

Helping you stay well



It is important to look after yourself and stay well. Your local NHS is here to help, providing you with the right care at the right time. For many common complaints, a visit to your pharmacist, walk-in centre or other health service could be more appropriate than a stressful trip to A&E.



Dr Amol Kelshiker, Chair of Harlow CCG and a local GP

Feeling unwell?



I had a terrible cough and a cold coming home from work the other week. A friend told me to see my local pharmacist. I wasn't sure at first, but the pharmacist was great in advising me on the safe use of prescription and over-the-counter medicines. I was on the mend in no time!

Glad you're feeling better. I recently had a rash that I was concerned about, and couldn't wait for a slot at my local GP practice. So I went to one of three walk-in centres that are available in the borough and was seen by a clinician. It was really easy to use. Don't use it for a routine appointment though, only if it's urgent.



Have all of you heard about Urgent Care Centres? I had a really bad eye infection that wouldn't go away. I went to an Urgent Care Centre who were able to treat the problem. In fact, they treat a whole range of common urgent care complaints including bites, stings, cuts and grazes.

It's always good to know what service to use. However, I felt ill recently and didn't know what the problem was. I called 111 and they directed me to the best service to suit my needs. Phone 111 if you need medical help fast, but it's not life threatening. It's fast, easy and free and available 24 hours a day, 365 days a year.



putting patients first

About Harlow CCG

Harlow CCG is the GP-led organisation responsible for planning and buying (commissioning) many of the health services needed by the 239,100 people who live in Harlow. Visit our website www.harlowccg.nhs.uk to find out more about local health services.