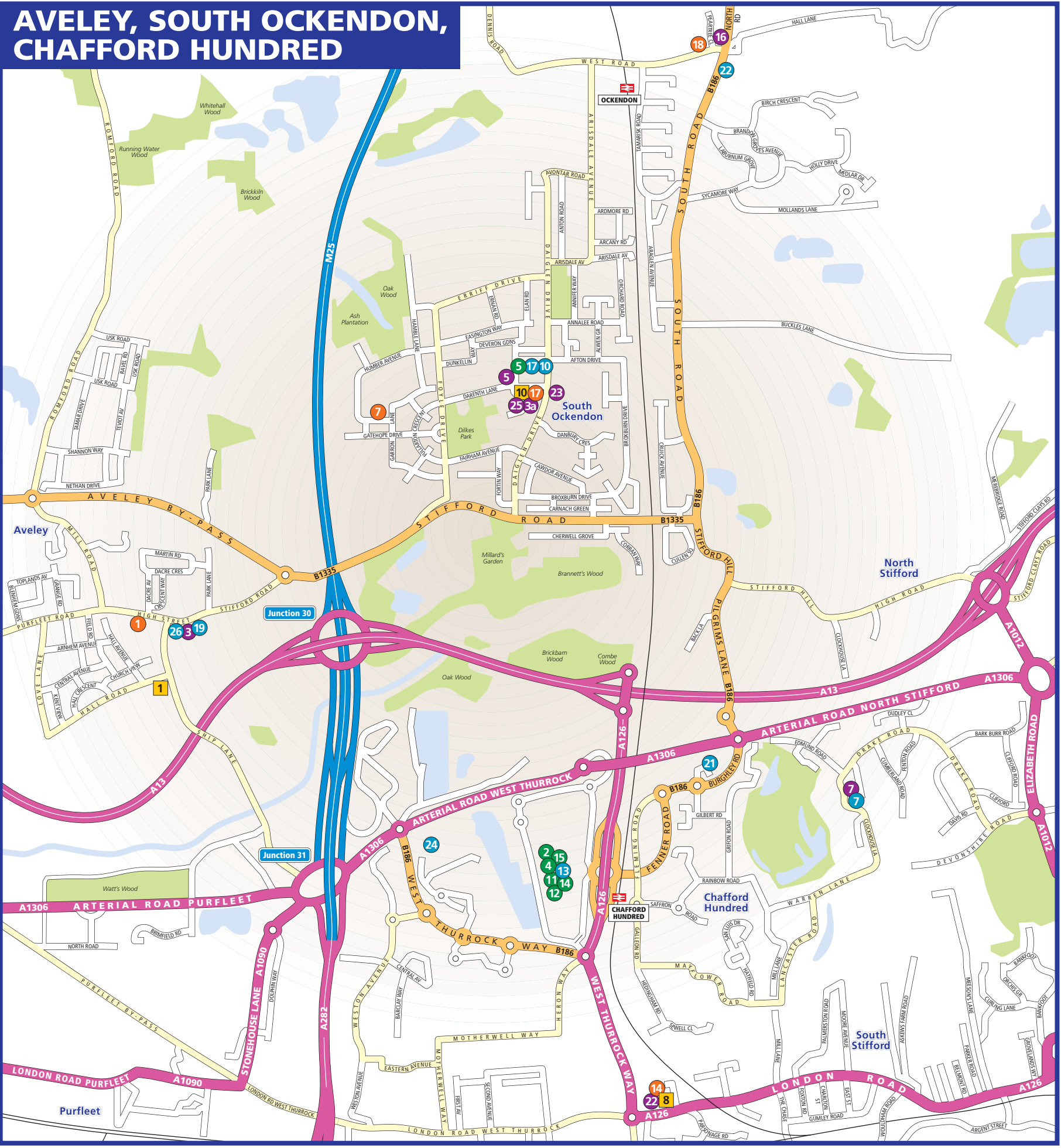
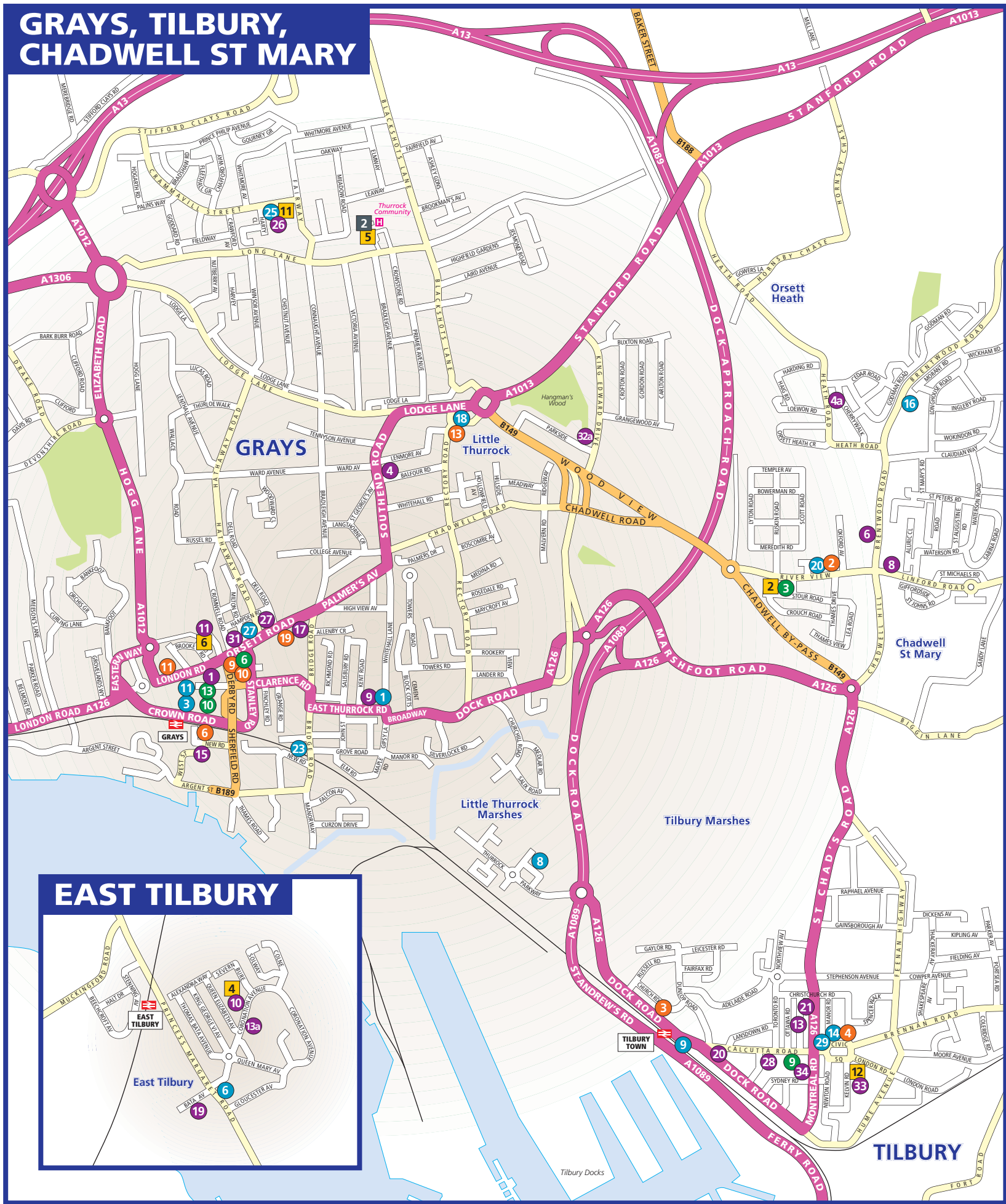


