

Need medical help when your GP surgery is closed?

NHS 111

Get help and advice from NHS 111, **24 hours a day, 7 days a week – including bank holidays. Call 111 (free to call).**

Seek advice from your pharmacist

Visit your **local pharmacy** for advice. Visit www.nhs.uk or call 111 to find details of your nearest pharmacy.

GP Out-of-hours service

Call 111 to access the GP out-of-hours service (between **6.30pm and 8am weekdays and all day at weekends and bank holidays**).

Weekend GP service on Saturdays and Sundays: from 10am to 3pm

At **Southend Medical Centre (50-52 London Rd, Southend SS1 1PR)**. Appointments (GP or nurse) must be pre-booked. Call your GP practice to book your appointment or call 111 to book when your GP practice is closed.