

Junior Doctors' Industrial Action

8am - 5pm Tuesday 26th April & Wednesday 27th April, 2016

HOW YOU CAN HELP US TO HELP YOU!

THE FACTS

Junior doctors are taking industrial action on April 26th and 27th. This will be very different from the previous action taken as they will not be providing emergency cover. The latest industrial action is also in the week before the early May Bank Holiday weekend, which is always a very busy time for your local health services.

WHAT DOES THIS MEAN?

- During the period of industrial action on April 26th and 27th, the Trust will have to reduce the services it usually provides at South Tyneside District Hospital but services will still be available if you need EMERGENCY, CRITICAL or URGENT care.
- If you require emergency medical treatment, senior doctors and consultants will be on duty to provide your care.
- We will have to cancel some procedures and clinics and will rearrange them to another date. We apologise for any inconvenience but if we do need to rearrange your appointment we will do so as soon as possible.
- Because there will be fewer junior doctors working on April 26th and 27th, the District Hospital will be very busy and, if you attend our A&E, you may have to wait longer than usual.

WHAT CAN YOU DO TO HELP?

PLEASE HELP US TO KEEP THE HOSPITAL SERVICE FOR EMERGENCIES ONLY

Do what you can to stay well and look after yourself:

- If you take prescribed medicines, please make sure that you have enough to last until May 3rd, after the Bank Holiday.
- If you, or one of your relatives, is often unwell, please make sure that you, your GP and your community nurse have an up-to-date plan which will help you to be treated at home for as long as possible.
- Make sure that you 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!
- Ring the NHS line on 111 for expert advice. They can also make an appointment for you with the right person if you need one.



- For more information about the Junior Doctors' Strike and alternative NHS services available please visit NHS Choices at www.nhs.uk
- If you can, wait to see your own GP until May 3rd, once the period of industrial action and the May Bank Holiday are over. Your local community pharmacist can give you help, advice and support and the opening times for the Bank holiday weekend are listed below:

South Tyneside - Pharmacy May Bank Holiday Opening 2016

Pharmacy	Address	Telephone Number	May Bank Holiday Monday 2nd May 2016
Asda Pharmacy	Coronation Street South Shields NE33 1AZ	0191 2758030	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
Boots	Unit 1, 49-61 King Street South Shields NE33 1DA	0191 4560616	10:00 14:00
Tesco Instore Pharmacy	Towers Place Simonside South Shields NE34 9QD	0191 4040647	11:00 - 16:00
Morrisons Pharmacy	8 Viking Precinct Jarrow NE32 3LQ	0191 4898534	09:00 - 13:00 14:00 - 17:00