



# What to do if you feel unwell over Christmas and New Year?



**Friday, 17th of December, 1pm-2pm**



Join us to hear about how health and care services can help you over the festive season

- **Self-Care and Out of Hours GP**



Anna Hanbury, Programme Manager Unplanned Care Workstream, The City and Hackney NHS North East London Clinical Commissioning Group

- **Local pharmacies**



Jennifer Waterfield, Pharmacy Team, NHS North East London Clinical Commissioning Group

- **COVID vaccination**



Ben Greenbury, Programme Director, Covid Vaccinations, City and Hackney NHS North East London Clinical Commissioning Group

- **Flu vaccination**



Katie Scott-Marshall, Communications Manager, North East London Clinical Commissioning Group



- **Dental care**

Jeremy Wallman, Head of Primary Care Commissioning; Dentistry, Optometry and Pharmacy, NHS England and NHS Improvement - London Region



Dr Reza Manbajood, Treasurer at the East London and The City Local Dental Committee



You can send us questions in advance to help us find the answers you need.

We will meet on Zoom but you can participate without a computer, mobile or tablet from your landline.



For more information, to register or to send questions, click [HERE](#) or call us free on 080 8164 7664 or email [kanariya@healthwatchhackney.co.uk](mailto:kanariya@healthwatchhackney.co.uk)