

South Kent Coast: Bank holiday advice for east Kent residents

NHS

We can help you with minor health concerns

We're healthcare experts who can give you clinical advice, right here and now. And if symptoms suggest it's more serious, we'll ensure you get the help you need.

We're here to help you and your family stay well.

STAYWELL

nhs.uk/staywellpharmacy

Kristi Anderson, Pharmacy Technician

Doctors in east Kent are urging residents to stock up on their medicines before the May bank holiday weekends.

People with asthma, diabetes or any other long-term health condition, who take regular medication to keep them well, should make sure they have enough to last the bank holiday weekends. Anyone who is going away on holiday is asked to make sure they take their medication with them.

As the pollen count rises at this time of year, one person in five is likely to suffer from hay fever, which causes sneezing, a runny nose and itchy eyes.

Not everyone knows that treatment can be provided by a pharmacist rather than having to book an appointment to see a GP. Many treatments are available from as little as £1 from a pharmacy or supermarket.

Pharmacists also provide expert, free, confidential advice on health issues such as cold sores, constipation, coughs, cystitis, diarrhoea, headache, mild eczema, sunburn, sprains and strains. You can simply turn up and ask for advice with no prior appointment.

If the sun breaks through, people are also reminded to use sunscreen, sunhats, and to drink plenty of water to stave off sunburn and dehydration.

Dr Jonathan Bryant, Chair of NHS South Kent Coast Clinical Commissioning Group (CCG), said: "GP surgeries will be closed on the bank holiday Mondays in May, so it is important for anyone who takes regular medication to make sure they have sufficient supply.

"If you do run out of medicine, contact your local pharmacy. Pharmacists can offer help and advice on many illnesses, such as colds and fevers, which can be treated at home without the need to see a doctor. And your regular pharmacist may be able to supply a small amount of emergency medication, to tide you over, if needed.

"Why not take time now to restock your medicine cabinet with essentials such as paracetamol, plasters and children's medicine to avoid an urgent trip out over the bank holiday weekend?

"There are local pharmacies open on both bank holidays, and, to find them, people can use Health Help Now which is available on the web at www.healthhelpnow.nhs.uk or it can be downloaded from the Google Play and the App Store.

"If you urgently need medical care when your GP practice is closed, and the pharmacy can't help, please ring NHS 111 for advice. They can arrange for you to see an out-of-hours GP service if necessary."

Around 95 per cent of people live within a 20 minute walk of a local community pharmacy, making pharmacists easily accessible and a valuable first port of call for minor health concerns such as coughs, colds, tummy troubles or teething.

Around 18 million GP appointments and 2.1 million visits to A&E are for self-treatable conditions - such as coughs and tummy troubles - at a cost of more than £850 million each year to the NHS.

The call for people, in particular the five million parents of children under five, to use their local pharmacist first for advice is part of the NHS Stay Well Pharmacy campaign. It is backed by pharmacists and Netmums, the UK's biggest parenting website.

Minor injury units

There are also seven minor injury units in east Kent which can treat a number of conditions. Patients are often seen much quicker at an MIU than an A&E department.

Canterbury

Kent and Canterbury Hospital, Ethelbert Road, CT1 3NG Tel: 01227 864244

Open 24 hours a day, 7 days a week

X-ray - Mon – Fri: 8am to 8pm, Sat & Sun: 8am to 4pm

Deal

Victoria Hospital Minor Injury Unit, London Road CT14 9UA Tel: 01304 865420

Open daily, 8am to 8pm

X-ray - Mon – Fri: 9am to 4.45pm

Dover

Buckland Hospital, Coombe Valley Road CT17 0HD Tel: 01304 222621

Open daily, 8am to 8pm

X-ray - Mon – Fri: 9am to 4.45pm

Herne Bay

Queen Victoria Memorial Hospital, King Edward Avenue CT6 6EB Tel: 01227 594700
Open daily, 8am to 8pm
X-ray, phone for times

Faversham

Faversham Health Centre, Bank Street ME13 8QR Tel: 01795 562005
Open daily, 8am to 8pm
X-ray - Mon – Fri: 10am to 4pm

Folkestone

Royal Victoria Hospital, Radnor Park Avenue CT19 5BN Tel: 01303 852727
Open daily, 8am to 8pm
X-Ray - Mon - Fri: 9am - 5pm

Whitstable

Estuary View Medical Centre, Boorman Way CT5 3SE (Sat nav: CT5 3RL) Tel: 01227 284300
Open daily, 8am to 8pm
X-ray – Mon-Sat: 8am to 8pm

Helplines

The Dementia Helpline is open 9am to 5pm, Monday to Friday.

Kent Mental Health Matters support line (08001 070160) is open all hours.

Samaritans provides confidential support for anyone feeling down, depressed or anxious, as well as those who may be feeling despair. Volunteers can be contacted 24/7 on 116 123 (UK), or email jo@samaritans.org or face-to-face; visit www.samaritans.org for details of your local branch.

If you need urgent medical help but it is not a 999 emergency, call the free NHS 111 phone service.

Contact information

Amanda Crawford
Communications officer
NEL CSU
03000 424499
amanda.crawford1@nhs.net

Downloads



StayWell Pharmacy2

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