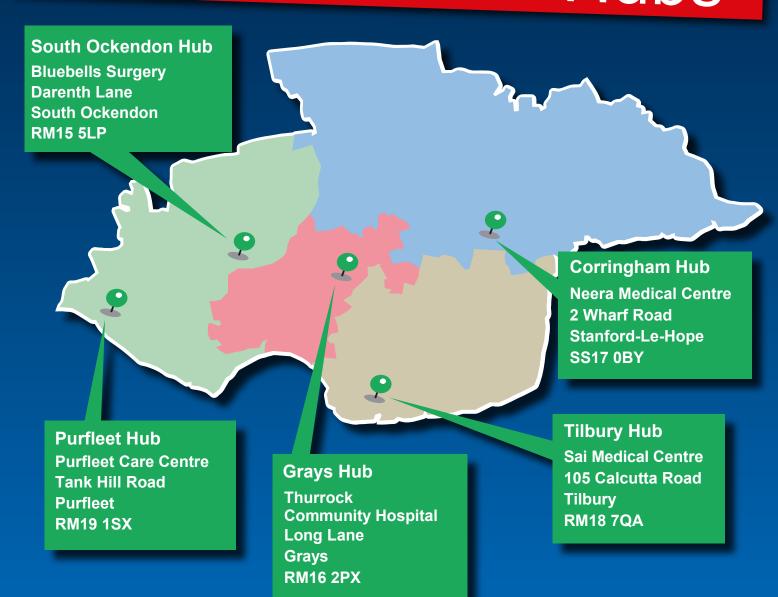


See a GP or nurse

weekday evenings and weekend mornings

Thurrock Health Hubs



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-hubss