

See a GP or nurse

weekday evenings and weekend mornings

at the

# Thurrock Health Hubs

**South Ockendon Hub**  
Bluebells Surgery  
Darenth Lane  
South Ockendon  
RM15 5LP

**Corringham Hub**  
Neera Medical Centre  
2 Wharf Road  
Stanford-Le-Hope  
SS17 0BY

**Purfleet Hub**  
Purfleet Care Centre  
Tank Hill Road  
Purfleet  
RM19 1SX

**Grays Hub**  
Thurrock  
Community Hospital  
Long Lane  
Grays  
RM16 2PX

**Tilbury Hub**  
Sai Medical Centre  
105 Calcutta Road  
Tilbury  
RM18 7QA

## Opening times

GP or nurse appointments are available on weekday evenings from 7pm to 9pm and on Saturdays and Sundays from 9am - 12pm for routine care.

The Grays Hub is also open from 1pm to 4pm on Saturdays.

Call your regular GP practice to book an appointment.

## Weekend GP and nurse services

Can't find the time to see a GP or nurse during normal surgery hours? Why not visit the Thurrock Health Hubs.

The Thurrock Health hubs offer GP and nurse appointments every weekday evening and Saturday and Sunday mornings. There are five Health Hubs in total– Corringham, Tilbury, South Ockendon, Purfleet and Grays – each with a single GP and other health professionals, including practice nurses.

All patients registered with a GP practice in Thurrock can make use of the service, and you can attend any of the hubs. All you need to do is contact your GP practice and specify the hub where you would like to book your appointment.

The Hubs in Grays, Tilbury and Corringham are open seven days a week; the hubs in South Ockendon and Purfleet alternate, but together provide a seven day service. You must book an appointment to attend, there is no drop-in service. For a full breakdown of times, please see the timetable below:

Date	Location	Opening hours
Wednesdays	Corringham Tilbury Grays Purfleet - Mon/Wed/Fri South Ockenden - Tues/Thurs	7pm to 9pm 7pm to 9pm 7pm to 9pm 7pm to 9pm 7pm to 9pm
Saturdays	Corringham Grays Tilbury Purfleet	9am to 12 noon 9am to 12 noon and 1pm to 4pm 9am to 12 noon 9am to 12 noon
Sundays	South Ockendon Grays Tilbury Corringham	9am to 12 noon 9am to 12 noon 9am to 12 noon 9am to 12 noon

### The Health Hubs are located in:

- Corringham:** Neera Medical Centre, Stanford-Le-Hope, SS17 0BY  
**Tilbury:** Sai Medical Centre, 105 Calcutta Road, Tilbury, RM18 7QA  
**Grays:** Thurrock Community Hospital, Long Lane, Grays, RM16 2PX  
**Purfleet:** Purfleet Care Centre, Tank Hill Road, Purfleet, RM19 1SX  
**South Ockendon:** Bluebells Surgery, Darenth Lane, South Ockendon, RM15 5LP

For more information, visit the hubs' page on the Thurrock CCG website:  
<http://thurrockccg.nhs.uk/your-health/primary-care/thurrock-health-hubs>