



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 | 8am - 2pm | 9am - 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 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.



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-health-services

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.



Meeting family this Christmas?

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.



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.

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.

All details correct at time of publication.

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 |
|------------|--|---------------|
| Basildon | 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 |
| | 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 |
| | 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 |