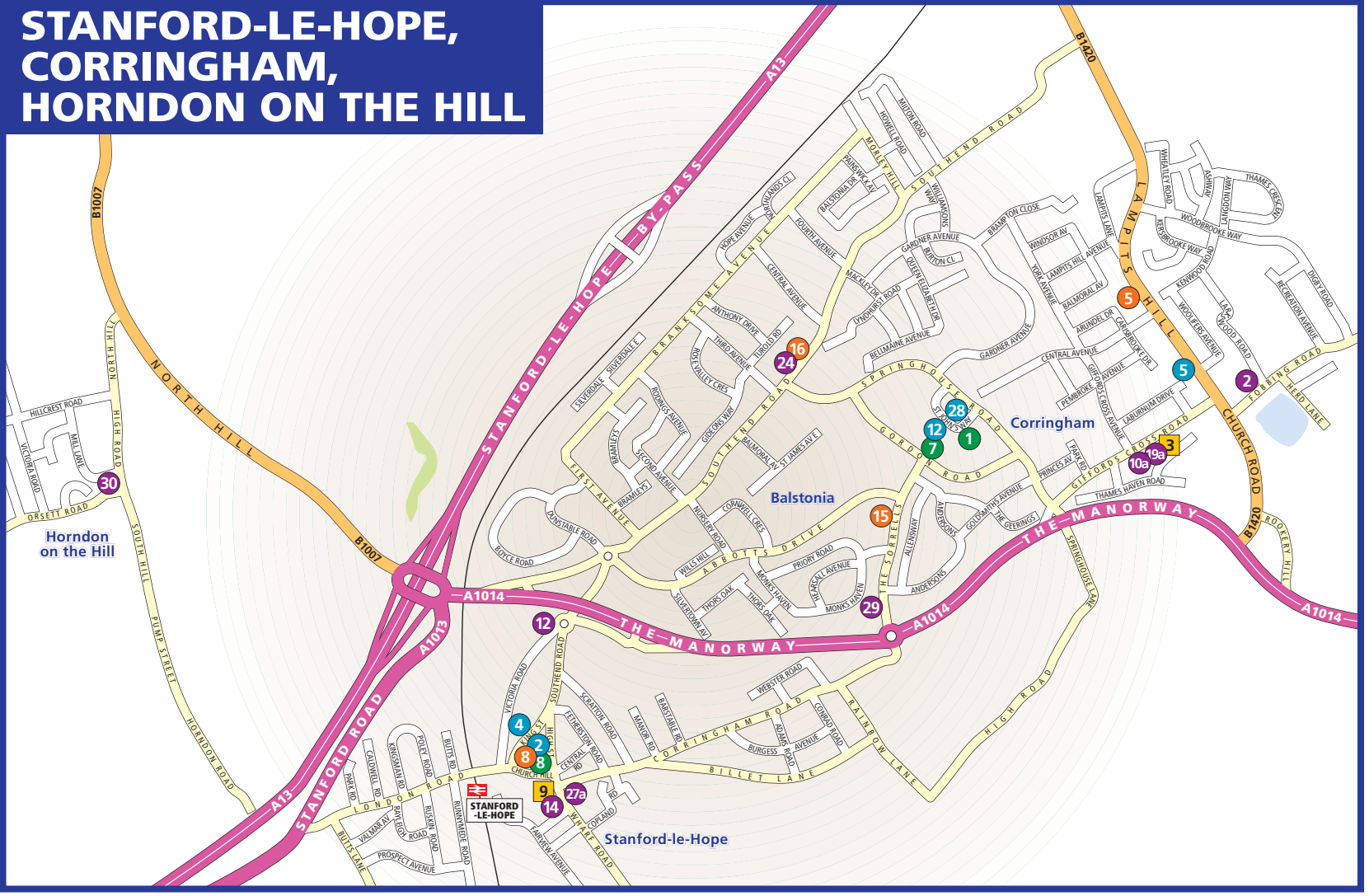
AVELEY, SOUTH OCKENDON,
CHAFFORD HUNDRED



