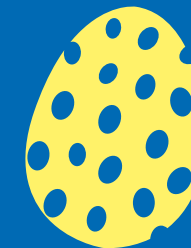


# Stay well this Easter

Your guide to health services in Basildon and Brentwood this Easter weekend (15 - 18 April 2022)



## GP APPOINTMENTS

On bank holidays, GP appointments are available through our extended access scheme. You can book an appointment by phoning your GP Practice. The opening times are:

Date	Brambles Surgery Brentwood	*Basildon, Billericay and Wickford Hubs
Good Friday - 15 April	8am - 2pm	9am-2pm
Saturday 16 April	8am - 2pm	8am-6pm
Easter Sunday - 17 April	8am - 2pm	9am-2pm
Easter Monday - 18 April	8am - 2pm	9am-2pm

\* Basildon, Billericay and Wickford Hubs have two locations:

- Southview Park Surgery, Vange Road, Basildon SS164QX
- The New Surgery, 27 Stock Road, Billericay CM12 0AH

## 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 visit [111.nhs.uk](https://111.nhs.uk). You will be directed to the service that best meets your needs.

You can also call 111 which is available 24 hours a day 7 days a week. If you need to visit the emergency department at your local hospital, you can book 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](https://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: 0800 953 0222

**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.

## COVID Symptoms?

Try to stay at home and avoid contact with other people if you get symptoms of coronavirus (COVID-19).

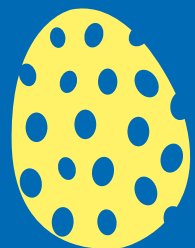
Take extra care to avoid close contact with anyone who is at higher risk of getting seriously ill from COVID-19.

You can go back to your normal activities when you feel better or do not have a high temperature.

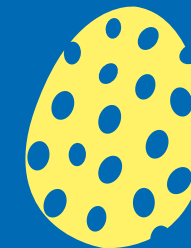
### When to seek medical advice

Go to [111.nhs.uk](https://111.nhs.uk), or call 111 if you're worried about your symptoms or if your symptoms get worse.

In an emergency, go to A&E immediately or call 999.



# Stay well this Easter



Your guide to health services in Basildon and Brentwood this Easter weekend (15 - 18 April 2022)

## 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.

On a bank holiday, 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.

### GOOD FRIDAY - 15 APRIL

Location	Address	Opening hours
Basildon	Asda Pharmacy, Eastgate Centre, Basildon, SS14 1AE	10am - 4pm
	Asda Pharmacy, Heron Retail Park, Miles Gray Road, Basildon, SS14 3AF	10am - 4pm
	Boots, 25 Town Square, Basildon, SS14 1BA	10am - 4pm
	Tesco In-store Pharmacy, Mayflower Retail Park, Gardiners Link, Basildon, SS14 3HZ	9am - 1pm
	Tesco In-store Pharmacy, Off Station Lane, Pitsea, Basildon, SS13 3JU	9am - 1pm

### EASTER SUNDAY - 17 APRIL

Location	Address	Opening hours
Basildon	AA Pharmacy, 98 Whitmore Way, Basildon, Essex, SS14 3JT	10am - 1pm
	Great Berry Pharmacy, Nightingales, Langdon Hills, Basildon, Essex, SS16 6SA	2pm - 5pm
Brentwood	Village Pharmacy, 86 Church Lane, Doddinghurst, Brentwood, Essex, CM15 0NG	10am - 12 noon

### EASTER MONDAY - 18 APRIL

Location	Address	Opening hours
Basildon	Asda Pharmacy, Eastgate Centre, Basildon, SS14 1AE	10am - 4pm
	Asda Pharmacy, Heron Retail Park, Miles Gray Road, Basildon, SS14 3AF	10am - 4pm
	Boots, 25 Town Square, Basildon, SS14 1BA	10am - 4pm
	Tesco In-store Pharmacy, Mayflower Retail Park, Gardiners Link, Basildon, SS14 3HZ	9am - 1pm
	Tesco In-store Pharmacy, Off Station Lane, Pitsea, Basildon, SS13 3JU	9am - 1pm

All details correct at time of publication.