

...over the May bank holiday weekend

Stay well

Treat yourself at home for things like a grazed knee, sore throat or cough.

nhs.uk recommends keeping a well-stocked medicine cabinet and first aid kit, which can prepare you for most common ailments. Items include:

- Pain relief
- Antihistamines
- Oral rehydration salts
- Anti-diarrhoea treatment
- Indigestion treatment
- Sunscreen

Your first aid kit

- Bandages
- Plasters
- Thermometer
- Antiseptic
- Eyewash solution
- Sterile dressings
- Medical tape
- Tweezers

Don't forget your local pharmacist can help with many ailments. They can give advice or, where appropriate, medicines that can help clear up the problem.



@CPRCCG

@SouthendCCG



when it's less urgent than 999

Free to call and available 24/7

Feeling low?

Therapy For You offers a range of talking therapies, including sessions with mental health professionals: **01268 739 128**

Samaritans: 08457 909090

Children's mental health services: 0300 300 1600 9am-5pm, Monday – Friday.

Call 0300 555 1201 out-of-hours.

Dental emergency?

If you need to see a dentist urgently, call **111** and you will be directed for emergency treatment.

Make the most of your pharmacist

Traffic on the roads on bank holidays is challenging and it can be just the same in A&E – so why not be smart and beat the queues in south east Essex by visiting your local pharmacist this May Bank Holiday (1 May 2017).

Patients can save time in the waiting room by visiting their pharmacist for quick, confidential advice on a range of common illnesses.

Your local pharmacist does a lot more than dispense medicine. They can offer medical advice on a range of common conditions including coughs and colds, aches and pains, skin rashes and minor injuries.

Bank holiday Monday — 1 May 2017

Opening hours

Tesco Pharmacy	Prince Avenue, Southend SS0 0JP	9am to 6pm
Boots Pharmacy	179-181 Hamlet Court Road, Westcliff SS0 7EL	10am to 4pm
Boots Pharmacy	The Royals Shopping Centre, Southend SS1 1DE	10am to 5pm
Boots Pharmacy	Victoria Shopping Centre, Southend SS1 5SA	9am to 5pm
Morrisons Pharmacy	Western Approach, Eastwoodbury Lane SS2 6SH	9am to 1pm 2pm to 5pm
Boots Pharmacy	77-79 High Street, Rayleigh SS6 7EJ	10am to 4pm
Hambro Pharmacy	53A Hullbridge Road, Rayleigh SS6 9NL	10am to 4pm
Daynite Pharmacy	261 London Road, Hadleigh, Benfleet SS7 2BN	10am to 11pm
Boots Pharmacy	33-37 Furtherwick Road, Canvey SS8 7AG	10am to 4pm

GP opening hours

If you need a GP out of hours (between 6.30pm and 8am weekdays and all day at weekends) or on a bank holiday, call **111** to access the out-of-hours service.

Most GP services in **Castle Point and Rochford** are offering weekend & bank holiday appointments from two 'hubs' in Canvey and Rayleigh.

Contact your GP practice for information about these services and how to book.

“ I really needed the appointment that you didn't turn up to... ”

12,000 GP appointments are missed each month in mid & south Essex

GP appointment?
Can't make it?
Don't need it?

CANCEL IT!

Speak to your GP about managing your appointments online. Visit www.nhs.uk/GPonlineservices