



Halton and St Helens



GET THE RIGHT TREATMENT at the RIGHT place

In order for you to enjoy the festivities secure in the knowledge that your health and well-being is in good hands, we have collated a wealth of useful information to give you peace of mind over the holiday period.

There are many steps people can take to look after themselves during the Christmas and New Year period. The following information is intended as a guide.

Self Help

Having the right medicines to hand can treat a number of minor illnesses - like coughs and colds, at home. These can be obtained from your local chemist and, in many instances, from the local supermarket.

The following is just a simple checklist of the most likely items you might need. Remember these should be kept out of sight and reach of children.

The home medicine kit:

- Paracetamol/ aspirin tablets
- Paracetamol and/or ibuprofen syrups - preferably sugar free for children
- Never give aspirin to children under the age of 16 and follow the instructions on the packet with other drugs and medicines
- Decongestants - for those with stuffy noses
- Indigestion remedies, e.g., antacid tablets or liquids
- Antiseptic solutions or creams. Solutions are useful for cleaning minor cuts and grazes, but do read carefully, as some solutions need to be diluted in water before use
- Thermometer - preferably the forehead type for children.

Keep some First Aid items as well, such as:

- Adhesive plasters
- Assorted dressings and bandages - including elastic bandages
- Non-absorbent cotton wool
- Sharp scissors

GP Surgeries

Throughout the Christmas and New Year period - Christmas Day, Boxing Day and New Years Day - patients who require emergency medical treatment should contact their GP Practice in the usual way and will be given information on how to access the service.

NHS Direct

If you're unsure what to do or where you should go to get the right help call **NHS Direct** on **0845 4547** (24 hours a day, seven days a week, 365 days a year) or visit the website at www.nhsdirect.nhs.uk.

The lines are staffed by nurses and professional advisors, providing confidential advice and information on what to do if you or your family are feeling ill, at any time.

You can now access NHS Direct through your digital television. Simply press the interactive button on your remote control and scroll down to NHS Direct Interactive.



Emergency Dental Treatment

A Dental Out of Hours service will be available on Christmas Day, Boxing Day and New Years Day between 9am - 5pm. To access the service contact **0845 6710 270**.

Outside these hours, Halton patients should contact **0845 6710 270** where advice about dealing with a dental emergency can be sought. *(A dental emergency is a facial swelling, bleeding after extraction or an accident involving the mouth.)*

NHS Walk-in Centre

If you or someone in your family needs fast access to advice or treatment for a minor injury or illness, go to the Walk in Centre, where you will be treated by an experienced nurse.

Widnes Walk-in Centre, The Health Care Resource Centre, Oaks Place, Caldwell Road, Widnes, WA8 7GD
Tel: **0151 495 5000**

NO APPOINTMENT IS NECESSARY AND THE SERVICE IS AVAILABLE 7 DAYS A WEEK FROM 7 AM TO 10 PM.

PHLEBOTOMY

Due to limited hospital laboratory services over the Bank Holiday period blood tests will **NOT** be carried out on Christmas Day, Boxing Day and New Years Day.

Alternatively, you may visit the St Helens Minor Injuries Unit/Walk-in Centre at The Millennium Centre, Corporation Street, St Helens, WA10 1HJ. The Walk-in Centre is open 7 days a week, Monday to Saturday - 7 am to 10 pm and Sundays, 9 am - 10 pm.

Minor Injuries Unit Halton General Hospital

Hospital Way, Runcorn, Cheshire, WA7 2DA

OPENING TIMES:

9 am - 10 pm, 7 days a week, 365 days year



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Pharmacists (Chemists)

Pharmacists can offer advice on medicines and how they work. They can also offer advice on common complaints such as coughs, colds, aches and pains and other health issues and can often help you decide whether you need to see a doctor.

The following pharmacies will be OPEN on:

CHRISTMAS DAY, 25th DECEMBER 2008

- Boots UK Ltd, 11 am - 1 pm
21 High Street, Runcorn
- West Bank Pharmacy, 11 am - 1 pm
8a Mersey Road, Widnes

BOXING DAY, 26th DECEMBER 2008

- Halton Brook Pharmacy, 12 noon - 1 pm
27 Hillcrest, Runcorn
- Cooke's Chemist, 12 noon - 1 pm
Albert Road, Widnes

NEW YEARS DAY, 1st JANUARY 2009

- Boots UK Ltd, 12 noon - 1 pm
Castlefields, Runcorn
- Spencers Pharmacy, 12 noon - 1 pm
203 Hale Road, Widnes

Accident and Emergency

Warrington Hospital

Lovely Lane, Warrington, Cheshire, WA5 1QG
Service as normal on all days.

Whiston Hospital

Warrington Road, Prescot, Merseyside, L35 5DR
Service as normal on all days.

A&E is for emergencies only. It's the place to go if someone is seriously ill or injured. It is **NOT** for minor injuries or health problems.

A&E is **NOT** an alternative to seeing your GP.

Family Planning Clinics

The Community Sexual Health Service will be running the following clinics over the holiday period.

MONDAY, 22nd DECEMBER (normal opening)

Chapelfield Clinic	5.30 pm - 7 pm
Widnes HCRC	6.30 pm - 8 pm
St Paul's	6.30 pm - 8 pm

TUESDAY, 23rd DECEMBER (normal opening)

Widnes HCRC	3.30 pm - 5 pm
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WEDNESDAY, 24th DECEMBER

THURSDAY, 25th DECEMBER) CLOSED
FRIDAY, 26th DECEMBER)

MONDAY 29th DECEMBER (limited service)

Widnes HCRC	6.30 pm - 8 pm
St Paul's	6.30 pm - 8 pm

TUESDAY, 30th DECEMBER (normal opening)

Widnes HCRC	3.30 pm - 5.30 pm
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WEDNESDAY, 31st DECEMBER

THURSDAY, 1st JANUARY) CLOSED
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FRIDAY, 2nd JANUARY

Normal service resumes

Emergency contraception is available from the Widnes Walk-in Centre at the Health Care Resource Centre, Oaks Place, Caldwell Road, Widnes, which is open all over the Christmas/New Year period - 7 days a week, 7 am - 10 pm.

Alternatively, the St Helens Walk-in Centre, Corporation Street, St Helens is open Monday to Saturday, 7 am - 10 pm and Sundays, 9 am - 10 pm.

Connexions (Young People's Clinic)

Young People's Sexual Health Clinic opening times over Christmas and New Year are:

MONDAY, 22nd DECEMBER

3.30 - 5.30 pm

Be prepared for winter

Keeping well To keep fit and well in winter you should try to carry on doing the things that keep you fit and well during the rest of the year. So, get ready for winter by looking at what you normally do every day.

Smoking If you smoke, try to stop now. The evidence shows that giving up smoking can improve your health, no matter how old you are. For confidential advice and support with giving up smoking, call the **NHS Smoking Helpline: Freephone 0800 022 4332**

Eating Try to eat a mixed diet and take plenty of hot drinks on cold days.
Exercise Stay as active as you can during winter, as well as during the rest of the year.

Have a flu jab Flu is a particular winter problem. It can be a serious health hazard for anyone in an 'at risk' group. Flu immunisation is strongly recommended for these groups, and is free. Talk to your GP or local surgery.



NHS Halton and St Helens wishes everyone a **HAPPY AND HEALTHY CHRISTMAS AND NEW YEAR**

