

Holiday health advice and pharmacy opening times

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In the run up to the Christmas and New Year holiday period, we're working with partners to promote where you can go for health advice and treatment when your GP practice and other regular services are closed. At any time of the year there are a range of options for you to choose from outside normal opening times. This includes contacting NHS 111 online (111.nhs.uk) or by phone, speaking with a high street pharmacist, or visiting a walk in centre.

The NHS App and pharmacies can provide a range of advice to help you to self care, whilst NHS 111 can arrange for anyone who needs to see a doctor outside regular working hours to do so. The GP extended access service can offer anyone registered with a GP practice in Sefton a non-urgent routine appointment with a GP, advance nurse practitioner or health care assistant of an evening and weekend 365 days a year. These are bookable via your GP practice or NHS 111 if your practice is closed.

You can view our four page advert, which was in the Champion newspapers this week [here](#). This has pull out and keep details of pharmacy opening times over the bank holiday period.

Details of help and support at any time of the year can also be found on our website in the ['your health and services' sections](#).

Sefton residents invited to share their views

We are currently supporting a number of local and national involvement exercises which are seeking the views of local people on their experiences of local health and care services.

These exercises are listed below.

You can find out more about the individual exercises by clicking on the links or by visiting the [current exercises](#) page on our website.

[Patients invited to share views on hospital based eye services](#)

NHS England and Improvement are currently running the #100 voices patient experience campaign and asking patients for their views on hospital based eye services.

Those who have experience of these services are invited to complete a survey which closes on Monday 30 December.

[National cancer survey - call for patient views](#)

Throughout December, NHS England will be inviting more than 100,000 cancer patients nationally to take part in a survey about their care.

Those patients who receive a letter are encouraged to complete the survey before it closes on Tuesday 31 March 2020.

We would like to take this opportunity to thank you for your continued interest in your local NHS and to wish you a happy and healthy Christmas and New Year.

Best wishes,

**Communications and Engagement team
NHS Southport and Formby CCG**