Your guide to health services in south east Essex...

NHS

... over the Christmas holidays

CALL 111

when it's less urgent than 999

Free to call and available 24/7

GP opening hours

If you need a GP out of hours or on a bank holiday, call **111** to access the out-of-hours service. It might save you an unnecessary trip to A&E.

Castle Point and Rochford

Most GP services in Castle Point and Rochford are offering weekend and bank holiday appointments that are available from two GP 'hubs' in Benfleet and Rayleigh— ask your GP practice for more information.

Feeling low?

Therapy For You offers a range of talking therapies, including sessions with mental health professionals:

01268 739 128

Samaritans: 08457 909090

Children's mental health services:

0300 300 1600 9am-5pm, Monday – Friday.

Call 0300 555 1201 out-of-hours.

Stay well

Treat yourself at home for things like a grazed knee, sore throat or cough.

Visit **nhs.uk** to find out how a well-stocked medicine cabinet and first aid kit can prepare you for most common ailments.

Dental emergency?

If you need to see a dentist urgently, call **111** and you will be directed for emergency treatment.

Make the most of your pharmacist

Your local pharmacist does a lot more than dispense medicine. They can offer medical advice on a range of conditions including coughs and colds, aches and pains, skin rashes and minor injuries.

Christmas day — Sunday 25 December		Opening hours
Hambro Pharmacy	53A Hullbridge Road, Rayleigh SS6 9NL	10am to 4pm
Daynite Pharmacy	261 London Road, Hadleigh, Benfleet SS7 2BN	9am to 5pm

Boxing day — Monday 26 December		Opening hours
Boots Pharmacy	179-181 Hamlet Court Road, Westcliff SS0 7EL	10am to 4pm
Boots Pharmacy	The Royals Shopping Centre, Southend SS1 1DE	8am to 6pm
Superdrug Pharmacy	37-41 High Street, Southend SS1 1JD	9am to 1pm 1.30pm to 5.30pm
Sainsbury's Pharmacy	45 London Road, Southend SS1 1PL	10am to 5pm
Lloyds Pharmacy	Waitrose, Fossetts Way, Eastern Avenue, Southend SS2 4DQ	9am to 5pm
Boots Pharmacy	Victoria Shopping Centre, Southend SS1 5SA	10am to 4pm
Boots Pharmacy	77-79 High Street, Rayleigh SS6 7EJ	10am to 4pm
Hambro Pharmacy	53A Hullbridge Road, Rayleigh SS6 9NL	10am to 4pm
Morrisons Pharmacy	175 London Road, Hadleigh SS7 2RB	10am to 4pm

Bank holiday — Tuesday 27 December		Opening hours
Boots Pharmacy	179-181 Hamlet Court Road, Westcliff SS0 7EL	10am to 4pm
Boots Pharmacy	The Royals Shopping Centre, Southend SS1 1DE	8.30am to 6pm
Superdrug Pharmacy	37-41 High Street, Southend SS1 1JD	9am to 1pm 1.30pm to 5.30pm
Sainsbury's Pharmacy	45 London Road, Southend SS1 1PL	10am to 5pm
Lloyds Pharmacy	Waitrose, Fossetts Way, Eastern Avenue, Southend SS2 4DQ	9am to 5pm
Boots Pharmacy	Victoria Shopping Centre, Southend SS1 5SA	10am to 4pm
Boots Pharmacy	77-79 High Street, Rayleigh SS6 7EJ	10am to 4pm
Hambro Pharmacy	53A Hullbridge Road, Rayleigh SS6 9NL	10am to 4pm
Morrisons Pharmacy	175 London Road, Hadleigh SS7 2RB	10am to 4pm

Bank holiday — Monday 2 January		Opening hours
Boots Pharmacy	179-181 Hamlet Court Road, Westcliff SS0 7EL	10am to 4pm
Boots Pharmacy	The Royals Shopping Centre, Southend SS1 1DE	10am to 5pm
Superdrug Pharmacy	37-41 High Street, Southend SS1 1JD	9am to 1pm 1.30pm to 5.30pm
Lloyds Pharmacy	Waitrose, Fossetts Way, Eastern Avenue, Southend SS2 4DQ	9am to 5pm
Boots Pharmacy	77-79 High Street, Rayleigh SS6 7EJ	10am to 4pm
Hambro Pharmacy	53A Hullbridge Road, Rayleigh SS6 9NL	10am to 4pm
Morrisons Pharmacy	175 London Road, Hadleigh SS7 2RB	10am to 4pm