



March 21st, 2016

Stay well for Easter

South Tynesiders are being asked to help their local hospital to deal with the very sick over the busy Easter period.

South Tyneside NHS Foundation Trust's Chief Operating Officer Michelle Arrowsmith said: "We expect that our staff at South Tyneside District Hospital will be extremely busy over the Bank Holiday weekend and beyond. As a result, some patients may wait longer than we would like in our Accident and Emergency (A&E) department. The public can really help us to manage the pressure by remembering that A&E is for serious and life-threatening injuries and conditions in the main and we would ask them to please think about the things they can do to stay well by looking after themselves."

The Trust has drawn up a list of tips for staying well over Easter:

- Ask your local community pharmacist for help, advice and support to treat common or less serious illnesses, such as coughs, colds, upset stomachs and skin problems. For pharmacy Easter opening times in South Tyneside, see below
- If you take prescribed medicines, make sure that you have enough to last over the holiday period.
- If you or one of your relatives is a frequent patient at the hospital, make sure that you, your GP and your community nurse have an up-to-date plan which will help you to manage your condition at home.
- Know the opening times of your own GP practice and if you are feeling poorly get an appointment as soon as you can with your own doctor - don't leave it too late.
- Dial NHS 111 if you are unsure which service you need.
- For information on walk-in centres, urgent care centres or minor injuries units go to www.nhs.uk and type in your postcode.

ends

Pictured above: Chief Operating Officer Michelle Arrowsmith

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan

For press enquiries on this release, contact 0191 404 1128 or email kay.jordan@stft.nhs.uk



South Tyneside Pharmacy Easter Bank Holiday Opening Times 2016

Pharmacy	Address	Telephone Number	Good Friday 25th March 2016	Easter Sunday 27th March 2016	Easter Monday 28th March 2016
Asda Pharmacy	Coronation Street South Shields NE33 1AZ	0191 2758030	11:00 - 13:00 14:00 - 17:00	Closed	11:00 - 13:00 14:00 - 17:00
Asda Pharmacy	North Road Boldon Colliery NE35 9AR	0191 5374700	11:00 - 13:00 14:00 - 17:00	Closed	11:00 - 13:00 14:00 - 17:00
Ashchem Chemists	96 Boldon Lane South Shields NE34 0BY	0191 4553222	Closed	17:00 - 22:00	Closed
Boots	Unit 1 49-61 King Street South Shields NE33 1DA	0191 4560616	10:00 - 15:00	Closed	10:00 - 14:00
Tesco Instore Pharmacy	Towers Place Simonside South Shields NE34 9QD	0191 4040647	11:00 - 16:00	Closed	11:00 - 16:00
Whiteleas Pharmacy	176 Whiteleas Way Whiteleas South Shields NE34 8HF	0191 5362830	Closed	10:00 - 12:00	Closed
Morrisons Pharmacy	8 Viking Precinct Jarrow NE32 3LQ	0191 4898534	09:00 - 13:00 14:00 - 17:00	Closed	09:00 - 13:00 14:00 - 17:00

You are advised to telephone the pharmacy prior to attending.
If you require advice out of hours, please contact: 111.