



KEEP WELL AND ENJOY THE AUGUST BANK HOLIDAY DON'T SPEND IT IN HOSPITAL!!!!

TOP TIPS FROM SOUTH TYNESIDE NHS FOUNDATION TRUST

The District Hospital will be extremely busy over the August Bank Holiday and therefore some patients may wait longer than we would like in our Accident and Emergency department. Please think about what you can do to stay well, look after yourself and enjoy the long weekend.

- If you take prescribed medicines, please make sure that you have enough to last over the holiday period
- 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
- If you can, wait to make an appointment with your own GP after the Bank Holiday.
- Ask your local community pharmacist for help, advice and support - the opening times are listed below :

South Tyneside - Pharmacy August Bank Holiday Opening 2016

Pharmacy	Address	Telephone Number	August Bank Holiday Monday 29th 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

PLEASE HELP US TO KEEP HOSPITAL SERVICES FOR EMERGENCIES ONLY