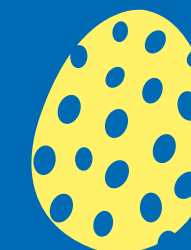


Stay well this Easter



Your guide to health services in Basildon and Brentwood this Easter Weekend (2 - 5 April 2021).

GP APPOINTMENTS

Over the Christmas period, GP appointments are available through our extended access scheme. You can book an appointment by phoning your GP Practice. The opening times are:

Date	Southview Park Surgery (Basildon)	Brambles Surgery (Brentwood)	The New Surgery (Billericay)
Good Friday (2 April)	9am – 2pm	10am – 2pm	9am – 2pm
Saturday 3 April	9am – 2pm	8am – 2pm	9am – 2pm
Easter Sunday (4 April)	9am – 2pm	8am – 2pm	9am – 2pm
Easter Monday (5 April)	9am – 2pm	10am – 2pm	9am – 2pm

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.

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:

basildonandbrentwoodccg.nhs.uk/your-health/mental-health-services

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://www.kooth.com) or Togetherall – [togetherall.com](https://www.togetherall.com)

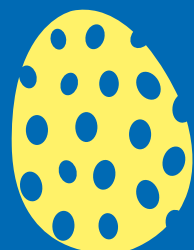
Dentists

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.

What you can and can't do this Easter

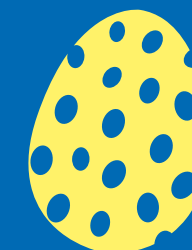
As the number of coronavirus cases continues to fall, the UK Government has begun to lift restrictions across England. The current rules mean that:

- Two households or up to 6 people can meet outdoors, including in private gardens from 29 March.
- Outdoor sports facilities such as tennis and basketball courts, and open-air swimming pools, will be open (from 29 March), and people will be able to take part in organised outdoor sports.
- The 'stay at home' rule ends on 29 March but many restrictions remain in place. People should work from home where they can and minimise the journeys they make, avoiding travel at the busiest times and routes.
- Remember to keep social distancing, wash hands frequently and thoroughly, and wear face coverings where necessary.



Stay well this Easter

Your guide to health services in Basildon and Brentwood this Easter Weekend (2 - 5 April 2021).



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 Easter 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.

Essex Lateral Flow Testing sites opening hours

Date	Sites
Good Friday (2 April)	All LFT sites closed
Saturday 3 April	LFT sites normal operating hours
Easter Sunday (4 April)	LFT sites normal operating hours
Easter Monday (5 April)	All LFT sites closed
For more info visit: www.essex.gov.uk/getting-tested-for-covid-19/if-you-dont-have-symptoms	

Good Friday - 2 April 2021

Location	Address	Opening hours
Basildon	Asda Pharmacy, Eastgate Centre, Basildon, SS14 1AE	9am - 6pm
	Asda Pharmacy, Heron Retail Park, Miles Gray Road, Basildon, SS14 3AF	9am - 6pm
	Boots, 25 Town Square, Basildon, SS14 1BA	8.30am - 5.30pm
	Tesco Pharmacy, Mayflower Retail Park, Gardiners Link, Basildon, SS14 3HZ	8am - 8pm
	Tesco In-store Pharmacy, Off Station Lane, Pitsea, Basildon, SS13 3JU	8am - 9pm
Billericay	Boots, 64-66 High Street, Billericay, CM12 9BS	8.30am - 5.30pm
Brentwood	Boots, 51 High Street, Brentwood, CM14 4RH	10am - 4pm

Easter Sunday - 4 April 2021

Location	Address	Opening hours
Basildon	AA Pharmacy, 98 Whitmore Way, Basildon, SS14 3JT	10am - 1pm
Brentwood	Ongar Road Pharmacy, 249 Ongar Road, Brentwood, CM15 9DZ	10am - 1pm
	Village Pharmacy, 86 Church Lane, Doddinghurst, Brentwood, CM15 0NG	9am - 11am

Easter Monday - 5 April 2021

Location	Address	Opening hours
Basildon	Asda Pharmacy, Eastgate Centre, Basildon, SS14 1AE	9am - 6pm
	Asda Pharmacy, Heron Retail Park, Miles Gray Road, Basildon, SS14 3AF	9am - 6pm
	Boots, 25 Town Square, Basildon, SS14 1BA	10am - 4pm
	Tesco Pharmacy, Mayflower Retail Park, Gardiners Link, Basildon, SS14 3HZ	9am - 6pm
	Tesco In-store Pharmacy, Off Station Lane, Pitsea, Basildon, SS13 3JU	9am - 6pm
Billericay	Boots, 64-66 High Street, Billericay, CM12 9BS	10am - 4pm
Brentwood	Boots, 51 High Street, Brentwood, CM14 4RH	10am - 4pm