



For immediate release

25 May 2011

Bank holiday – please Choose Well

Families are being urged to Choose Well if they need medical care in Leicester, Leicestershire and Rutland during the May bank holiday weekend

With many GP practices due to close on Monday May 30 for the bank holiday it is important everyone knows the most appropriate place to go when feeling unwell:

- **Self care** – every day illnesses like a headache, hangover, sore throat or cough can be treated at home by using over-the-counter medicines. Your local pharmacist will be happy to give you more advice. If you are unsure about the right treatment call NHS Direct on 0845 4647.
- **Minor injury or urgent care services** – for vomiting, ear pain, sore belly, backache, cuts, sprains, strains and itches visit your local minor injury service at the venues listed in the table below or for urgent medical care than cannot wait until your GP surgery opens call the Out of Hours service on 0845 045 0411.
- **A&E** – if you have chest pain, difficulty breathing, loss of blood or loss of consciousness go straight to A&E or dial 999 in an emergency.

Loughborough walk-in centre	24 hours
Oadby and Wigston walk-in medical centre	8am-8pm
Lutterworth Minor Injury Unit at Feilding Palmer Hospital	9am-9pm
Market Harborough Minor Injury and Illness Unit at Market Harborough District Hospital	9am-9pm
Latham House Medical Practice, Melton: Minor Injury and Illness Unit	Monday to Friday 8.30am-6pm
Melton Minor Injury and Illness Unit at	Saturday, Sunday and Bank Holidays

Melton Mowbray Hospital	9.30am-1.30pm
Rutland Minor Injury and Illness Unit at Rutland Memorial Hospital	Monday to Friday 9am-9pm
Leicester Royal Infirmary Urgent Care Centre	24 hours
The Merlyn Vaz Health and Social Care Centre	8am-8pm

For details of pharmacies open in Leicester during Bank Holidays visit NHS Leicester City's website at <http://www.leicestercity.nhs.uk/YourHealth-Needhealthcare.aspx> and for Leicestershire and Rutland visit NHS Leicestershire County and Rutland's website at <http://www.lcr.nhs.uk/Library/PHARMACIESopenoverEASTER2011v2.doc>

For out of hours emergency dental advice in Leicester, Leicestershire and Rutland call 0845 840 0065.

ENDS

For interviews or more information please contact county media officer Caroline Higgs on 0116 295 7663 or caroline.higgs@lcr.nhs.uk or city media officer Liz Thomas on 0116 295 4123 or liz.thomas@leicestercity.nhs.uk

Notes to editor:

NHS Leicester City is the operating name for Leicester City Primary Care Trust.

NHS Leicestershire County and Rutland is the operating name for Leicestershire County and Rutland Primary Care Trust (PCT).