



# Stay well this Festive Period



Your guide to health services in south east Essex this for Christmas day, bank holiday Monday (28th) and New Year's Day.

## GP APPOINTMENTS

GP practices will be closed on the three bank holidays (Christmas Day, Boxing Day, and New Year's Day) over Christmas.

South east Essex has an extended access scheme which offers GP and nurse appointments weekday evenings and at the weekend all year round. If you would like to book an appointment through this extended access scheme, then please phone your registered GP practice.

Please note that GP practices will be open as usual between Boxing Day and New Year's (Tuesday 29 and Thursday 31 December).

## Are you feeling low, worried or lonely?

Feeling low at this time of year is common. If you feel you need help then please get in touch with someone. There are a number of support services in our area, including 24 hour support:

### Online mental health support:

Southend: [southendccg.nhs.uk/your-health-services/mental-health](https://southendccg.nhs.uk/your-health-services/mental-health)

Castle Point & Rochford: [castlepointandrochfordccg.nhs.uk/your-services/mental-health](https://castlepointandrochfordccg.nhs.uk/your-services/mental-health)

If you are feeling tense or anxious and need to talk to someone, mental health support is now available for over 18s 24/7 via the NHS 111 helpline. Under 18s can call NELFT out of hours: 0300 555 1200

**Samaritans:** Call 116 123 free 24/7

For children and young people, free, safe and anonymous online counselling and can be accessed via Kooth – [kooth.com](https://kooth.com) or Togetherall – [togetherall.com](https://togetherall.com)

## Dentists

If you think you need urgent dental treatment, call your regular dentist. If you cannot contact reach your dentist or you do not have one, use the NHS 111 online service. If you need an appointment, this will be arranged at an urgent dental care centre.



## Much of Essex Tier 4: Stay at Home

As of Sunday 20 December, much of Essex is under the Tier 4 coronavirus alert level. This means:

- You must not leave or be outside of your home except for where you have a specific purpose such as work or essential food shopping. You should work at home if at all possible.
- You must not meet with another person from outside your household socially or undertake any activities with anyone. There are some exceptions such as support bubbles or childcare.
- Many non-essential businesses are closed, including non-essential retailers, hospitality venues, leisure and sports facilities and personal care facilities like hair dressers and beauty salons.
- Restrictions will no longer be relaxed over Christmas. You should not meet with other households over the Christmas period.
- For more information on these changes visit: [www.gov.uk/guidance/tier-4-stay-at-home](https://www.gov.uk/guidance/tier-4-stay-at-home)

## JUST THINK 111 FIRST

If you have an urgent medical problem that's not life-threatening, or you're not sure what to do, just call NHS 111 first.

The NHS 111 team will direct you to the service that best meets your needs. If that's a visit to the emergency department at your local hospital, they can book you a time slot when you'll be seen.





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## Community Pharmacy Opening Times

Your pharmacy can offer medical advice on a range of conditions including coughs, colds, aches and pains, all without the need for an appointment.

Over the Christmas period, your regular pharmacy may be shut or have different opening times on the bank holidays. Please see the tables to the right for information about which pharmacies are open and when.

All details correct at time of publication.

### CHRISTMAS DAY - 25 DECEMBER 2020

Location	Address	Opening hours
Hadleigh	Daynite Pharmacy, 261 London Road, Hadleigh, Benfleet, SS7 2BN	10am - 2pm
Hullbridge	Chemicrest Pharmacy, 39-41 Spa Road, Hockley, SS5 4AZ	2pm - 6pm
	Ferry Pharmacy, 167 Ferry Road, Hullbridge, Hockley, SS5 6JH	10am - 12pm
Leigh-on-Sea	Derix Healthcare Pharmacy, 1065 London Road, Leigh-On-Sea, SS9 3JP	8am - 11pm
Rayleigh	Hambro Pharmacy, 53A Hullbridge Road, Rayleigh, SS6 9NL	1pm - 4pm
Rochford	Golden Cross Pharmacy, 10 Golden Cross Parade, Ashingdon Raod, Rochford, SS4 1UB	10am - 12pm

### BANK HOLIDAY MONDAY - 28 DECEMBER 2020

Location	Address	Opening hours
Canvey Island	Boots, 33-37 Furtherwick Road, Canvey Island, SS8 7AG	10am - 4pm
Eastwood	Morrisons Pharmacy, Western Approaches, Eastwoodbury Lane, Southend-On-Sea, SS2 6SH	10am - 4pm
Hadleigh	Daynite Pharmacy, 261 London Road, Hadleigh, Benfleet, SS7 2BN	10am - 11pm
	Morrisons Pharmacy, 175 London Road, Hadleigh, Benfleet, SS7 2RD	10am - 4pm
Leigh-on-Sea	Derix Healthcare Pharmacy, 1065 London Road, Leigh-On-Sea, SS9 3JP	8am - 11pm
Rayleigh	Boots, 77-79 High Street, Rayleigh, SS6 7EJ	10am - 4pm
Southend-on-Sea	Pharmacy, North Shoebury Road, Shoeburyness, Southend-On-Sea, SS3 8DA	9am - 6pm
	Boots, Unit 2, Royals Shopping Centre, High Street, Southend-On-Sea, SS1 1DE	8.30am 6pm
	Boots, Unit G48 Victoria Shopping Centre, Churchill West, Southend-On-Sea, SS2 5SA	10.30am - 4.30pm
Westcliff-on-Sea	Lloyds Pharmacy, 45 London Road, Southend-On-Sea, SS1 1PL	10am - 4pm
	Boots, 179-181 Hamlet Court Road, Westcliff-On-Sea, SS0 7EL	10am - 4pm
	Tesco In-store Pharmacy, Prince Avenue, Westcliff-On-Sea, SS0 0JP	9am - 1pm

### NEW YEAR'S DAY - 01 JANUARY 2021

Location	Address	Opening hours
Canvey Island	Boots, 33-37 Furtherwick Road, Canvey Island, SS8 7AG	10am - 4pm
Hadleigh	Daynite Pharmacy, 261 London Road, Hadleigh, Benfleet, SS7 2BN	10am - 11pm
Southend-on-Sea	Asda Pharmacy, North Shoebury Road, Shoeburyness, Southend-On-Sea, SS3 8DA	10am - 5pm
	Lloyds Pharmacy, 45 London Road, Southend-On-Sea, SS1 1PL	10am - 4pm
Wescliff-on-Sea	Boots, 179-181 Hamlet Court Road, Westcliff-On-Sea, SS0 7EL	10am - 4pm