

# stay well this Christmas

Your guide to health services in mid Essex over Christmas



## 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	NORTH CHELMSFORD HEALTH CENTRE	BLACKWATER MEDICAL CENTRE	MOUNT CHAMBERS SURGERY	ELIZABETH COURTAULD SURGERY	DOUGLAS GROVE	CROUCH VALE MEDICAL CENTRE
24 DEC	6.30pm to 8pm	6.30pm to 9pm	6.30pm to 8pm	Closed	Closed	Closed
25 DEC	9am to 1pm	Closed	Closed	Closed	Closed	Closed
26 DEC	8am to 2pm	9am to 1pm	Closed	Closed	Closed	Closed
31 DEC	6.30pm to 8pm	6.30pm to 9pm	6.30pm to 8pm	Closed	Closed	Closed
1 JAN	8am to 2pm	Closed	Closed	9am to 1pm	Closed	Closed

More information on the extended access service can be found here: [bit.ly/ExtendedAccess](https://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.midsexccg.nhs.uk/livewell/mentalhealth](http://www.midsexccg.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.



## LOCAL PHARMACY OPENING TIMES CHRISTMAS 2019

	CHRISTMAS DAY DEC 25TH, 2019	BOXING DAY DEC 26TH, 2019	NEW YEARS DAY JAN 1ST 2020
<b>BENFLEET</b>			
Daynite Pharmacy, 261 London Road, Hadleigh, Benfleet, Essex, SS7 2BN	09:00 - 15:00	09:00 - 15:00	09:00 - 15:00
<b>BRAINTREE</b>			
Boots, 7 George Yard Shopping Ctr, Braintree, Essex, CM7 1RB	Closed	10:00 - 16:00	10:00 - 16:00
<b>BURNHAM-ON-CROUCH</b>			
Savages Pharmacy, 22 Station Road, Burnham-on-Crouch, Essex, CM0 8BQ	11:00 - 14:00	Closed	Closed
<b>CHELMSFORD</b>			
Boots, 29 The Meadows, Chelmsford, Essex, CM2 6FD	Closed	10:30 - 16:30	10:30 - 16:30
Boots, 43 High Chelmer, Chelmsford, Essex, CM1 1DD	Closed	08:00 - 17:00	10:30 - 16:30
Boots, Chelmer Village Retail Park, Chelmer Village Way, Chelmsford, Essex, CM2 6XE	Closed	09:00 - 17:00	10:30 - 16:30
Colecross Ltd, 1 Hylands Parade, Wood Street, Chelmsford, CM2 8BW	10:00 - 13:00	Closed	Closed
Lloyds Pharmacy Inside Sainsbury's, 2 White Hart Lane, Springfield, Chelmsford, CM2 5PA	Closed	09:00 - 17:00	09:00 - 17:00
Morrisons Pharmacy, Morrisons Supermarket, Dickens Place, Copperfield Road, North Melbourne, Chelmsford, CM1 4UX	Closed	10:00 - 16:00	10:00 - 16:00
<b>HALSTEAD</b>			
Boots, 69-71 High Street, Halstead, Essex, CO9 2JD	Closed	10:00 - 16:00	10:00 - 16:00
<b>LEIGH ON SEA</b>			
Derix Healthcare Pharmacy, 1065 London Road, Leigh On Sea, Essex, SS9 3JP	08:00 - 23:00	08:00 - 23:00	08:00 - 23:00
<b>MALDON</b>			
Boots, 54 High Street, Maldon, Essex, CM9 5PN	Closed	10:00 - 16:00	10:00 - 16:00
<b>SOUTH WOODHAM FERRERS</b>			
Govani Chemists, 14 Queen Elizabeth Square, South Woodham Ferrers, Essex, CM3 5TD	10:00 - 12:00	10:00 - 12:00	10:00 - 12:00
<b>WITHAM</b>			
Boots, 42 Newland Street, Witham, Essex, CM8 2AR	Closed	10:00 - 16:00	10:00 - 16:00