

# Christmas and New Year

We wish our patients and their carers a happy and healthy holiday season.  
In case you need health advice, this information may be helpful:

## 2019-20 CHRISTMAS AND NEW YEAR OPENING HOURS

### Alexandra Surgery:

Tue 24 Dec - closing at 4pm

Wed 25 Dec - closed

Thu 26 Dec - closed

Fri 27 Dec - open at normal hours

Sat 28 Dec - closed

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Mon 30 Dec - open at normal hours

Tue 31 Dec - closing at 4pm

Wed 1 Jan - closed

Thu 2 Jan - open at normal hours

### 2019-2010 Christmas and New Year access to GP:

**NHS Haringey**  
Clinical Commissioning Service

## Need to see a GP or nurse in the evening or at the weekend?

Appointments are now available for *all* patients registered at any Haringey GP practice.

Monday to Friday: 6:30pm – 8:30pm  
Weekends and Public Holidays: 8am – 8pm\*

Contact your GP practice or call 0330 053 9499 during the above opening hours to book an appointment at one of four locations:

- Bounds Green Group Practice, Gordon Road, London N11 2NF
- Somerset Gardens Family Health Centre, 4 Crighton Road, London N17 8NW
- Queenswood Medical Practice, 151 Park Road, London N8 8JD
- Lawrence House Surgery, 107 Philip Lane, Tottenham, London N15 4JB

\* Closing times may vary

**Remember:**  
ABE is for life threatening emergencies only. Dial 111 if you need medical help fast but it's not a 999 emergency.

See the nurse 10.00 am

Monday 20:00  
Doctor's Appointment

Mon, Tue, Wed, Thu, Fri, Sat, Sun

## IF YOU ARE FEELING LOW:

Christmas is a time when many people expect to be happy. This can actually put a lot of added pressure on those people who aren't feeling that way.

When you are feeling really depressed, down or just not yourself, here are some people ready to help:

### Call 116 123

- Lines are open 24/7. Calls are free from any phone

### Email [jo@samaritans.org](mailto:jo@samaritans.org)

- Write down your thoughts. Expect a response within 24 hours

### Pop in to see someone

- The centre nearest to Alexandra Surgery is at:  
Shaftesbury Hall, Herbert Road, London N11 2QN (near Bowes Park stn.)

Monday	10 a.m. – 1 p.m.	4 p.m. – 9 p.m.
Tuesday	10 a.m. – 1 p.m.	7 p.m. – 9 p.m.
Wednesday	1 p.m. – 4 p.m.	6:30 p.m. – 9 p.m.
Thursday	1 p.m. – 9 p.m.	
Friday	6 p.m. – 9 p.m.	
Saturday	5 p.m. – 9 p.m.	
Sunday	10 a.m. – 1 p.m.	5 p.m. – 9 p.m.

- For another location near you, check:

[www.samaritans.org/how-we-can-help/contact-samaritan/visit-us-branch/](http://www.samaritans.org/how-we-can-help/contact-samaritan/visit-us-branch/)

### Text 07725 909090

- Many people don't like talking on the phone or find it difficult to open up to friends and family. Some people are more comfortable texting.
- A crisis counsellor will text with you.
- It's a new service run by Samaritans, so response time can be variable.
- If urgent, do try to phone the 116 123 number.

## Call NHS 111

- If you need medical advice fast but it's not life threatening then call NHS 111 and a fully trained adviser will be able to advise and suggest the best option for you.
- Depending on the situation, the NHS 111 team can connect you to a nurse, emergency dentist or even a GP, and can arrange face-to-face appointments if they think you need one. NHS 111 advisers can also assess if you need an ambulance and send one immediately if necessary.
- The service is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

## Haringey pharmacies' bank holiday opening times and contact details

Name	Address	Telephone no.	Christmas Day 25 December 2019	Boxing Day 26 December 2019	New Year's Day 1 January 2020
Somerset Gardens Pharmacy	Somerset Gardens Family Health Centre, 4 Creighton Road, London N17 8NW	020 8801 3539	8:30am - 8:30pm	8:30am - 8:30pm	8:30am - 8:30pm
Boots (Wood Green)	137-139 High Road, London, N22 6BA	020 8881 0101	Closed	10:00am - 6:00pm	Closed
Boots (Tottenham Hale Retail Park)	3 Tottenham Hale Retail Park, Broad Lane, London, N15 4QD	020 8801 7243	Closed	9:00am - 6:00pm	9:00am - 6:00pm
Boots (Crouch End)	12 the Broadway, London, N8 8DU	020 8340 3892	Closed	10:00am - 6:00pm	10:00am - 6:00pm
Boots (Muswell Hill)	359 Muswell Hill Broadway, London N10 1DJ	020 8883 1216	Closed	10:00am - 6:00pm	10:00am - 6:00pm
Morrison's Pharmacy	High Road, London N22 6SU	020 8881 4801	Closed	10:00am - 4:00pm	10:00am - 4:00pm
Med-Chem Pharmacy	73 Grand Parade, Green Lanes, London N4 1DU	020 8802 4855	10:00am - Midnight	10:00am - Midnight	10:00am - Midnight

## Bank holiday opening times for pharmacies in Barnet, Enfield and Islington (on the borders of Haringey)

Name	Address	Telephone no.	Christmas Day 25 December 2019	Boxing Day 26 December 2019	New Year's Day 1 January 2020
Fairview Health Partnerships Ltd	Finchley Memorial Hospital, Granville Road, London N12 0JE	020 8346 0707	10:00am - 4:00pm	10:00am - 4:00pm	10:00am - 4:00pm
Bee's Dispensing Chemist	172 Fore Street, London N18 2JB	020 8807 3228	9:00am - 9:00pm	9:00am - 9:00pm	9:00am - 9:00pm
Wellcare Pharmacy	552 Holloway Road, London N7 6JP	020 7263 3152	9:00am - 9:00pm	9:00am - 9:00pm	9:00am - 9:00pm

### Self Care

Self-care is the best choice to treat very minor illnesses and injuries. For colds and flu it is best to rest, keep warm, drink plenty of fluids and take painkillers such as paracetamol, ibuprofen and aspirin.

For more information see:

<https://www.haringeyccg.nhs.uk/Services/self-care.htm>