GRAYS, TILBURY, CHADWELL ST MARY



STANFORD-LE-HOPE,
CORRINGHAM,
HORNDON ON THE HILL



0 500 1000 METRES

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THURROCK

GENERAL PRACTITIONERS

- 1

Acorns Surgery - F81742
Queensgate Centre, Orsett Road, Grays RM17 5DF
Tel: 01375 397470 Fax: 01375 398889
- 2

Ash Tree Surgery - F81644
33 Fobbing Road, Corringham SS17 9BG
Tel: 01375 643000 Fax: 01375 648198
- 3

Aveley Medical Centre - F81010
22 High Street, Aveley RM15 4AD
Tel: 0844 477 8675 Fax: 01708 891658
- 3a

Bluebell Surgery
South Ockendon Health Centre,
Darenth Lane, South Ockendon RM15 5LP
Tel: 01708 855801 Fax: 01708 851523
- 4

Balfour Medical Centre - F81155
2 Balfour Road, Grays RM17 5NS
Tel: 01375 373366 Fax: 01375 394562
- 4a

Branch Surgery
58 Heath Road, Chadwell St Mary RM16 4UT
Tel: 01375 842875
- 5

Belhus Medical Practice - F81669
Derry Court, Derry Avenue,
South Ockendon RM15 5LN
Tel: 01708 855009 Fax: 01708 857691
- 6

Chadwell Medical Centre - F81084
1 Brentwood Road, Chadwell St Mary RM16 4JD
Tel: 01375 842289 Fax: 01375 840357
- 7

Chafford Hundred Medical Centre - F81113
Drake Road, Chafford Hundred RM16 6RS
Tel: 01375 480000 Fax: 01375 483084
- 8

Dilip Sabnis Medical Centre - F81698
Linford Road, Chadwell St Mary RM16 4JW
Tel: 01375 851578 Fax: 01375 857539
- 9

East Thurrock Medical Centre - F81211
34 East Thurrock Road, Grays RM17 6SP
Tel: 01375 390575 Fax: 01375 384136
- 10

East Tilbury Medical Centre - F81691
85 Coronation Avenue, East Tilbury RM18 8SN
Tel: 01375 846232 Fax: 01375 840440
- 10a

The Health Centre
Giffords Cross Road, Corringham SS17 7QQ
Tel: 01375 670070
- 11

Grays Health Centre
Brooke Road, Grays RM17 5BY
Tel: 01375 378481 Fax: 01375 394685 **F81659**
Tel: 01375 898345 Fax: 01375 394685 **F81643**
- 12

