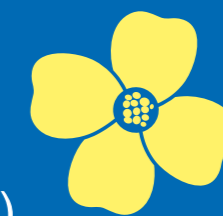


Stay well this Bank Holiday



Your guide to health services in south east Essex this bank holiday weekend (28-31 May 2021).

GP APPOINTMENTS

GP practices will be closed on the bank holiday weekend. 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

Queensway Surgery, 75 Queensway, Southend-on-Sea SS1 2AB
Tel: 01702 742102

Castle Point and Rochford

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

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

Date	Southend	Castle Point and Rochford
Saturday 29 May	9am to 3pm	9am to 3pm
Sunday 30 May	9am to 3pm	9am to 3pm
Bank holiday Monday (31 May)	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.

Coronavirus restrictions

As of 17 May, restrictions were further eased in England. Current rules include:

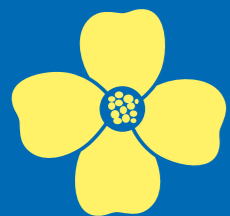
- Outdoor gatherings are limited to 30 people and indoor gatherings are limited to 6 people or 2 households.
- Many venues are now open, including indoor entertainment such as cinemas or museums, events such as sporting events and concerts, and indoor hospitality such as restaurants and pubs.
- For more information, visit: www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do

JUST THINK 111 FIRST

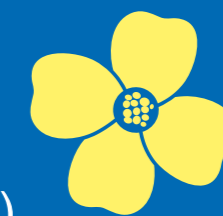
If you have an urgent medical problem that's not life-threatening, or you're not sure what to do, just call NHS 111 first.

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.





Stay well this Bank Holiday



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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 holiday Monday, 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.

Bank Holiday Monday - 31 May 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 - 10pm
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
	Lloyds Pharmacy, 45 London Road, Southend-On-Sea, SS1 1PL	10am - 4pm
	Morrisons Pharmacy, Western Approaches, Eastwood, Essex, SS2 6SH	9am - 1pm 2pm - 6pm
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

#MyHealthMattersMSE

MY HEALTH MATTERS

Right now, looking after ourselves is more important than ever.

There are lots of great tools, tips and resources to help take care of yourself and support you your health and wellbeing. Look after you too, because **your health matters.**

For more information visit bit.ly/myhealthmattersmse