

# Health services in Thurrock over the Christmas period

For non-urgent medical advice and support call NHS 111  
Available 24/7 and Free to call (even from mobiles)

**CALL**  
**111**

# Pharmacy opening times



Your pharmacy can offer medical advice on a range of conditions including coughs, colds, aches and pains. Below is a list of pharmacies that are open over the festive period.

## Christmas Day - 25th December 2017

Store	Address	Times
Allcures Pharmacy	19 - 21 Lampits Hill, Corringham, SS17 9AA	10am - 2pm
Vision Pharmacy	11 Crammavill Street, Grays, RM16 2AP	12pm - 2pm

## Boxing Day - 26th December 2017

Store	Address	Times
Allcures Pharmacy	19 - 21 Lampits Hill, Corringham, SS17 9AA	9am - 7pm
Boots Pharmacy	35-43 High Street, Grays, RM17 6LU	10am - 4pm
Lloyds Pharmacy	Burghley Road, Chafford Hundred, RM16 6QQ	10am - 4pm
Vision Pharmacy	11 Crammavill Street, Grays, RM16 2AP	10am - 4pm
Asda stores	Thurrock Park Way, Tilbury, RM18 7HJ	9am - 6pm
Boots Pharmacy	1B Junction Retail Park, Western Avenue, RM20 3LP	9am - 6pm
Boots Pharmacy	74-75 Lakeside Shopping Centre, West Thurrock, RM20 2ZG	9am - 9pm

## New Year's Day - 1st January 2018

Store	Address	Times
Allcures Pharmacy	19 - 21 Lampits Hill, Corringham, SS17 9AA	9am - 7pm
Boots Pharmacy	35-43 High Street, Grays, RM17 6LU	10am - 4pm
Lloyds Pharmacy	Burghley Road, Chafford Hundred, RM16 6QQ	10am - 4pm
Vision Pharmacy	11 Crammavill Street, Grays, RM16 2AP	10am - 4pm
Asda stores	Thurrock Park Way, Tilbury, RM18 7HJ	10am - 6pm
Boots Pharmacy	1B Junction Retail Park, Western Avenue, RM20 3LP	9am - 6pm
Boots Pharmacy	74-75 Lakeside Shopping Centre, West Thurrock, RM20 2ZG	10am - 6pm

## Orsett Minor Injuries Unit

Opening times: 10am – 7.30pm Monday to Sunday

From 21 December to 7 January there is a GP service at Orsett MIU between 2pm and 6pm daily. This is in addition to the usual minor injuries.

(Closed Christmas Day & Boxing Day)

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

Tel: 0300 300 1527

# General practice services

When GP Practices close during bank holidays, patients can call the Out of Hours GP Service (IC24) by dialling 111. Alternatively, make an appointment at one of our hubs:

Date	Location	Times
Friday 22 December	Corringham, Purfleet	6.30pm - 9.30pm
Saturday 23 December	Tilbury, Corringham, Purfleet, Grays	9am - 12 noon
Sunday 24 December	South Ockendon, Grays	9am - 12 noon
Wednesday 27 December	Corringham, Tilbury	6.30 - 9.30pm
Friday 29 December	Tilbury, Grays	6.30 - 9.30pm
Saturday 30 December	Tilbury, Corringham, Purfleet and Grays	9am - 12pm
Sunday 31 December	South Ockendon, Grays	9am - 12 noon
Tuesday 02 January	Corringham, Grays	6.30pm - 9.30pm
Wednesday 03 January	Corringham, Tilbury	6.30pm - 9.30pm
Saturday 06 January	Tilbury, Corringham, Purfleet, Grays	9am - 12 noon
Sunday 07 January	South Ockendon, Grays	9am 12 noon

## Health Hub Locations

Corringham Hub	Neera Medical Centre, Stanford-Le-Hope, SS17 0BY
Tilbury Hub	Tilbury Health Centre, London Road, Tilbury, RM18 8EB
Grays Hub	Thurrock Community Hospital, Long Lane, Grays, RM16 2PX
Purfleet Hub	Purfleet Care Centre, Tank Hill Road, Purfleet, RM19 1SX
South Ockendon Hub	Bluebells Surgery, Darenth Lane, South Ockendon, RM15 5LP

Please note: appointments are made through your regular GP practice.





# Need health and social care advice?

Thurrock First is a phone service for adults who want advice on:

- social care
- mental health
- community health



Phone 01375 511000

[thurrock.gov.uk/thurrockfirst](http://thurrock.gov.uk/thurrockfirst)



Support Assessment & Advice Service

One Call One Response  
**01268 526 259**

## For palliative and end of life care

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

## Feeling low and need help?

**Samaritans** operates a 24 hour telephone service offering support to anyone in distress:

116 123 (national helpline)  
(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  
email: [EWMHS@nelft.nhs.uk](mailto:EWMHS@nelft.nhs.uk)

## Thurrock CCG contact details

Thurrock CCG  
2nd Floor, Civic Offices, New Road  
Grays, RM17 6SL

Tel: 01375 365810

Email: [thurrock.ccg@nhs.net](mailto:thurrock.ccg@nhs.net)

Website: [thurrockccg.nhs.uk](http://thurrockccg.nhs.uk)

