



STAY WELL THIS Festive Period



Your guide to health services in mid Essex 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. If your practice is closed, you can also book by calling NHS 111 and on weekends and bank holidays (apart from Christmas Day), a direct patient line will be available on 01245 398055 for booking an appointment. The opening times are:

Date	North Chelmsford Health Centre	Elizabeth Courtauld Surgery (Halstead)
25 Dec	10am – 4pm	-
26 Dec	8am – 8pm	-
27 Dec	8am – 8pm	-
28 Dec	8am – 8pm	-
1 Jan	10am – 4pm	-
2 Jan	8am – 8pm	8am – 2pm
3 Jan	8am – 8pm	-

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.midessexccg.nhs.uk/livewell/mentalhealth

If you are feeling tense or anxious and need to talk to someone, mental health support is now available 24/7 via the NHS 111 helpline.

Samaritans: Call 116 123 free 24/7

You can also access online mental health support free via SilverCloud – me.silvercloudhealth.com/signup/.

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.

Meeting family this Christmas?

Between 23 and 27 December you can form an exclusive 'Christmas bubble' composed of people from no more than three households

- You can only be in one Christmas bubble and you cannot change bubbles.
- You can only meet your Christmas bubble in private homes, places of worship, or public outdoor spaces.
- You should not meet socially with friends and family that you do not live with in your home or garden unless they are part of your Christmas bubble.
- You can travel between tiers and UK nations to meet with your bubble.

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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
Chelmsford	Colecross Pharmacy, 1 Hylands Parade, Wood Street, Chelmsford, CM2 8BW	10am - 1pm
Maldon	Blackwater Pharmacy, Princes Road, Maldon, CM9 5GP	3pm - 6pm
Maylandsea	Maylandsea Pharmacy, Imperial Avenue, Maylandsea, CM3 6AH	4pm - 7pm
South Woodham Ferrers	Govani Chemists, 14 Queen Elizabeth Square, South Woodham Ferrers, CM3 5TD	10am - 12pm

BANK HOLIDAY MONDAY - 28 DECEMBER 2020

Location	Address	Opening hours
Braintree	Boots, 7 George Yard Shopping Centre, Braintree, CM7 1RB	10am - 4pm
Chelmsford	Boots, 43 High Chelmer, Chelmsford, CM1 1DD	8.30am - 6pm
	Boots, Unit 2B Chelmer Village Retail Park, Chelmsford, CM2 6XE	10.30am - 4.30pm
	Lloyds Pharmacy, Sainsbury's, 2 White Hart Lane, Chelmsford, CM2 5PA	10am - 4pm
	Morrisons Pharmacy, Dickens Place, Copperfields Road, Chelmsford, CM1 4UX	10am - 4pm
	Tesco Pharmacy, 47-53 Springfield Road, Chelmsford, CM2 6QT	9am - 1pm
	Tesco Pharmacy, Tesco, Princes Road, Chelmsford, CM2 9XW	9am - 1pm
Great Norley	Tesco Pharmacy, 1 The Square, Notley Green, Great Notley, Braintree, CM77 7WW	9am - 1pm
Maldon	Boots, 54 High Street, Maldon, CM9 5PN	10am - 4pm
Witham	Boots, 42 Newland Street, Witham, CM8 2AR	10am - 4pm

NEW YEAR'S DAY - 01 JANUARY 2021

Location	Address	Opening hours
Braintree	Boots, 7 George Yard Shopping Centre, Braintree, CM7 1RB	10am - 4pm
Chelmsford	Boots, Unit 2B Chelmer Village Retail Park, Chelmsford, CM2 6XE	10.30am - 4.30pm
	Lloyds Pharmacy, Sainsbury's, 2 White Hart Lane, Chelmsford, CM2 5PA	10am - 4pm
	Morrisons Pharmacy, Dickens Place, Copperfields Road, Chelmsford, CM1 4UX	10am - 4pm
Maldon	Boots, 54 High Street, Maldon, CM9 5PN	10am - 4pm
Witham	Boots, 42 Newland Street, Witham, CM8 2AR	10am - 4pm