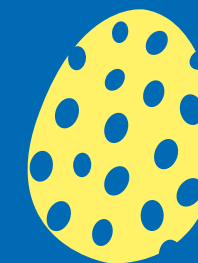


Stay well this Easter

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



GP APPOINTMENTS

The Thurrock Health Hubs offer GP and nurse appointments weekday evenings and at the weekend. If you would like to book an appointment at the hubs, please phone your registered GP practice. The opening times for the hubs over the Easter period are:

Date	Times
Good Friday (2 April)	9am - 11am
Saturday 3 April	9am - 12 noon
Easter Sunday (4 April)	9am - 12 noon
Easter Monday (5 April)	9am - 11am

For more information on the hubs, visit: [thurrockccg.nhs.uk/your-health/primary-care/thurrock-health-hubs](https://www.thurrockccg.nhs.uk/your-health/primary-care/thurrock-health-hubs)

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:

www.thurrockccg.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.

Orsett Minor Injuries Unit

Opening times: 10am – 7.30pm Monday to Sunday (Closed Christmas Day & Boxing Day)

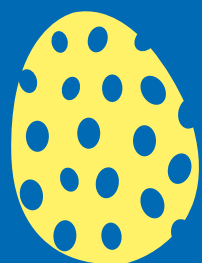
Orsett Hospital, Rowley Road, Orsett, RM16 3EU

Tel: 0300 300 1527

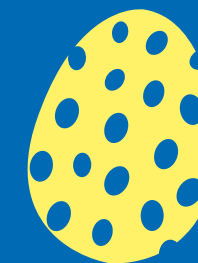
What you can and can't do this Easter

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 Thurrock 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.

One Response

24/7 phone line for advice and support for palliative care patients, their family members, carers and medical professionals:
01268 526 259



Good Friday - 2 April 2021

Location	Address	Opening hours
Corringham	Allcures Pharmacy, 19-21 Lampits Hill, Corringham, Stanford-Le-Hope, SS17 9AA	9am - 7pm
	Boots, 83-85 St Johns Way, Corringham, Stanford-Le-Hope, SS17 7NA	8.30am - 6pm
Grays	Boots, 35-41 High Street, Grays, RM17 6LU	8.30am - 5.30pm
	Vision Pharmacy, 11 Crammavill Street, Stifford Clays, Grays, RM16 2AP	10am - 4pm
Tilbury	Asda Pharmacy, Thurrock Park Way, Tilbury, RM18 7HJ	9am - 6pm
	Boots, 2 St Chads Road, Tilbury, RM18 8LB	10am - 4pm
West Thurrock	Boots, 74-75 Thurrock Lakeside Shopping Centre, West Thurrock, Grays, RM20 2ZG	10am - 8pm
	Boots, Unit 1B, Junction Retail Park, Western Avenue, West Thurrock, Grays, RM20 3LP	9am - 6pm
	Tesco In-store Pharmacy, Cygnet View, Lakeside Retail Park, Grays, RM20 1TX	8am - 8pm

Easter Sunday - 4 April 2021

Location	Address	Opening hours
Corringham	Allcures Pharmacy, 19-21 Lampits Hill, Corringham, Stanford-Le-Hope, SS17 9AA	9am - 5pm
Grays	Vision Pharmacy, 11 Crammavill Street, Stifford Clays, Grays, RM16 2AP	10am - 1pm

Easter Monday - 5 April 2021

Location	Address	Opening hours
Corringham	Allcures Pharmacy, 19-21 Lampits Hill, Corringham, Stanford-Le-Hope, SS17 9AA	9am - 7pm
	Boots, 83-85 St Johns Way, Corringham, Stanford-Le-Hope, SS17 7NA	10am - 4pm
Grays	Boots, 35-41 High Street, Grays, RM17 6LU	10am - 4pm
	Vision Pharmacy, 11 Crammavill Street, Stifford Clays, Grays, RM16 2AP	10am - 4pm
Tilbury	Asda Pharmacy, Thurrock Park Way, Tilbury, RM18 7HJ	9am - 6pm
West Thurrock	Boots, 74-75 Thurrock Lakeside Shopping Centre, West Thurrock, Grays, RM20 2ZG	10am - 8pm
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