

STAY WELL THIS AUGUST BANK HOLIDAY

Your guide to health services in mid Essex over the August bank holiday

GP OPENING HOURS

If you do need to see a GP when your usual practice is closed, call **NHS 111** - a free, 24 hour telephone service, to access help. When you call NHS 111, they will ask you some questions to assess your symptoms and then find the right local health service for you.

GP and nurse appointments on **Saturdays** and **Sundays** and **bank holidays** can also be pre-booked via your own GP practice or by calling NHS 111 out of hours. Please note there are no walk in appointments available.

Date	Chelmsford Hub	Halstead Hub	Maldon Hub
Monday August 26 2019	8am to 2pm	8am to 2pm	8am to 2pm

More information on the extended access service can be found here: bit.ly/ExtendedAccess.

Feeling low?

Bank holidays can often be a stressful time so it's important to look after your mind as well as your body. If you are feeling tense or anxious and need to talk to someone, the following organisations run helplines over the festive period:

Online mental health support:
www.midessexccg.nhs.uk/livewell/mentalhealth

Samaritans:
Call 116 123 free 24/7

**North Essex
Mental Health Contact Line:**
Call 0330 726 0130 free 24/7

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. Speak to your pharmacist for help choosing the medicine that will work best for you, advice on whether you need to see a doctor and guidance on self-care and maintaining a healthy lifestyle.



BANK HOLIDAY PHARMACY OPENING TIMES

MONDAY
AUGUST 26, 2019

BRAINTREE

Boots, 7 George Yard Shopping Ctr, Braintree, Essex, CM7 1RB 10:00 - 16:00

Instore Pharmacy, Tesco Pharmacy, 1 The Square, Great Notley, Braintree, Essex, CM77 7WW 12:00 - 16:00

CHELMSFORD

Lloyds Pharmacy Inside Sainsbury's, 2 White Hart Lane, Springfield, Chelmsford, CM2 5PA 07:00 - 23:00

Morrisons Pharmacy, Morrisons Supermarket, Dickens Place Copperfield Road, North Melbourne, Chelmsford, CM1 4UX 10:00 - 16:00

Tesco Pharmacy, In-Store Pharmacy, Princes Road, Chelmsford, Essex, CM2 9XW 12:00 - 16:00

Tesco Stores Limited, Tesco Store, 47-53 Springfield Road, Chelmsford, CM2 6QT 12:00 - 16:00

MALDON

Tesco Stores Limited, Tesco Pharmacy, Fulbridge Road, Maldon, Fullbridge, Essex, CM9 4LE 12:00 - 16:00

SOUTH WOODHAM FERRERS

Govani Chemists, 14 Queen Elizabeth Square, South Woodham Ferrers, Essex, CM3 5TD 10:00 - 12:00

WITHAM

Boots, 42 Newland Street, Witham, Essex, CM8 2AR 10:00 - 16:00