

# Stay well this Festive Period





Your guide to health services in Basildon and Brentwood this for Christmas day, bank holiday Monday (28th) and New Year's Day.

### **GP APPOINTMENTS**

Over the Christmas period, GP appointments are available through our extended access scheme. You can book an appointment by phoning your GP Practice. The opening times are:

Date	Basildon Hub (The Knares)	Brentwood Hub (Brambles Surgery)	Wickford Hub (Shotgate Surgery)
25 Dec	9am - 2pm	10am - 2pm	9am - 2pm
26 Dec	9am - 2pm	8am - 2pm	9am - 2pm
27 Dec	9am - 2pm	9am - 2pm 8am - 2pm	
28 Dec	9am - 2pm	10am - 2pm	9am - 2pm
01 Jan 2021	9am - 2pm	10am - 2pm	9am - 2pm

Please note that GP practices will be open as usual between Tuesday 29 and Thursday 31 December.

## **JUST THINK 111 FIRST**

If you have an urgent medical problem that's not lifethreatening, 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 vou'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:**

basildonandbrentwoodccg.nhs.uk/your-health/mental-healthservices

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** 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.



Between 23 and 27 December you can form an exclusive 'Christmas bubble' composed of people from no more than three households

- You can only be in one Christmas bubble and you cannot change bubbles.
- You can only meet your Christmas bubble in private homes, places of worship, or public outdoor spaces.
- You should not meet socially with friends and family that you do not live with in your home or garden unless they are part of your Christmas bubble.
- You can travel between tiers and UK nations to meet with your bubble.







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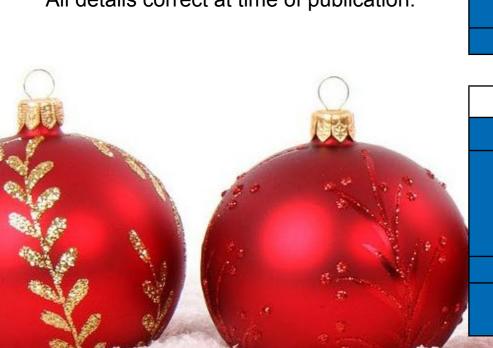
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## **Community Pharmacy Opening Times**

Your pharmacy can offer medical advice on a range of conditions including coughs, colds, aches and pains, all without the need for an appointment.

Over the Christmas period, 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.

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CHRISTMAS DAY - 25 DECEMBER 2020				
Location	Address	Opening hours		
Basildon	Sach Chemists, 10 Broadway North, High Road, Pitsea, Basildon, SS13 3AT	11am - 2pm		
Billericay	Shadforth Pharmacy, 25 Stock Road, Billericay, CM12 0AH	9am - 12pm		
Brentwood	Ongar Road Pharmacy, 249 Ongar Road, Brentwood, CM15 9DZ	10am - 12pm		
	Village Pharmacy, 86 Church Lane, Doddinghurst, Brentwood, CM15 0NG	12pm - 2pm		
Wickford	Garbett Chemist, 23 High Street, Wickford, SS12 9AE	9am - 12pm		

BANK HOLIDAY MONDAY - 28 DECEMBER 2020				
Location	Address	Opening hours		
	Asda Pharmacy, Eastgate Centre, Basildon, SS14 1AE	9am - 6pm		
	Asda Pharmacy, Heron Retail Park, Miles Gray Road, Basildon, SS14 3AF	9am - 6pm		
	Boots, 25 Town Square, Basildon, SS14 1BA	10am - 4pm		
Basildon	Boots, Unit 6b, Mayflower Retail Park, Gardiners Link, Basildon, SS14 3HZ	10am - 4pm		
	Lloyds Pharmacy, Cricketers Way, Basildon, SS13 1SA	10am - 4pm		
	Tesco In-store Pharmacy, Mayflower Retail Park, Gardiners Link, Basildon, SS14 3HZ	9am - 1pm		
	Tesco In-store Pharmacy, Off Station Lane, Pitsea, Basildon, SS13 3JU	9am - 1pm		
Billericay	Boots, 64-66 High Street, Billericay, CM12 9BS	10am - 4pm		
Brentwood	Boots, 51 High Street, Brentwood, CM14 4RH	10am - 4pm		
Brentwood	Lloyds Pharmacy, 51 William Hunter Way, Brentwood, CM14 4WQ	10am - 4pm		
Wickford	Boots, 16 Willowdale Centre, High Street, Wickford, SS12 0RA	10am - 4pm		

NEW YEAR'S DAY - 01 JANUARY 2021			
Location	Address	Opening hours	
Basildon	Asda Pharmacy, Eastgate Centre, Basildon, SS14 1AE	10am - 5pm	
	Asda Pharmacy, Heron Retail Park, Miles Gray Road, Basildon, SS14 3AF	10am - 5pm	
	Boots, 25 Town Square, Basildon, SS14 1BA	10am - 4pm	
	Lloyds Pharmacy, Cricketers Way, Basildon, SS13 1SA	10am - 4pm	
Billericay	Boots, 64-66 High Street, Billericay, CM12 9BS	10am - 4pm	
Brentwood	Boots, 51 High Street, Brentwood, CM14 4RH	10am - 4pm	
	Lloyds Pharmacy, 51 William Hunter Way, Brentwood, CM14 4WQ	10am - 4pm	