



## **PRESS RELEASE**

Wednesday, 16 December, 2020

# **Make Sure You Are Stocking Up Over Christmas and New Year**

Make sure you are stocking up for all your health needs over the Christmas and New Year period, say health bosses at Shropshire, Telford and Wrekin Clinical Commissioning Groups (CCGs).

With the festivities fast approaching, check that you have the essentials such as ibuprofen, paracetamol, antiseptic cream, plasters and indigestion treatment at home.

All of these are available to buy without a prescription at a small cost from a pharmacy, supermarket and other stores. Your pharmacist will also be able to give you free advice on minor conditions and over-the-counter treatments.

If you have a regular prescription, make sure you have enough to cover the festive period and you collect it in advance.

GP practices in Shropshire, Telford and Wrekin will be closed on Christmas Day, Boxing Day Bank Holiday (Monday, 28 December) and New Year's Day, but there are other services available.

For anyone who needs urgent medical help or advice they can call NHS 111 for free 24 hours a day, seven days a week, or they can access the service online at [111.nhs.uk](https://111.nhs.uk).

A number of pharmacies will be open for limited hours, on a rota on Christmas Day, Boxing Day (Monday, 28 December), New Year's Day and the weekends. You can also download the NHS App to check symptoms, book GP appointments during normal opening hours, and request repeat prescriptions.

Dr Julian Povey, Chair of Shropshire, Telford and Wrekin Clinical Commissioning Groups (CCG), said: "We want everyone to enjoy their Christmas and that's why it is important that people think ahead and get in anything they may need to keep them healthy."

“Your local pharmacist can offer you free health advice without the need of an appointment, or if you are feeling unwell and need urgent health advice call NHS 111 or visit [111.nhs.uk](http://111.nhs.uk).

“Remember we can all help look after ourselves by stocking up on the essentials to treat minor ailments at home.”

For pharmacy opening times in Shropshire, Telford & Wrekin [click here](#).

For more information on what you can do to stay well this winter, please visit: [www.nhs.uk/staywell](http://www.nhs.uk/staywell).

For further information and advice on self care, pop into your nearest pharmacy or visit: [www.shropshireccg.nhs.uk/health-advice/self-care](http://www.shropshireccg.nhs.uk/health-advice/self-care).

## **Ends**

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Note to Editors:

### **Shropshire, Telford and Wrekin Clinical Commissioning Groups**

Shropshire, Telford and Wrekin Clinical Commissioning Groups (CCGs) are responsible for the planning and commissioning (buying) of health and care services from a range of providers for the people of Shropshire, Telford and Wrekin. They also have a duty to monitor these services to ensure they provide a high level of care and are value for money.

They are clinically led organisations with 54 GP practices which provide healthcare services for patients across the County registered with a local GP. The CCGs buy a wide range of services and these include GP and Primary Care services through to hospital care as well as community services and mental health services.

For further information please email: [shrccg.communicationsteam@nhs.net](mailto:shrccg.communicationsteam@nhs.net).