

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

Telephone: 01255 850101

Surgery hours:

Monday to Friday 8.30am to 6.30pm

Walton Medical Centre

Vicarage Lane

Walton-on-the-Naze

Essex C014 8PA

www.waltonmedicalcentre-essex.nhs.uk

Telephone: 01255 674373

Surgery hours:

Monday to Friday 8.30am to 6.30pm

Kirby Cross Surgery

(Branch Surgery of Thorpe-le-Soken Surgery)

88 Frinton Road

Kirby Cross

Essex CO13 0HJ

www.thorpe-le-sokensurgery.nhs.uk

Telephone: 01255 861850

Surgery hours: Monday to Friday 8am to 1.30pm. However, patients continue to have access at Thorpe-le-Soken Surgery by telephone or in person until 6.30pm.

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 or action taken.

Urgent, minor illness or injury can be treated at one of the following locations:

- **North Colchester Healthcare Centre (incorporating Walk-in Centre)**
Primary Care Centre, Turner Road, Colchester CO4 5JR. Telephone: 01206 314015. (Situated only minutes from A&E at Colchester General in Turner Road, Colchester). GP-led service providing treatment for minor illness and injuries, e.g. cuts, sprains and fractures. Open from 7.00am to 10.00pm, 365 days a year. X-ray available 9.00am to 4.30pm.
- **Clacton Minor Injuries Unit** at Clacton Hospital, Tower Road, Clacton-on-Sea, CO15 1LH. Telephone: 01255 201594. Specialist Nurse-led service providing treatment for minor illness and injuries, e.g. cuts, sprains and fractures. Open from 9.00am to 9.00pm, 365 days a year. X-ray available Monday to Friday 9.00am to 5.00pm and at weekends and bank holidays 10.00am to 4.00pm.
- **Harwich Minor Injuries Unit** at The Fryatt Hospital, Main Road, Harwich, CO12 4EX. Telephone 01255 201226. Specialist Nurse-led service providing treatment for minor injuries, e.g. cuts, sprains and fractures. Open from 9.00am to 5.00pm, 365 days a year. X-ray open Monday to Friday 9.00am to 1.00pm.

Local Hospitals:

Colchester General Hospital

(where A&E is situated)

Turner Road

Colchester CO4 5JL

www.colchesterhospital.nhs.uk

Telephone: 01206 747474

Essex County Hospital

Lexden Road

Colchester CO3 3NB

Telephone: 01206 747474

Community Hospital

Clacton Hospital

Tower Road

Clacton-on-Sea CO15 1LH

Telephone: 01255 201717

Local private hospital

Oaks Hospital

Oaks Place

Mile End Road

Colchester CO4 5XR

www.oakshospital.co.uk

Telephone: 01206 752121

Information on all local NHS services can be found on www.nhs.uk.

The North East Essex Clinical Commissioning Group (CCG) is made up of the 43 GP surgeries in North East Essex – the area covered by Colchester Borough Council and Tendring District Council. The CCG buys hospital, mental health and health services in the community for every patient registered with a doctor in the area. More details can be found on their website: www.neessexccg@nhs.net.

NHS England is responsible for Primary Care Services (GP, dental, pharmacy and primary ophthalmic services) and various specialised services. More details can be found on their website: www.england.nhs.uk.

PALS (Patient Advice and Liaison Service) for Colchester General Hospital

PALS provides a service for people using the NHS. It is there to help patients, carers, relatives and friends to resolve problems as quickly and easily as possible. The service is independent and confidential.

The PALS office is situated on the first floor of Colchester General Hospital and a Helpdesk next to Reception at the Main Entrance of the hospital.

They can be contacted in writing to:

Patient Advice and Liaison Service (PALS), Colchester General Hospital, Turner Road, Colchester CO4 5JL.

By Telephone:

Freephone: 0800 7837328 or direct line: 01206 742683 or 746448 (available between 9.00am and 5.00pm, Monday to Friday) or by email: PALS@colchesterhospital.nhs.uk.