



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.

Much of Essex Tier 4: Stay at Home

As of Sunday 20 December, much of Essex is under the Tier 4 coronavirus alert level. This means:

- You must not leave or be outside of your home except for where you have a specific purpose such as work or essential food shopping. You should work at home if at all possible.
- You must not meet with another person from outside your household socially or undertake any activities with anyone. There are some exceptions such as support bubbles or childcare.
- Many non-essential businesses are closed, including non-essential retailers, hospitality venues, leisure and sports facilities and personal care facilities like hair dressers and beauty salons.
- Restrictions will no longer be relaxed over Christmas. You should not meet with other households over the Christmas period.
- For more information on these changes visit: www.gov.uk/guidance/tier-4-stay-at-home



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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