

...over the Spring bank holiday 2019

GP opening hours

Call **111** to access the out-of-hours service (between 6.30pm and 8am weekdays and all day at weekends or bank holidays).

Weekend and bank holiday appointments at our hubs

GP and nurse appointments on **Saturdays and Sundays** and **bank holidays** can be booked via your own GP practice during business hours, or by calling one of the numbers below on the day.

Appointments are available from 9am to 3pm.

Hubs for patients registered with any practice in **Castle Point and Rochford** are:

- Audley Mills Surgery, 57 Eastwood Road, Rayleigh SS6 7JF (01268 740501)
- Hawkesbury Road Surgery, 1A Hawkesbury Road, Canvey SS8 0EX (01268 682303)

Hubs for patients registered with any practice in **Southend** are:

- Queensway Surgery, 75 Queensway, Southend-on-Sea SS1 2AB (01702 742102)
- North Shoebury Surgery, Frobisher Way, Shoeburyness SS3 8UT (01702 742102)

Weekday evening appointments

Evening appointments (6.30pm to 8pm) with a GP or nurse can be requested by asking at your own GP practice.

Mental health support

www.therapyforyou.co.uk: A range of therapies and online courses.

Children's mental health services:

0300 300 1600

9am-5pm, Monday to Friday.

www.kooth.com: Free, anonymous support for young people.

Dental emergency?



Call **111** and you will be directed for emergency treatment where necessary.

Make the most of your pharmacist

You can help us help you if you start to feel unwell. Even if it's just a cough or cold, consult your pharmacist before it gets more serious.

Spring bank holiday — Monday 27 May 2019

		Opening hours
Tesco Pharmacy	Prince Avenue, Westcliff SS0 0JP	12pm to 4pm
Boots Pharmacy	179-181 Hamlet Court Road, Westcliff SS0 7EL	10am to 6pm
Boots Pharmacy	The Royals Shopping Centre, Southend SS1 1DE	10am to 5pm
Lloyds Pharmacy	Sainsbury's, 45 London Road, Southend SS1 1PL	9am to 5pm
Boots Pharmacy	Victoria Shopping Centre, Southend SS2 5SA	10.30am to 4.30pm
Morrisons Pharmacy	Western Approach, Eastwoodbury Lane SS2 6SH	10am to 4pm
Asda Pharmacy	North Shoebury Road, Shoeburyness SS3 8DA	9am to 1pm 2pm to 6pm
Boots Pharmacy	77-79 High Street, Rayleigh SS6 7EJ	10am to 4pm
Daynite Pharmacy	261 London Road, Hadleigh SS7 2BN	10am to 11pm
Morrisons Pharmacy	175 London Road, Hadleigh SS7 2RB	10am to 4pm
Boots Pharmacy	33-37 Furtherwick Road, Canvey SS8 7AG	8.30am to 5.30pm
Derix Pharmacy	1065 London Road, Leigh-on-Sea SS9 3JP	8am to 11pm

NHS

Not sure what to do?

Go straight to **111**

Call or go online 111.nhs.uk

HELP US HELP YOU
KNOW WHAT TO DO