

Stay well this Easter



Your guide to health services in south east Essex this Easter weekend (15 - 18 April 2022)

GP APPOINTMENTS

GP practices are closed on 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.

Castle Point and Rochford Extended Access

For appointments at a weekend or bank holiday please contact on the day with the numbers below:

- GPHA Clinic, 351 London Road, Hadleigh, SS7 2BT
Tel: 01268 206408
- Audley Mills Surgery, 57 Eastwood Road, Rayleigh, SS6 7JF
Tel: 01268 740501

Southend Extended Hub - Queensway Surgery, 75 Queensway, Southend, SS1 2AB

Appointments can be booked by phoning your GP surgery, 111 or service directly during operating hours.
telephone: 01702 742102

Open Good Friday (15 April) from 9am to 3pm

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. 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:

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: 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 or Togetherall – 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).

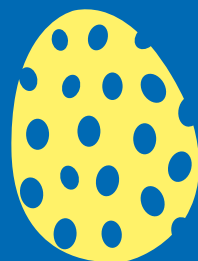
Take extra care to avoid close contact with anyone who is at higher risk of getting seriously ill from COVID-19.

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

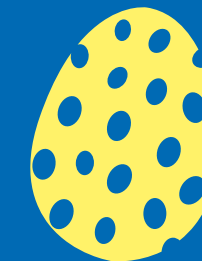
When to seek medical advice

Go to 111.nhs.uk, 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.



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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.

On bank holidays, 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 |
|------------------|--|------------------------|
| Hadleigh | Daynite Pharmacy, 261 London Road, Hadleigh, Benfleet, SS7 2BN | 10am - 10pm |
| Southend-on-Sea | Asda Pharmacy, North Shoebury Road, Shoeburyness, Essex, SS3 8DA | 10am - 4pm |
| | Boots, Unit 2, Royal Shopping Centre, High Street, Southend-On-Sea, Essex, SS1 1DE | 9am - 6pm |
| | Morrisons Pharmacy, Western Approaches, Eastwood, Southend-On-Sea, Essex, SS2 6SH | 9am - 1pm 2pm - 6pm |
| Westcliff-on-Sea | Tesco In-store Pharmacy, Prince Avenue, Westcliff-On-Sea, SS0 0JP | 9am - 1pm |

EASTER SUNDAY - 17 APRIL

| Location | Address | Opening hours |
|-----------------|---|----------------|
| Hadleigh | Daynite Pharmacy, 261 London Road, Hadleigh, Benfleet, SS7 2BN | 12 noon - 3pm |
| Hullbridge | Ferry Pharmacy, 167 Ferry Road, Hullbridge, Essex, SS5 6JH | 10am - 12 noon |
| Leigh-on-Sea | Derix Healthcare Pharmacy, 1065 London Road, Leigh-On-Sea, Essex, SS9 3JP | 9am - 11am |
| | Elmsleigh Pharmacy, 185 Elmsleigh Drive, Leigh-On-Sea, Essex, SS9 4JH | 3pm - 5pm |
| Rayleigh | Hambro Pharmacy, 53A Hullbridge Road, Rayleigh, Essex, SS6 9NL | 1pm - 4pm |
| Southend-on-Sea | Queensway Pharmacy, 61 Southchurch Road, Southend-On-Sea, Essex, SS1 2NL | 1pm - 3pm |

EASTER MONDAY - 18 APRIL

| Location | Address | Opening hours |
|------------------|--|---------------|
| Hadleigh | Daynite Pharmacy, 261 London Road, Hadleigh, Benfleet, SS7 2BN | 10am - 10pm |
| Southend-on-Sea | Asda Pharmacy, North Shoebury Road, Shoeburyness, Essex, SS3 8DA | 10am - 4pm |
| | Boots, Unit 2, Royal Shopping Centre, High Street, Southend-On-Sea, Essex, SS1 1DE | 10am - 5pm |
| | Morrisons Pharmacy, Western Approaches, Eastwood, Southend-On-Sea, Essex, SS2 6SH | 10am - 4pm |
| Westcliff-on-Sea | Tesco In-store Pharmacy, Prince Avenue, Westcliff-On-Sea, SS0 0JP | 9am - 1pm |

All details correct at time of publication.