

Health services in Thurrock over the Spring bank holidays 2016

Pharmacy opening times

Your pharmacy can offer medical advice on a range of conditions including coughs, colds, aches and pains. Below is a list of pharmacies that are open over the May bank holidays.



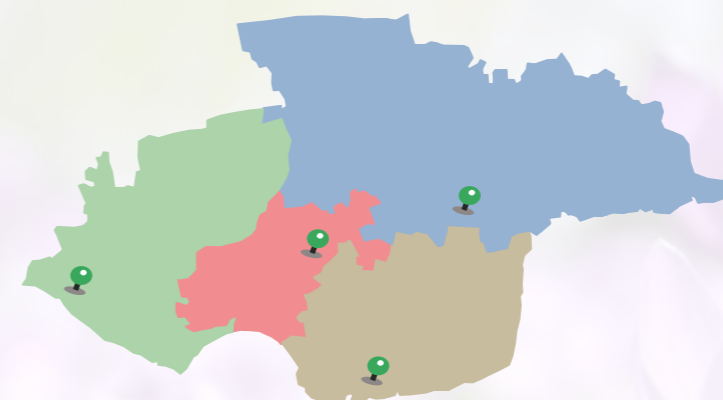
May Day - Monday 02 nd May 2016		Opening hours
Allcures Pharmacy	62 High Street, Grays, RM17 6NA	8am - 8pm
Allcures Pharmacy	19 Lampits Hill, Corringham, SS17 9AA	9am - 8pm
Asda Store	Thurrock Park Way, Tilbury, RM18 7HJ	11am - 5pm
Boots Pharmacy	35-43 High Street, Grays, RM17 6LU	10am - 4pm
Boots Pharmacy	74-75 Lakeside Shopping Centre, West Thurrock, RM20 2RG	10am - 9pm
Boots Pharmacy	Unit 1b, The Junction Retail Park, Western Avenue, RM20 3LP	9am - 6pm
Boots Pharmacy	83-85 St Johns Way, Corringham, SS17 7LL	10am - 4pm
Sainsbury's Pharmacy	Burghley Road, Chafford Hundred, RM16 6QQ	9am - 7pm
Tesco Pharmacy	Cygnets View, Lakeside, Grays, RM20 1TX	11am - 4pm

Spring Bank Holiday - Monday 30 th May 2016		Opening hours
Allcures Pharmacy	62 High Street, Grays, RM17 6NA	8am - 8pm
Allcures Pharmacy	19 Lampits Hill, Corringham, SS17 9AA	9am - 8pm
Asda Store	Thurrock Park Way, Tilbury, RM18 7HJ	11am - 5pm
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When GP Practices close during the May bank holidays, patients can call the Out of Hours GP Service (IC24) by dialling 111. Alternatively, make an appointment at your practice to be seen at one of the four Thurrock Weekend Health Hubs. See the opening hours over the bank holiday weekends below:

Thurrock Health Hubs opening times

Date	Location	Opening hours
Saturday 30 th April	Tilbury	9am - 12 noon and 12.30 - 3.30pm
	Corringham	9am - 12 noon
	Purfleet	9am - 12 noon and 12.30 - 3.30pm
	Grays	9am - 12 noon
Sunday 01 st May	Tilbury	9am - 12 noon
	Corringham	9am - 12 noon
	Purfleet	9am - 12 noon
	Grays	9am - 12 noon
Monday 02 nd May	Purfleet	9am - 12 noon
	Grays	9am - 12 noon
28-30 th May	TBC	TBC



Health Hub Locations

Tilbury Hub,
Tilbury Health Centre,
London Road,
Tilbury,
RM18 8EB

Corringham Hub
Neera medical Centre
2 Wharf Road,
Stanford-Le-Hope,
SS17 0BY

Purfleet and South Ockendon Hub
Purfleet Care Centre
Tank Hill Road,
Purfleet,
RM19 1SX

Grays Hub
Thurrock Community Hospital
Long Lane,
Grays,
RM16 2PX

Please note: appointments are made through your regular GP practice.

Feeling low?

If you are finding it hard to cope, there are many places to turn. See some phone numbers below:

Samaritans operates a 24 hour telephone service offering support to anyone in distress:

(01268) 412000 (local branch 08457 909090 (UK)

Inclusion Thurrock offers a range of talking therapies, including Cognitive Behavioural Therapy (CBT), online CBT and counselling Telephone: 01375 898680 between 8am and 6pm Monday to Friday

For children's mental health services:

Call 0300 300 1600 9am-5pm, Monday – Friday

Call 0300 555 1201 for out-of-hours



Support Assessment & Advice Service

One Call One Response
01268 526 259

Patients, their family members, carers and professionals just need to phone the number above

People with palliative care needs or needing care at end of life can contact OneResponse at any time, day or night, for support and advice.



When it's less urgent than 999
Available 24/7 and Free to call (even from mobiles)
Call for urgent dental and ophthalmology services



Thurrock

Clinical Commissioning Group

Address: 2nd floor
Civic Offices
New Road,
Grays
RM17 6SL

Phone: 01375 365810
Website: www.thurrockccg.nhs.uk
Email: thurrock.ccg@nhs.net

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