

## **EASTER HOLIDAYS 2019 – OCTAGON MEDICAL PRACTICE @ NENE VALLEY**

### **Guide to local NHS services available over Easter Bank Holiday**

Local residents are being urged to use NHS services wisely and ensure they choose the right service for their illness or injury over the Easter bank holiday weekend.

There will be a wide range of other local NHS services available during this time including:

#### **NHS 111**

For urgent medical help, go straight to NHS 111. You can either call 111 or go online at [www.111.nhs.uk](http://www.111.nhs.uk). You will be asked questions about your main symptom and directed to NHS services and medical help near you. NHS 111 is open 24/7, 365 days a year.

#### **Pharmacies**

Pharmacies are open across the Easter Bank Holiday weekend; including some on Easter Sunday. Pharmacies can help with a range of things including aches, hangovers, colds, emergency contraception, and non-prescription medication. General opening times for pharmacies can be found [HERE](#) or you can dial 111.

#### **Minor Illness and Injury Units (MIU)**

Minor Illness and Injury Units can treat a range of minor illnesses and injuries such as sprains and strains, broken bones, minor burns and scalds, minor head and eye injuries, bites and stings. No appointment necessary, opening hours are as follows:

- **Peterborough MIU**

City Care Centre, Thorpe Road, Peterborough, PE3 6DB

Tel: 01733 847090

Monday – Sunday: 8am-8pm

Open seven days a week, including weekends and Bank Holidays (Good Friday and Easter Monday)

- **Ely MIU**

Princess of Wales Hospital, Lynn Road, Ely, CB6 1DN

Tel: 01353 656675

Monday – Friday: 8.30am-6pm

Saturday/Sunday: 8.30-6pm

Easter Sunday/Bank holidays: 8.30-6pm

- **Doddington MIU**

Doddington Community Hospital, Benwick Road, Doddington, PE15 0UG

Tel: 01354 637078

Monday – Friday: 8.30am-6pm

Saturday/Sunday: 9am-5pm  
Easter Sunday/Bank holidays: 9am-5pm

- **Wisbech MIU**

North Cambridgeshire Hospital, The Park, Wisbech, PE13 3AB  
Tel: 01945 468787  
Monday –Friday: 8.30-6pm  
Saturday/Sunday: closed  
Easter Sunday/Bank Holidays: closed

### **Mental health services**

- **111 option 2**

The First Response Service (FRS) in Cambridgeshire and Peterborough provides those in mental health crisis the opportunity to get access to help quickly, by calling NHS 111 and selecting option 2.

The service allows patients or carers to speak to specially-trained mental health staff who can provide advice, support, and signposting to other services. The service is available 24/7, 365 days a year.

- [www.keep-your-head.com](http://www.keep-your-head.com)

[www.keep-your-head.com](http://www.keep-your-head.com) provides a wide range of information on wellbeing and mental health for adults and children in Cambridgeshire and Peterborough. It includes information on local services, self-help resources and general information on wellbeing and mental health.

### **[www.nhs.uk](http://www.nhs.uk)**

For advice and guidance on general health and wellbeing visit [www.nhs.uk](http://www.nhs.uk)

### **Dental emergency and out-of-hours care**

For urgent dental care, contact your usual dentist as some practices offer emergency dental slots and will provide care if clinically necessary. You can also call NHS 111, who can put you in touch with an urgent dental service.