

... over the spring bank holiday



when it's less urgent than 999

Free to call and available 24/7

GP opening hours

If you need a GP out of hours or on a Bank Holiday, call **111** to access the out-of-hours service. It might save you an unnecessary trip to A&E.

Castle Point and Rochford

Most GP services in Castle Point and Rochford are offering weekend and bank holiday appointments that are available from two GP 'hubs' in Ashingdon and Benfleet — ask your GP practice for more information.

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 3001600 9am-5pm,

Monday – Friday.

Call 0300 555 1201 out-of-hours.

Stay well

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

Visit nhs.uk to find out how a well-stocked medicine cabinet and first aid kit can prepare you for most common ailments.

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

Your local pharmacist does a lot more than dispense medicine.

They can offer medical advice on a range of conditions including coughs and colds, aches and pains, skin rashes and minor injuries.

Spring Bank Holiday —30 May

Opening hours

Boots Pharmacy	179-181 Hamlet Court Road, Westcliff-on-Sea SS0 7EL	10am to 4pm
Boots Pharmacy	The Royals Shopping Centre, Southend-on-Sea SS1 2DE	10am to 5pm
Boots Pharmacy	77-79 High Street, Rayleigh SS6 7EJ	10am to 4pm
Hambro Pharmacy	53A Hullbridge Road, Rayleigh SS6 9NL	10am to 7pm
Morrisons Pharmacy	175 London Road, Hadleigh SS7 2RB	9am to 5pm
Boots Pharmacy	33-37 Furtherwick Road, Canvey Island SS8 7AG	10am to 4pm



@CPRCCG

@SouthendCCG