



Stay Well
this
Christmas & New Year



Your GP practice will be closed on:

Sunday 25 December 2016

Sunday 1 January 2017

Monday 26 December 2016

Monday 2 January 2017

Tuesday 27 December 2016

*Those practices that hold surgeries on Saturdays may still do so.
Check your practice opening hours for the Saturdays 24 and 31
December 2016*

Know your healthcare options:



When it's less urgent
than 999

Call 111 for health advice or to see a GP or nurse when your surgery is closed

It is free and professionals are on hand to guide you 24 hours and seven days a week

Pharmacists advise on anything from colds to long term conditions

Pharmacies open as usual on Saturdays 24 and 31 December. Bank Holiday opening times apply on Monday 26 and Tuesday 27 December 2016 and Monday 2 January 2017. Call 111 for a list or visit our website.



Ask your pharmacist first for advice about treating minor conditions

Other useful information

- District nurses will still be doing their rounds.
- Wellbeing Suffolk Service Freephone 0300 1231781
- Samaritans Freephone 116 123



www.ipswichandeastsuffolkccg.nhs.uk