

...over the summer bank holiday weekend

Stay well

nhs.uk recommends keeping a well-stocked medicine cabinet and first aid kit, which can prepare you for most common ailments.



Items include:

- Pain relief
- Antihistamines
- Oral rehydration salts
- Anti-diarrhoea treatment
- Indigestion treatment
- Sunscreen

Your first aid kit

- Bandages
- Plasters
- Thermometer
- Antiseptic
- Eyewash solution
- Sterile dressings
- Medical tape
- Tweezers



Don't forget your local pharmacist can help with many ailments. They can give advice or, where appropriate, medicines that can help clear up the problem.

NHS
It's not a 999 emergency,
but you need medical help fast.
CALL 111
For more information visit www.nhs.uk/111

Feeling low?

[Health in Mind](#) Mid Essex offers a range of talking therapies, including sessions with mental health professionals: **01376308704**

Samaritans: Call **116 123** free

Children's mental health services:
0300 300 1600 9am-5pm,
Monday – Friday.

Dental emergency?



Call **111** and you will be directed for emergency treatment where necessary.

Make the most of your pharmacist

Traffic on the roads on bank holidays is challenging and it can be just the same in A&E – so why not be smart and beat the queues in mid Essex by visiting your local pharmacist this summer bank holiday (28 August 2017).

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.



Bank holiday Monday — 28 August 2017		Opening hours
Boots Pharmacy	7 George Yard, Braintree, CM7 1RB	10am to 4pm
Tesco Pharmacy	The Square, Great Notley, CM7 7WW	9am to 6pm
Lloyds Pharmacy	Sainsbury's, 2 White Hart Lane, Springfield, CM2 5PA	9am to 7pm
Boots Pharmacy	Unit B2, Chelmer Village Retail Park, CM2 6XE	10:30am to 4:30pm
Boots Pharmacy	43 High Street, Chelmsford, CM1 1DD	10:30am to 4:30pm
Boots Pharmacy	Unit 29, The Meadows Shopping Centre, CM2 6FD	10:30am to 4:30pm
Tesco Pharmacy	47-53 Springfield Park Road, CM2 6QT	9am to 6pm
Tesco Pharmacy	Princes Road, Chelmsford, CM2 9XW	9am to 6pm
Morrison Pharmacy	Copperfield Road, North Melbourne, CM1 4UX	9am to 5pm
Govani Chemists	14 Queen Elizabeth Square, CM3 5TD	10am to 12pm
Boots Pharmacy	69-71 High Street, Halstead, CO9 2JD	10am to 4pm
Boots Pharmacy	54 High Street, Maldon, CM9 5PN	10am to 4pm
Tesco Pharmacy	Fullbridge, CM9 4LE	9am to 6pm
Boots Pharmacy	42 Newland Street, Witham, CM8 2AR	10am to 4pm



@MidEssexCCG



/CCGMidEssex



@MidEssexCCG

“ I really needed the appointment that you didn't turn up to... ”

12,000 GP appointments are missed each month in mid & south Essex

GP appointment?
Can't make it?
Don't need it?

CANCEL IT!

Speak to your GP about managing your appointments online.
Visit www.nhs.uk/GPonlineservices