

## ...over the 2017 Easter bank holidays

### 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.

Most GP services in **Castle Point and Rochford** are offering weekend & bank holiday appointments from two 'hubs' in Canvey and Rayleigh. Between Tues 18 & Fri 21 April evening appointments will also be available.

A limited number of practices in **Southend** will provide GP appointments on Easter Monday.

Contact your practice for information about these services and how to book.

### Stay well

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

Visit [nhs.uk](http://nhs.uk) to find out how a well-stocked medicine cabinet and first aid kit can prepare you for most common ailments.



**when it's less urgent than 999**  
**Free to call**  
**and available 24/7**

### 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.

### 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 common conditions including coughs and colds, aches and pains, skin rashes and minor injuries.

#### Good Friday — 14 April 2017

		Opening hours
Tesco Pharmacy	Prince Avenue, Southend SS0 0JP	6.30am to 10.30pm
Boots Pharmacy	179-181 Hamlet Court Road, Westcliff SS0 7EL	8am to 6pm
Boots Pharmacy	The Royals Shopping Centre, Southend SS1 1DE	8.30am to 6pm
Boots Pharmacy	Victoria Shopping Centre, Southend SS1 5SA	8.30am to 6pm
Boots Pharmacy	77-79 High Street, Rayleigh SS6 7EJ	10am to 5.30pm
Hambro Pharmacy	53A Hullbridge Road, Rayleigh SS6 9NL	10am to 4pm
Boots Pharmacy	33-37 Furtherwick Road, Canvey SS8 7AG	8.30am to 5.30pm
Daynite Pharmacy	261 London Road, Hadleigh, Benfleet SS7 2BN	10am to 11pm
Boots Pharmacy	241-243 London Road, Hadleigh SS7 2RF	9am to 1pm
Boots Pharmacy	89 The Broadway, Leigh SS9 1PE	10am to 4pm
Boots Pharmacy	9-13 Rayleigh Road, Eastwood SS9 5UU	10am to 4pm

#### Easter Sunday — 16 April 2017

		Opening hours
Daynite Pharmacy	261 London Road, Hadleigh, Benfleet SS7 2BN	10am to 11pm
Hambro Pharmacy	53A Hullbridge Road, Rayleigh SS6 9NL	10am to 4pm
Audley Mills Pharmacy	55 Eastwood Road, Rayleigh SS6 7JF	10am to 5pm

#### Easter Monday — 17 April 2017

		Opening hours
Tesco Pharmacy	Prince Avenue, Southend SS0 0JP	9am to 6pm
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
Boots Pharmacy	Victoria Shopping Centre, Southend SS1 5SA	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
Daynite Pharmacy	261 London Road, Hadleigh, Benfleet SS7 2BN	10am to 11pm
Boots Pharmacy	241-243 London Road, Hadleigh SS7 2RF	9am to 1pm
Boots Pharmacy	33-37 Furtherwick Road, Canvey SS8 7AG	10am to 4pm

“ I really needed the appointment that you didn't turn up to... ”

**12,000 GP** appointments are missed each month in mid & south Essex

GP appointment?  
**Can't make it?**  
**Don't need it?**



Speak to your GP about managing your appointments online. Visit [www.nhs.uk/GPonlineservices](http://www.nhs.uk/GPonlineservices)