



Your guide to Health services over Christmas in mid and south Essex

Need urgent help but unsure where to go?



If you need urgent help, visit <u>111.nhs.uk</u>. You will be directed to the service to best meet your needs or call 111 available 24/7. Feel as though you're in a crisis or overwhelmed?



If things are getting on top of you and you're feeling anxious or stressed, support is available for over 18s 24/7. Call 111 and select option 2. Under 18s call 0800 995 1000. Need to see a GP in the evening or at the weekend?



Evening and weekend appointments can be made by calling your GP surgery during normal hours or dialling 111 outside of normal hours. Need medical advice? Try your pharmacy.

Pharmacies offer advice on many common conditions like colds, coughs, aches and pains; no appointment needed. Local opening times are detailed here: <u>nhs.uk/service-search/pharmacy/</u> <u>find-a-pharmacy</u>



Just think NHS 111 first

For urgent help, visit <u>111.nhs.uk</u>. You will be directed to the service to best meet your needs or call 111 available 24/7. NHS 111 can even book an A&E appointment near you.

Urgent dentist appointments

You can call your dentist for urgent treatment. If you don't have one, call 111 to make an appointment at an urgent dental care centre.



Pharmacy opening times over the festive period

Pharmacies offer advice on many common conditions. View the following pages for pharmacy opening times near you. If you have a cold or flu, don't go to the pharmacy, ask someone to go for you. Spread festive cheer, not a winter bug.



Winter health advice

Our website has lots of information on staying well this winter, everything from managing respiratory conditions to avoiding falls. Scan the QR code or visit: <u>EssexDoYourBit.nhs.uk</u>



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Staying well in Basildon and Brentwood



Your guide to community pharmacy opening times this festive period.

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. Your regular pharmacy may be shut or have different opening times on the bank holidays. Please see below for information about which pharmacies are open and when in Basildon and Brentwood.

CHRISTMAS DAY (SUNDAY 25 DECEMBER) OPENING TIMES		
Location	Address	Opening hours
Basildon	AA Pharmacy, 98 Whitmore Way, Basildon, Essex, SS14 3JT	11am - 2pm

BOXING DAY (MONDAY 26 DECEMBER) OPENING TIMES		
Location	Address	Opening hours
Basildon	Asda Pharmacy, Eastgate Shopping Centre, Basildon, SS14 1AE	10am - 4pm
	Asda Pharmacy, Heron Retail Park, Miles Gray Road, Basildon, SS14 3AF	10am - 4pm
	Boots, 25 Town Square, Basildon SS14 1BA	10am - 4pm

TUESDAY 27 DECEMBER BANK HOLIDAY OPENING TIMES		
Location	Address	Opening hours
Basildon	Asda Pharmacy, Eastgate Shopping Centre, Basildon, SS14 1AE	10am - 4pm
	Asda Pharmacy, Heron Retail Park, Miles Gray Road, Basildon, SS14 3AF	10am - 4pm
	Boots, 25 Town Square, Basildon SS14 1BA	10am - 4pm

For more information on pharmacies near you and their opening times, check out the NHS 'Find a Pharmacy' tool: www.nhs.uk/service-search/pharmacy/find-a-pharmacy

All details correct at time of publication.

NEW YEAR'S DAY (1 JANUARY) OPENING TIMES		
Location	Address	Opening hours
	Asda Pharmacy, Eastgate Shopping Centre, Basildon, SS14 1AE	10am - 4pm
	Asda Pharmacy, Heron Retail Park, Miles Gray Road, Basildon, SS14 3AF	10am - 4pm
	Boots, 25 Town Square, Basildon SS14 1BA	10am - 4pm
Basildon	Lloyds Pharmacy, Cricketers Way, Basildon, SS13 1SA	10am - 4pm
	Tesco Pharmacy, Mayflower Retail Park, Gardners Link, Basildon, SS14 3HZ	10am - 4pm
	Tesco Pharmacy, Off Station Lane, Pitsea, SS13 3JU	10am - 4pm
Billericay	Boots, 64-66 High Street, Billericay, CM12 9BS	10am - 4pm
	Boots, 51 High Street Brentwood, CM14 4RH	10am - 3pm
Brentwood	Lloyds Pharmacy, 51 William Hunter Way, Brentwood, CM14 4WQ	10am - 4pm
	Pharmchoice Pharmacy, 9 Ingrave Road, Brentwood, CM15 8AP	9am - 11pm

MONDAY 2 JANUARY BANK HOLIDAY OPENING TIMES		
Location	Address	Opening hours
Basildon	Asda Pharmacy, Eastgate Shopping Centre, Basildon, SS14 1AE	10am - 4pm
	Asda Pharmacy, Heron Retail Park, Miles Gray Road, Basildon, SS14 3AF	10am - 4pm