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Healthcare Help Over the Holidays: After Hours Services Available in the Blue Mountains area

Do You Know Where to Go When Your Doctor is Closed This Holiday Season?

As the festive season approaches, Wentworth Healthcare, provider of the Nepean Blue Mountains Primary Health Network, is reminding Blue Mountains residents that the emergency department is not the only option for non-life-threatening illnesses or injuries. Each year, preventable accidents and minor health issues spike between Christmas and New Year, and many people are unaware of the alternative care available when their GP is closed.

Wentworth Healthcare CEO, Lizz Reay, said that the Federal Government funds after hours services and Medicare Urgent Care Clinics through Primary Health Networks to help ease the pressure on emergency departments.

“If you need medical help after hours, on weekends, or during the holidays, the **Doctor Closed website** can help you find GPs who offer after hours care, as well as your closest urgent care clinic or service,” Ms Reay said.

In the Blue Mountains, **13SICK National Home Doctor** is available for residents in the lower Blue Mountains (east of Linden), weeknights from 6:00 PM, Saturdays from noon, and throughout Sundays and public holidays

For those that can travel, **Penrith Medicare Urgent Care Clinic, located inside Our Medical, 2227 Wolseley Street** at Penrith Homemaker Centre is one of the services available on the website. The Centre is open 8:00 AM – 8:00 PM, seven days a week, 365 days a year, including Christmas day, Boxing Day and New Years Day. The Clinic can treat minor illnesses and injuries that can't wait for your usual GP, such as sprains, cuts, minor burns, stomach issues, UTIs, and more.

The Clinic has on-site radiology every day from 9:00 AM – 5:00 PM except for public holidays when they are closed. On-site pathology is available 7:00 AM to 8:00 PM Monday to Friday and 8:00 AM to 4:00 PM weekends and public holidays. Pharmacy is available 7:00 AM – 10:00 PM weekdays and 8:00 AM – 10:00 PM public holidays.

A walk-in after hours GP clinic is also available at **Nepean Village Shopping Centre** in Penrith. It operates Monday to Friday from 6:00 PM to midnight, and on weekends and public holidays from 3:00 PM to midnight. The **www.doctorclosed.com.au** website also lists GPs with extended hours and after hours pharmacies, including **Penrith 24-Hour Pharmacy at 438 High Street**, which is open every day of the year.

Ms Reay also reminded the community that mental health support is available throughout the festive season. **Penrith Medicare Mental Health Centre** is open 7 days per week, 365 days a year, including public holidays. The centre's opening hours are 1:00pm - 9:30pm (Monday, Wednesday - Sunday) and from 1:00pm - 5:00pm on Tuesdays. Christmas Day, Boxing Day and New Years Day, the Centre will be open 1:00pm - 9.30pm.

“We're proud to fund after hours services to help our community access timely care and avoid unnecessary strain on our region's hospitals during this busy time,” Ms Reay said.



"I encourage everyone to visit **www.DoctorClosed.com.au** to find out what other local healthcare options are available," Ms Reay concluded.

In an emergency, always **call 000**.

For urgent mental health support call Lifeline which is available **24/7** on **13 11 14**