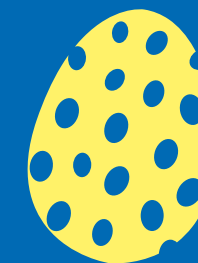


Stay well this Easter

Your guide to health services in Thurrock this Easter weekend (15 - 18 April 2022)



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 bank holiday weekend:

Date	times
Good Friday - 15 April	9am - 11am
Saturday 16 April	9am - 12 noon (Grays 9am to 4pm)
Easter Sunday - 17 April	9am - 12 noon
Easter Monday - 18 April	9am - 11am

For more information on the hubs, visit: [thurrockccg.nhs.uk/your-health/primary-care/thurrock-health-hubs](https://www.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 visit 111.nhs.uk. You will be directed to the service that best meets your needs.

You can also call 111 which is available 24 hours a day 7 days a week. If you need to visit the emergency department at your local hospital, you can book 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: 0800 953 0222

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](https://www.kooth.com) or Togetherall – [togetherall.com](https://www.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.

COVID Symptoms?

Try to stay at home and avoid contact with other people if you get symptoms of coronavirus (COVID-19).

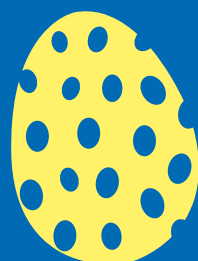
Take extra care to avoid close contact with anyone who is at higher risk of getting seriously ill from COVID-19.

You can go back to your normal activities when you feel better or do not have a high temperature.

When to seek medical advice

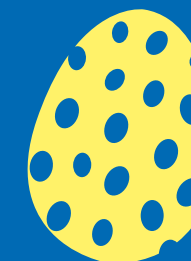
Go to 111.nhs.uk, or call 111 if you're worried about your symptoms or if your symptoms get worse.

In an emergency, go to A&E immediately or call 999.



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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

One Response



Support Assessment & Advice Service

One Call One Response
01268 526 259

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

01268 526 259

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.

On a bank holiday, 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.

GOOD FRIDAY - FRIDAY 15 APRIL

Location	Address	Opening hours
Tilbury	Asda Pharmacy, Thurrock Park Way, Tilbury, RM18 7HJ	10am - 4pm
West Thurrock	Tesco In-store Pharmacy, Cygnet View, Lakeside Retail Park, Grays, RM20 1TX	9am - 1pm

EASTER SUNDAY - SUNDAY 17 APRIL

Location	Address	Opening hours
Corringham	Allcures Pharmacy, 19 Lampits Hill, Corringham, Stanford-Le-Hope, Essex, SS17 9AA	11am - 2pm

EASTER MONDAY - MONDAY 18 APRIL

Location	Address	Opening hours
Tilbury	Asda Pharmacy, Thurrock Park Way, Tilbury, RM18 7HJ	10am - 4pm
West Thurrock	Tesco In-store Pharmacy, Cygnet View, Lakeside Retail Park, Grays, RM20 1TX	9am - 1pm

All details correct at time of publication.