

## Home Medicine Cabinet

For some minor ailments, it is worth keeping a few items in your home. This will save you making a trip to the chemist – especially if the chemist happens to be closed. Here are a few examples of medications available without prescription that may help with minor ailments.

Symptoms	Medication	Special Precautions
Mild pain, slightly raised temperature, common cold	Paracetamol	This product must not be used if you have problems with your liver, or are taking other products which contain paracetamol.
Headaches, sore throats, colds, painful bruises	Soluble Aspirin	Adults/Older children only
Indigestion	Gaviscon*	Do not take this product if you are on a low salt diet.
Cough	Simple linctus	Do not take this if you suffer from diabetes. A sugar free formula is available.
Catarrh, dry coughs, stuffy noses	Vapour rub	Rub on the chest and nose
Constipation	Lactulose	Do not take this if you already take other laxatives, are diabetic or are taking an oral antibiotic.
Sore throat	Antiseptic lozenges	Do not take if you suffer from diabetes.
Diarrhoea	Imodium **	

\* *Gaviscon is a trade name for one type of calcium based antacid. Other products are available.*

\*\* *Imodium is a trade name of Loperamide. Other trade names include Loperagen and Norimode.*

# FEELING UNWELL? Who can help?



## Your G.P. Surgery

Your G.P. is your obvious first thought but G.P.s are always very busy and it is not always easy to get an immediate appointment. Indeed it may not be necessary to visit your G.P. There are other health professionals who may be able to help you by giving advice or assistance.

Firstly, did you know you can book a **telephone consultation** with your G.P.? Just call the surgery for details or look at the Practice web site.

**Surgery telephone number** **01277 658071**

**Web address** **[www.gps-billericayhealthcentre.co.uk](http://www.gps-billericayhealthcentre.co.uk)**

It may be easier to arrange an appointment with a **Practice Nurse** who could either help you directly or who could advise on what is best to do next.

## Out of Hours Service

When the surgery is closed, the usual surgery number will divert automatically to the **Out of Hours Service**. The service used by the Practice is the NHS's national 111 service. Please be aware that if you use this re-direct service you may be charged for the diversion. Alternatively you can contact the service direct by dialling **111**, to which all calls from landlines and mobiles are free.

This service has replaced the previous 'NHS Direct' service and is available 24 hours a day, 365 days a year.

You will be assessed by trained staff, given advice and directed straight away to the service that can help you best – that could be your own GP, an out-of-hours GP, walk-in centre, community nurse, emergency dentist, late opening chemist or an ambulance.

## Pharmacist

Your local pharmacist usually has a private consultation room available where you can discuss with them your problem. They may be able to recommend a suitable medication that is available 'over-the-counter' or could advise you if a G.P. appointment is necessary. To find your nearest pharmacist, call **Freephone 0800 587 9159**

## Hospital

A&E should only be used in a critical or life-threatening situation. Of course, if you have a serious illness or a bad injury, it may be necessary to go to the nearest hospital Accident & Emergency department. These departments can be extremely busy, especially at weekends and bank holidays and you may have to wait a long time while more urgent patients are treated first.

**As always, FOR LIFE-THREATENING EMERGENCIES**

**DIAL 999**

## Walk-in Centres

To treat minor illnesses and injuries that do not need a visit to A&E, NHS Walk-in Centres are available in Thurrock, Southend and Chelmsford. You will be seen by a GP or nurse and these are open 365 days a year between 8am and 8pm.

*Thurrock Health Centre 55 - 57 High Street Grays RM17 6NP  
Tel: 01375 898700.*

*St Luke's Health Centre, located behind Cumberlege Intermediate Care Centre, Pantile Avenue, Southend on Sea SS2 4BD  
Tel: 01702 611505.*

*North Chelmsford NHS Healthcare Centre, 2 White Hart Lane, Springfield, Chelmsford, Essex CM2 5EF (adj. to Sainsbury's)  
Tel: 0300 123 3366*

## Minor Injuries Unit

For minor injuries such as a scald or sprain, NHS South West Essex Community Services offer a **Minor Injuries Unit** at Orsett Hospital. This is available every day from 10am to 7:30pm. X-ray appointments need to be booked in by 4pm. There are no x-ray services over the weekend. On the last Thursday of each month, doors close at 6.30pm.

*Orsett Hospital Minor Injuries, Rowley Rd, Orsett, Essex RM16 3EU  
Tel: 01268 592300*