOR SOCIAL CARE EMERGENCIES ONLY THAT CANNOT WAIT UNTIL TUESDAY 2ND JANUARY 2018

Sefton Council **sefton.gov.uk** **@seftoncouncil**

Look after yourself this winter...

Self Care

- Local pharmacies and www.nhs.uk offer expert advice on health issues without the need for an appointment
- Make sure you are up to date with your repeat prescriptions from your GP before weekends and Bank Holidays - but remember not to over order
- Ask your pharmacist about our Care at the Chemist scheme - you'll find a list of participating pharmacies on our website www.southseftonccg.nhs.uk
- Stock up on over the counter medicines before the festive period to treat:
  - Headaches
  - Fever
  - Indigestion
  - Sore throats
  - Coughs

Get answers to hundreds of health questions here

www.nhs.uk

- Find GPs, pharmacies and dentists in your area
- The largest health website in the country
- Information about hundreds of health issues
- Includes a symptom checker that offers advice if you have a health problem

There are a number of options to help you stay well this winter...

The flu vaccination is available every year on the NHS to protect eligible adults and children at risk of flu and its complications

If you are pregnant, 65 or over, have a long term health condition or care for someone who does, make sure you get your free flu jab

Make sure your children are protected against flu too and if you have 2-3 year olds speak to your GP about the free nasal vaccine

Keep your home at least 18 C (65 F) if you can

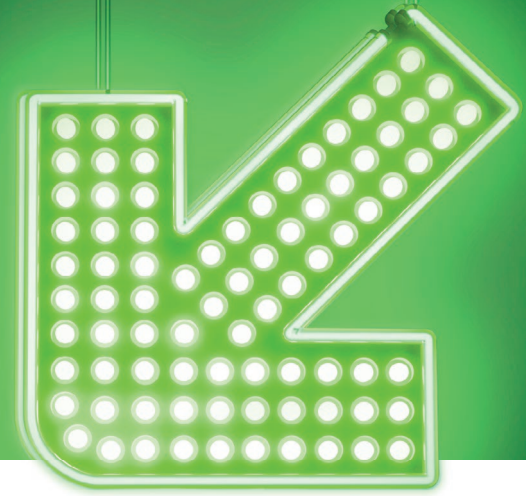
Look out for other people; friends, family and neighbours, who may need a bit of extra help

STAY WELL THIS WINTER

Dental

If you need emergency treatment when your dentist is closed for the holidays you can call 0161 476 9651 from 9am to 9.30pm every day, including weekends and Bank Holidays.

You don't need to book an appointment here...



Self Care

www.nhs.uk

Pharmacist

- Friendly, confidential, expert advice and treatment of everyday health issues
- Local, in your community
- Open early till late, no appointment needed
- Some other chemists may be open over Christmas and New Year but you can rely on the below opening times for pharmacies in your area

Pharmacy	Telephone	Christmas Day	Boxing Day	New Years Day 2018
Asda Pharmacy 81 Strand Road, Bootle, Liverpool, L20 4BB	0151 955 4120	CLOSED	9:00am to 6:00pm	10:00am to 6:00pm
Asda Pharmacy Ormskirk Road Aintree, Liverpool, L10 3LN	0151 520 4410	CLOSED	9:00am to 6:00pm	10:00am to 6:00pm
Boots Pharmacy Unit 5b, Aintree Racecourse Retail Park, L9 5AN	0151 523 7349	CLOSED	9:00am to 6:00pm	CLOSED
Drakes Pharmacy 1a, Aintree Road, Bootle, Liverpool, L20 9DL	0151 944 1007	12:00pm to 4:00pm	CLOSED	CLOSED
Higgins Pharmacy 77 Crosby Road North, Waterloo, Liverpool, L22 4QD	0151 920 6803	12:00pm to 2:00pm	CLOSED	CLOSED
Netherton Pharmacy Gordon Youth Centre, Durham Avenue, L30 1RF	0151 525 7706	12:00pm to 2:00pm	CLOSED	CLOSED
Rowlands Pharmacy 86 Waddicar Lane, Melling, Liverpool, L31 1DY	0151 546 0421	12:00pm to 2:00pm	CLOSED	CLOSED
Station Pharmacy 24 Station Road, Maghull, Liverpool, L31 3DB	0151 526 1805	10:00am to 12:00pm	CLOSED	CLOSED
Asda Pharmacy C12 Shopping Park, Derby Road, Southport, PR9 0TY	01704 502 260	CLOSED	9:00am to 6:00pm	10:00am to 6:00pm
Boots Pharmacy 31-39 Chapel Street, Southport, PR8 1AH	01704 533907	CLOSED	8:30am to 5:30pm	CLOSED
Boots Pharmacy Unit 3, C12 Shopping Park, Derby Road, PR9 0TQ	01704 536937	CLOSED	9:00am to 6:00pm	11:00am to 5:00pm
Cambridge Road Pharmacy 137 Cambridge Rd, Churchtown, PR9 7LT	01704 227065	2:00pm to 4:00pm	CLOSED	CLOSED
Fishlock Chemists 17 Station Road, Ainsdale, Southport, PR8 3HN	01704 575478	10:00am to 12:00pm	CLOSED	CLOSED
Lloyds Pharmacy In Sainsbury's, Lord Street, Southport, PR9 0AF	01704 531046	CLOSED	9:00am to 6:00pm	9:00am to 6:00pm
Ryders Chemist Ltd 41 Old Town Lane, Formby, L37 3HJ	01704 872173	12:00pm to 1:00pm	12:00pm to 1:00pm	CLOSED

Walk-in and receive treatment 365 days of the year here...

NHS Walk-in and Urgent Care Centres

- No need for an appointment
- The walk-in service treats minor illnesses and injuries that do not need a visit to accident and emergency
- All ages can get treatment here
- No matter where you live in Sefton, you can simply drop-in without an appointment, early till late most days

Litherland Walk-in Centre

Litherland Town Hall Health Centre, Hatton Hill Rd, Litherland L21 9JN Tel: 0151 475 4667

Open 8am-8pm everyday including Christmas Day, Boxing Day and New Year's Day

West Lancashire Urgent Care Centre

Ormskirk Hospital, Wigan Road, Ormskirk, L39 2AZ.

Open from 8am to 8pm every day.

Christmas times vary: Christmas Day 9am to 5pm, Boxing Day 8am to 8pm, New Year's Day 8am to 8pm

Skelmersdale Walk-in Centre

The Concourse, Skelmersdale, WN8 6LJ

Open 8am - 8pm Mon-Fri and 9am - 5pm Sat/Sun.

Christmas and New Year times vary: Christmas day 10am to 2pm, Boxing Day 9am to 5pm, New Year's Day 9am to 5pm

GP

GP Out of Hours

NHS 111