



Stay well this Festive Period



Your guide to health services in Thurrock this for Christmas day, bank holiday Monday (28th) and New Year's Day.

GP APPOINTMENTS

The Thurrock Health Hubs offer GP and nurse appointments weekday evenings and at the weekend. If you would like to book an appointment at the hubs, please phone your registered GP practice. The opening times for the hubs over the Christmas period are:

| Date | times |
|------------------------|---------------|
| Thurs 24 Dec | 7pm - 9pm |
| Sat 26 Dec | 9am - 12 noon |
| Sun 27 Dec | 9am - 12 noon |
| Mon 28 Dec | 9am - 11am |
| Tues 29 - Thurs 31 Dec | 7pm - 9pm |
| Fri 01 Jan 2021 | 9am - 11am |

Please note that GP practices will be open as usual between Tuesday 29 and Thursday 31 December. The hubs will return to their regular schedule from 02 January.

For more information on the hubs, visit: thurrockccg.nhs.uk/your-health/primary-care/thurrock-health-hubs

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:

www.thurrockccg.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.

Orsett Minor Injuries Unit

Opening times: 10am – 7.30pm Monday to Sunday (Closed Christmas Day & Boxing Day)

Orsett Hospital, Rowley Road, Orsett, RM16 3EU

Tel: 0300 300 1527

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.

One Response

24/7 phone line for advice and support for palliative care patients, their family members, carers and medical professionals:

01268 526 259



CHRISTMAS DAY - 25 DECEMBER 2020

| Location | Address | Opening hours |
|------------|---|---------------|
| Corringham | Allcures Pharmacy, 19-21 Lampits Hill, Corringham, Stanford-Le-Hope, SS17 9AA | 10am - 2pm |
| Grays | Vision Pharmacy, 11 Crammavill Street, Stifford Clays, Grays, RM16 2AP | 12pm - 2pm |

BANK HOLIDAY MONDAY - 28 DECEMBER 2020

| Location | Address | Opening hours |
|----------------|--|---------------|
| Corringham | Allcures Pharmacy, 19-21 Lampits Hill, Corringham, Stanford-Le-Hope, SS17 9AA | 9am - 7pm |
| | Boots, 83-85 St Johns Way, Corringham, Stanford-Le-Hope, SS17 7NA | 10am - 4pm |
| Grays | Boots, 35-41 High Street, Grays, RM17 6LU | 10am - 4pm |
| | Lloyds Pharmacy, Burghley Road, Chafford Hundred, Grays, RM16 6QQ | 10am - 4pm |
| | Vision Pharmacy, 11 Crammavill Street, Stifford Clays, Grays, RM16 2AP | 10am - 4pm |
| South Ockendon | South Road Pharmacy, 1 South Road, South Ockendon, RM15 6NU | 2pm - 6.30pm |
| Tilbury | Asda Pharmacy, Thurrock Park Way, Tilbury, RM18 7HJ | 9am - 6pm |
| West Thurrock | Boots, 74-75 Thurrock Lakeside Shopping Centre, West Thurrock, Grays, RM20 2ZG | 9am - 6pm |
| | Boots, Unit 1B, Junction Retail Park, Western Avenue, West Thurrock, Grays, RM20 3LP | 10am - 4pm |
| | Tesco In-store Pharmacy, Cygnet View, Lakeside Retail Park, Grays, RM20 1TX | 9am - 1pm |

NEW YEAR'S DAY - 01 JANUARY 2021

| Location | Address | Opening hours |
|---------------|--|---------------|
| Corringham | Allcures Pharmacy, 19-21 Lampits Hill, Corringham, Stanford-Le-Hope, SS17 9AA | 9am - 7pm |
| | Boots, 83-85 St Johns Way, Corringham, Stanford-Le-Hope, SS17 7NA | 10am - 4pm |
| Grays | Boots, 35-41 High Street, Grays, RM17 6LU 10:00-16:00 | 10am - 4pm |
| | Lloyds Pharmacy, Burghley Road, Chafford Hundred, Grays, RM16 6QQ 10:00-16:00 | 10am - 4pm |
| Tilbury | Asda Pharmacy, Thurrock Park Way, Tilbury, RM18 7HJ | 10am - 5pm |
| West Thurrock | Boots, 74-75 Thurrock Lakeside Shopping Centre, West Thurrock, Grays, RM20 2ZG | 11am - 5pm |