

Health Information

Although a great deal of NHS information is available on the Internet, some local information is detailed below. Residents of Frinton-on-Sea have local GP practices in the following locations:

Caradoc Surgery

Station Approach
Frinton-on-Sea
Essex CO13 9JT
www.caradocsurgery.co.uk

Tel: 01255 850101

Surgery hours:

Monday-Friday 8.30 am-6.30 pm

Extended Hours

GP and nurse practitioner appointments are now available during the evenings and at the weekend. Caradoc is working with others in the Clacton GP Alliance to deliver Extended Opening Hours. In order to deliver this service you may be offered an appointment at the Minor Illness Hub.

The 'Minor Illness Hub' is physically situated in the Minor Injuries Unit at Clacton Hospital, but **IT IS NOT A WALK IN FACILITY**. Appointments must be booked via the normal Caradoc number, or via 111 out of hours.

For the clinician seeing you at that appointment to effectively treat you they will need access to your full medical record, and you will be asked for your permission at the time of booking your appointment.

Evening and weekend appointment availability:

Monday: 18:30-20:00

Tuesday: 18:30-20:00

Wednesday: 18:30-20:00

Thursday: 18:30-20:00

Friday: 18:30-20:00

Saturday: 08:00-18:30

Sunday: 08:00-18:30

Any complaints regarding Caradoc Surgery should be made to the ACE Patient Liaison Service (PALS) on 0800 819 9030.

WARNING

Even those with Blue Badges will be fined if they park on the Double Yellow Lines in Station Approach (outside Caradoc Surgery). This is a Private Road where parking is under the control of NCP.

If you telephone a GP surgery outside working hours your call will be transferred to the NHS 111 service. Alternatively, you can dial 111 directly. This service is available 24 hours a day and your needs will be assessed by an advisor and appropriate advice given, or action taken.

Walton Medical

Vicarage Lane
Walton-on-the-Naze
Essex CO14 8PA
www.waltonmedicalcentre-essex.nhs.uk

Tel: 01255 674373

Surgery hours:

Monday-Friday 8.30 am-6.30 pm

Kirby Cross Surgery

(Branch surgery of Thorpe-Le-Soken Surgery)

88 Frinton Road

Kirby Cross

Frinton-on-Sea

Essex CO13 0HJ

www.thorpe-le-sokensurgery.nhs.uk

Tel: 01255 861850

Surgery hours:

Monday-Friday 8.00 am-1.30 pm

However, patients continue to have access at Thorpe-Le-Soken Surgery by telephone or in person until 6.30 pm.

Blood Test Appointments

If there's a wait to get an appointment for a blood test at the Surgery, appointments can be made at Reckitts Lodge in Clacton Hospital (0300 003 2144), often the next day. You still need to contact the Surgery to obtain a form, or GP's authority.

Financial Help with the Cost of Travel for NHS appointments is available if you are in receipt of certain State benefits.

Paying for Prescriptions

If have to pay for your prescriptions, you can buy a Prescription Prepayment Certificate (PPC) for £104 per year or £29.10 per quarter. It will cover the cost of all your prescriptions.

Details for both of the above are available on the "NHS Choices" Website (www.nhs.uk) or you can telephone 0300 330 1343.

If you wish to join the Caradoc Patient Participation Group, and receive regular email updates, just pick up a form from the surgery.

Local District General Hospital (including Accident and Emergency Department)

Colchester General Hospital

Turner Road
Colchester
Essex.CO4 5JL
Tel:01206 747474
Details of specialist services
can be found on the website:
www.colchesterhospital.nhs.uk

Colchester NHS Walk-in Centre

Turner Road
Colchester, Essex CO4 5JR
Tel: 01206 744300
(provides treatment for minor injuries
and illnesses) No appointment necessary
Open: Monday-Friday 7.00 am - 10.00 pm
Weekends and Bank Holidays: 9.00 am - 5.00pm

Essex County Hospital

The Ophthalmology Clinic previously at this hospital has now transferred to:
The Primary Care Centre (first floor)
Turner Road, Colchester
Essex CO4 5JR
Tel.01206 744433

Recently Colchester and Ipswich Hospitals have merged, and are now known as ESNEFT - East Suffolk and North Essex Foundation Trust.

Community Hospitals (including Minor Injuries Units)

Clacton and District Hospital

Tower Road
Clacton-on-Sea
Essex. CO15 1LH
Tel: 01255 201717

The Fryatt Hospital, Minor Injuries Unit (MIU)

419 Main Road, Harwich, Essex CO12 4EX
Tel: 01255 201200
Open every day 9.00 am - 5.00 pm
except Christmas Day when it will be closed.

Clacton Minor Injuries Unit (MIU)

Open 9am – 9pm every day including weekends and public holidays.

X-ray is available at the MIU 9am-5pm Monday to Friday and 10am-4pm at weekends and public holidays.

Patients can go directly to the Minor Injuries Units if they are suffering from wounds, sprains, strains, minor dislocations, suspected fractures, burns and scalds, bites, stings, and for removal of foreign bodies. When you attend the MIU you will be booked in by a receptionist and your information entered onto a computer system.

Information from your hospital and GP records can then be referred to, and details of your attendance will be shared with your GP. You will be assessed by a Nurse Practitioner. Nurse Practitioners have completed specialist training and have advanced skills in the treatment of Minor Injuries; they are able to order and interpret X-rays, and prescribe treatments.

Minor Illness Hub

Caradoc patients now have access to a new Minor Illness Hub situated at the Minor Injuries Unit in Clacton Hospital. It is staffed by two Advanced Nurse Practitioners and it is open Monday to Friday 08.30 am - 6.00 pm. However, visits are by **APPOINTMENT ONLY**, and need to be made by telephoning Caradoc Surgery (01255 850101).

Private Hospital

Oaks Hospital
Oaks Place
Mile End Road
Colchester
EssexCO4 5XR
Tel: 01206 752121 www.oakshospital.co.uk

Patient Advice and Liaison Service (PALS)

Tel: 0800 3285620

PALS provide confidential advice and support to patients, families and carers, and offer information on the NHS and health related matters.