

...over Christmas and New Year 2018/19

GP opening hours

Call **111** to access the out-of-hours service (between 6.30pm and 8am weekdays and all day at weekends or bank holidays).

Weekend and bank holiday appointments at our hubs

GP and nurse appointments on **Saturdays and Sundays** and **Christmas Day, Boxing Day and New Year's Day** can be pre-booked via your own GP practice, or by calling one of the hubs on the day.

Appointments are available from 9am to 3pm (9am to 12pm on Christmas Day).

Hubs for patients registered with any practice in **Castle Point and Rochford** are:

- Audley Mills Surgery, 57 Eastwood Road, Rayleigh SS6 7JF (01268 740501)
- Hawkesbury Road Surgery, 1A Hawkesbury Road, Canvey SS8 0EX (01268 682303)

Hubs for patients registered with any practice in **Southend** are:

- Southend Medical Centre, 50-52 London Road, Southend SS1 1PR (01702 333298)
- North Shoebury Surgery, Frobisher Way, Shoeburyness SS3 8UT (01702 297976)

Weekday evening appointments

Evening appointments (6.30pm to 8pm) with a GP or nurse can be requested by asking at your own GP practice.



when it's less urgent than 999

Free to call and available 24/7

Mental health support

www.therapyforyou.co.uk: A range of therapies and online courses.

Children's mental health services:

0300 300 1600

9am-5pm, Monday to Friday.

www.kooth.com: Free, anonymous support for young people.



Make the most of your pharmacist

You can help us help you if you start to feel unwell with a winter illness.

Even if it's just a cough or cold, consult your pharmacist before it gets more serious.

Christmas Day — Tuesday 25 December 2018

Opening hours

Hambro Pharmacy	53A Hullbridge Road, Rayleigh SS6 9NL	10am to 4pm
Daynite Pharmacy	261 London Road, Hadleigh SS7 2BN	9am to 3pm
Derix Pharmacy	1065 London Road, Leigh-on-Sea SS9 3JP	9am to 8pm
Boxing Day — Wednesday 26 December 2018		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
Lloyds Pharmacy	Sainsbury's, 45 London Road, Southend SS1 1PL	10am to 4pm
Boots Pharmacy	Victoria Shopping Centre, Southend SS2 5SA	10.30am to 4.30pm
Morrisons Pharmacy	Western Approach, Eastwoodbury Lane SS2 6SH	10am to 4pm
Asda Pharmacy	North Shoebury Road, Shoeburyness SS3 8DA	9am to 6pm
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 SS7 2BN	10am to 11pm
Morrisons Pharmacy	175 London Road, Hadleigh SS7 2RB	10am to 4pm
Boots Pharmacy	241/243 London Road, Hadleigh SS7 2 RF	10am to 2pm
Lloyds Pharmacy	Sainsbury's, 21 Stadium Way SS7 3UB	10am to 4pm
Boots Pharmacy	33-37 Furtherwick Road, Canvey SS8 7AG	10am to 4pm
Derix Pharmacy	1065 London Road, Leigh-on-Sea SS9 3JP	9am to 11pm

New Year's Day — Tuesday 1 January 2019

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
Lloyds Pharmacy	Sainsbury's, 45 London Road, Southend SS1 1PL	10am to 4pm
Boots Pharmacy	Victoria Shopping Centre, Southend SS2 5SA	10.30am to 4.30pm
Morrisons Pharmacy	Western Approach, Eastwoodbury Lane SS2 6SH	10am to 4pm
Asda Pharmacy	North Shoebury Road, Shoeburyness SS3 8DA	10am to 5pm
Boots Pharmacy	77-79 High Street, Rayleigh SS6 7EJ	10am to 4pm
Hambro Pharmacy	53A Hullbridge Road, Rayleigh SS6 9NL	10am to 3pm
Daynite Pharmacy	261 London Road, Hadleigh SS7 2BN	10am to 11pm
Morrisons Pharmacy	175 London Road, Hadleigh SS7 2RB	10am to 4pm
Lloyds Pharmacy	Sainsbury's, 21 Stadium Way SS7 3UB	10am to 4pm
Boots Pharmacy	33-37 Furtherwick Road, Canvey SS8 7AG	10am to 4pm
Derix Pharmacy	1065 London Road, Leigh-on-Sea SS9 3JP	8am to 11pm