

# Thurrock Health Services May Bank Holiday 2018

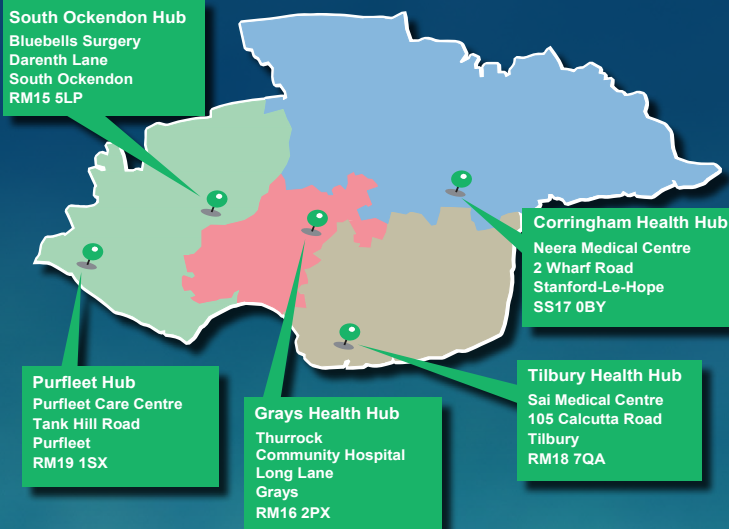
## Pharmacy opening times

### Bank Holiday Monday - 07 May 2018

Lloyds Pharmacy	Burghley Road, Chafford Hundred, RM16 6QQ	10am to 4pm
Boots Pharmacy	83-85 St John's Way, Corringham, SS17 7LL	10am to 4pm
Boots Pharmacy	35-43 High Street, Grays RM17 6NB	10am to 4pm
Boots Pharmacy	74/75 Lakeside Shopping Centre, West Thurrock, RM20 2ZG	10am to 9pm
Vision Pharmacy	11 Crammavill Street, Stifford Clays, RM16 2AP	10am to 4pm
Boots Pharmacy	1B Junction Retail Park, Western Avenue, Thurrock, RM20 3LP	9am to 6pm
Asda Pharmacy	Thurrock Park Way, Tilbury, RM18 7HJ	9am to 6pm
Tesco Pharmacy	Cygnets View, West Thurrock, RM20 1TX	9am to 6pm

All times were correct at the date of publishing.

## See a GP or nurse at the Thurrock Health Hubs



### Opening times

#### Bank Holiday Monday - 07 May 2018

The hubs (Purfleet, Grays, Tilbury and Corringham) are open from 9am to 11am.

#### Regular opening times

Saturdays and Sundays from 9am - 12pm. The Grays Hub also opens from 1pm to 4pm on Saturdays.

Regular working weekdays from 7pm to 9pm.

Call your regular GP practice to book



## Orsett Minor Injuries Unit

Opening times: 10am – 7.30pm, seven days a week

Address: Rowley Road, Orsett, Essex, RM16 3EU

Telephone: 0300 300 1527

CALL  
**111**

**Available 24/7 and free to call**  
For non-urgent medical advice and support

## Need health and social care advice?

Thurrock First is a phone service for over 18s in Thurrock who want advice on social care, mental health or community health

Phone 01375 511000



Support Assessment & Advice Service

One Call One Response  
**01268 526 259**

## End of Life Care

A co-ordinating service for people with palliative care needs or needing care at end of life.

## Feeling low and need help?

**Samaritans** operates a 24 hour telephone service offering support to anyone in distress:  
116 123 (national helpline) or (01268) 412000 (local branch)

**Inclusion Thurrock** offers a range of talking therapies,  
Telephone: 01375 898680 (8am and 6pm Monday to Friday)

#### For children's mental health services:

Call 0300 300 1600 (9am-5pm, Monday – Friday) or email:

[EWMHS@nelft.nhs.uk](mailto:EWMHS@nelft.nhs.uk)