

# STAY WELL THIS EASTER

Your guide to health services in mid Essex over the Easter 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	Braintree Hub	Maldon Hub
Good Friday (19th April)	8am to 2pm	Closed	8am to 2pm	8am to 2pm
Saturday 20th April	8am to 2pm	8am to 2pm	Closed	8am to 2pm
Sunday 21st April	8am to 2pm	Closed	8am to 2pm	8am to 2pm
Bank Holiday Monday (22nd April)	8am to 2pm	8am to 2pm	Closed	8am to 2pm

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.midessexccg.nhs.uk/livewell/mentalhealth](http://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

	GOOD FRIDAY APRIL 19, 2019	EASTER SUNDAY APRIL 21, 2019	EASTER MONDAY APRIL 22, 2019
<b>BRAINTREE</b>			
Boots, 7 George Yard Shopping Ctr, Braintree, Essex, CM7 1RB	10:00 - 16:00	Closed	Closed
Instore Pharmacy, Tesco Pharmacy, 1 The Square, Great Notley, Braintree, Essex, CM77 7WW	12:00 - 16:00	Closed	12:00 - 16:00
<b>BURNHAM-ON-CROUCH</b>			
Savages Pharmacy, 22 Station Road, Burnham-on-Crouch, Essex, CM0 8BQ	Closed	11:00 - 14:00	Closed
<b>CHELMSFORD</b>			
Boots, 29 The Meadows, Chelmsford, Essex, CM2 6FD	09:00 - 17:30	Closed	10:30 - 16:30
Boots, 43 High Chelmer, Chelmsford, Essex, CM1 1DD	08:30 - 18:00	Closed	08:30 - 18:00
Boots, Chelmer Village Retail Park, Chelmer Village Way, Chelmsford, Essex, CM2 6XE	09:00 - 20:00	Closed	10:30 - 16:30
Colecross Ltd, 1 Hylands Parade, Wood Street, Chelmsford, CM2 8BW	Closed	13:00 - 16:00	Closed
Lloyds Pharmacy Inside Sainsbury's, 2 White Hart Lane, Springfield, Chelmsford, CM2 5PA	09:00 - 17:00	Closed	09:00 - 17:00
Maylandsea Pharmacy, Imperial Avenue, Maylandsea, Chelmsford, Essex, CM3 6AH	Closed	10:00 - 13:00	Closed
Morrisons Pharmacy, Morrisons Supermarket, Dickens Place Copperfield Road, North Melbourne, Chelmsford, CM1 4UX	10:00 - 16:00	Closed	10:00 - 16:00
Tesco Pharmacy, In-Store Pharmacy, Princes Road, Chelmsford, Essex, CM2 9XW	12:00 - 16:00	Closed	12:00 - 16:00
Tesco Stores Limited, Tesco Store, 47-53 Springfield Road, Chelmsford, CM2 6QT	12:00 - 16:00	Closed	12:00 - 16:00
<b>EARLS COLNE</b>			
Boots, 50 High Street, Earls Colne, Colchester, Essex, CO6 2PB	08:30 - 18:30	Closed	Closed
<b>HALSTEAD</b>			
Boots, 69-71 High Street, Halstead, Essex, CO9 2JD	08:30 - 18:00	Closed	10:00 - 16:00
<b>MALDON</b>			
Boots, 54 High Street, Maldon, Essex, CM9 5PN	09:00 - 17:30	Closed	10:00 - 16:00
Tesco Stores Limited, Tesco Pharmacy, Fulbridge Road, Maldon, Fullbridge, Essex, CM9 4LE	12:00 - 16:00	Closed	12:00 - 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	08:45 - 17:30	Closed	10:00 - 16:00

