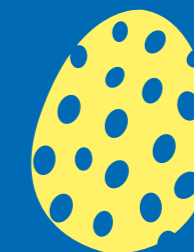


Stay well this Easter



Your guide to health services in South East Essex this Easter Weekend (2 - 5 April 2021).

GP APPOINTMENTS

GP practices will be closed on the Easter bank holidays. South east Essex has an extended access scheme which offers GP and nurse appointments weekday evenings and at the weekend all year round. Appointments can be booked in advance via your registered GP practice, or on the day by phoning one of the surgeries below. Please note these are not walk-in services.

Southend

North Shoebury Surgery, Frobisher Way, Shoeburyness, Southend-on-Sea, SS3 8UT
01702 742102

Castle Point and Rochford

Audley Mills Surgery 57 Eastwood Road Rayleigh SS6 7JF 01268 740501

The Surgery, 1A Hawkesbury Road, Canvey Island, SS8 0EX 01268 682303

Date	Southend	Castle Point and Rochford
Good Friday (2 April)	9am to 3pm	9am to 3pm
Saturday 3 April	9am to 3pm	9am to 3pm
Easter Sunday (4 April)	9am to 3pm	9am to 3pm
Easter Monday (5 April)	9am to 3pm	9am to 3pm

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

Castle Point & Rochford: 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://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.

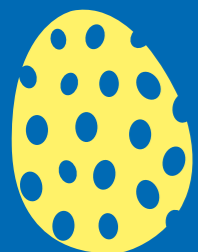
JUST THINK 111 FIRST

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.



help us help you



Stay well this Easter



Your guide to health services in South East Essex 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 (Castle Point and Rochford areas only)

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
Canvey Island	Boots, 33-37 Furtherwick Road, Canvey Island, SS8 7AG	8.30am - 5.30pm
Hadleigh	Daynite Pharmacy, 261 London Road, Hadleigh, Benfleet, SS7 2BN	10am - 11pm
Leigh-on-Sea	Derix Healthcare Pharmacy, 1065 London Road, Leigh-On-Sea, SS9 3JP	9am - 11am
Rayleigh	Boots, 77-79 High Street, Rayleigh, SS6 7EJ	8.30am - 5.30pm
Southend-on-Sea	Asda Pharmacy, North Shoebury Road, Shoeburyness, Southend-On-Sea, SS3 8DA	9am - 6pm
	Boots, 801-809 Southchurch Road, Southend-On-Sea, SS1 2PP	10am - 4pm
	Boots, Unit 2, Royals Shopping Centre, High Street, Southend-On-Sea, SS1 1DE	10.30am - 4.30pm
	Boots, Unit G48 Victoria Shopping Centre, Churchill West, Southend-On-Sea, SS2 5SA	8.30am - 6pm
	Morrisons Pharmacy, Western Approaches, Eastwood, Essex, SS2 6SH	9am - 1pm
Westcliff-on-Sea	Superdrug Pharmacy, 37-41 High Street, Southend-On-Sea, SS1 1JD	9am - 5.30pm
	Boots, 179-181 Hamlet Court Road, Westcliff-On-Sea, SS0 7EL	9am - 6pm
	Tesco Pharmacy, Prince Avenue, Westcliff-On-Sea, SS0 0JP	6.30am - 10.30pm

Easter Sunday - 4 April 2021

Location	Address	Opening hours
Hadleigh	Daynite Pharmacy, 261 London Road, Hadleigh, Benfleet, SS7 2BN	10am - 11pm
Leigh-on-Sea	Derix Healthcare Pharmacy, 1065 London Road, Leigh-On-Sea, SS9 3JP	9am - 11am
	Leigh Pharmacy, 185 Elmsleigh Drive, Leigh-On-Sea, SS9 4JH	3pm - 5pm
Rayleigh	Hambro Pharmacy, 53a Hullbridge Road, Rayleigh, SS6 9NL	10am - 4pm
Westcliff-on-Sea	Bridgwater Pharmacy, 84 Bridgwater Drive, Westcliff, Essex, SS0 0DH	11am - 1pm

Easter Monday - 5 April 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
Leigh-on-Sea	Derix Healthcare Pharmacy, 1065 London Road, Leigh-On-Sea, SS9 3JP	9am - 11am
Rayleigh	Boots, 77-79 High Street, Rayleigh, SS6 7EJ	10am - 4pm
Southend-on-Sea	Asda 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	10.30am - 4.30pm
	Boots, Unit G48 Victoria Shopping Centre, Churchill West, Southend-On-Sea, SS2 5SA	10.30am - 4.30pm
	Morrisons Pharmacy, Western Approaches, Eastwood, Essex, SS2 6SH	10am - 4pm
Westcliff-on-Sea	Boots, 179-181 Hamlet Court Road, Westcliff-On-Sea, SS0 7EL	10am - 4pm
	Tesco Pharmacy, Prince Avenue, Westcliff-On-Sea, SS0 0JP	9am - 6pm