Hassengate Medical Centre - F81153
Southend Road, Stanford-le-Hope SS17 0PH
Tel: 0844 477 8945 Fax: 0871 226 4360
- 13

Medic House - F81652
Ottawa Road, Tilbury RM18 7RJ
Tel: 01375 855288 Fax: 01375 850366
- 13a

Appledore Medical Centre
8 Coronation Avenue, East Tilbury RM18 8SJ
Tel: 01375 858657 Fax: 01375 855544
- 14

Neera Medical Centre - F81177
2 Wharf Road, Stanford-le-Hope SS17 0BY
Tel: 01375 672109 Fax: 01375 671724
- 15

New Road Medical Centre - F81218
22 New Road, Grays RM17 6NG
Tel: 01375 390717 Fax: 01375 383489
- 16

Pear Tree Surgery - F81134
Pear Tree Close, South Ockendon RM15 6PR
Tel: 01708 852318 Fax: 01708 853216
- 16a

West Horndon Surgery
129 Station Road, West Horndon CM13 3NB
Tel: 01277 811770
- 17

Primecare Medical Centre - F81623
167 Bridge Road, Grays RM17 6DB
Tel: 01375 373322 Fax: 01375 375329
- 18

Purfleet Care Centre - Y00033
Tank Hill Road, Purfleet RM19 1SX
Tel: 01708 864834 Fax: 01708 862577
- 19

Rigg Milner Medical Centre - F81082
2 Bata Avenue, East Tilbury RM18 8SD
Tel: 01375 843217 Fax: 01375 840423
- 19a

The Health Centre
Giffords Cross Road, Corringham SS17 7QQ
Tel: 01375 672468
- 20

Sai Medical Centre - F81708
105 Calcutta Road, Tilbury RM18 7QA
Tel: 01375 855643 Fax: 01375 857664
- 21

St Chads Medical Centre - F81206
4 St Chads Road, Tilbury RM18 8LA
Tel: 01375 842396 Fax: 01375 840448
- 22

St Clements Health Centre - Y00999
London Road, West Thurrock RM20 4AR
Tel: 01708 891007 Fax: 01708 895489
- 23

Sancta Maria Centre - F81197
Daiglen Drive, South Ockendon RM15 5SZ
Tel: 01708 853114 Fax: 01708 856570
- 24

Southend Road Surgery - F81088
271A Southend Road,
Stanford-le-Hope SS17 8HD
Tel: 01375 679316 Fax: 01375 679335
- 25

South Ockendon Health Centre - F81632
Darenth Lane, South Ockendon RM15 5LP
Tel: 01708 853113 Fax: 01708 851265
- 26

Stifford Clays Health Centre - F81192
Crammavill Street, Stifford Clays RM16 2AP
Tel: 0844 477 8705 Fax: 01375 394520
- 27

The Dell Medical Centre - F81219
111 Orsett Road, Grays RM17 5HA
Tel: 0844 477 3125 Fax: 0844 477 3126
- 27a

Branch Surgery
19 Wharf Road, Stanford-le-Hope SS17 0BZ
Tel: 0844 477 3075 Fax: 0844 477 3076
- 28

The Doctor's Surgery - F81719
57 Calcutta Road, Tilbury RM18 7QZ
Tel: 01375 859535 Fax: 01375 850095
- 29

The Sorrells Surgery - F81697
7 The Sorrells, Stanford-le-Hope SS17 7DZ
Tel: 01375 641740 Fax: 01375 678285
- 30

The Surgery - F81198
High Road, Horndon on the Hill SS17 8LB
Tel: 01375 642362
- 31

The Surgery - F81641
12 Milton Road, Grays RM17 5EZ
Tel: 01375 381612 Fax: 01375 392366
- 32

The Surgery - F81137
63 Rowley Road, Orsett RM16 3ET
Tel: 01375 892082 Fax: 01375 892487
- 32a

The Surgery
1 King Edward Drive, Grays RM16 2GG
Tel: 01375 374458
- 33

Tilbury Health Centre - F81110
London Road, Tilbury RM18 8EB
Tel: 01375 842028 Fax: 01375 840358
- 34

Tilbury Surgery - F81734
4 Commonwealth House, Montreal Road,
Tilbury RM18 7QX
Tel: 01375 855755 Fax: 01375 857673

OPTICIANS

- 1

Belson & Sons
63 St Johns Way, Corringham SS17 7NA
Tel: 01375 674130
- 2

Boots Opticians Ltd.
74-75 Lakeide Shopping Centre,
West Thurrock Way, West Thurrock RM16 1ZG
Tel: 01708 861534
- 3

Chandler Clarke Ltd.
83 Riverview, Chadwell St Mary RM16 4BD
Tel: 01375 842103
- 4

Dolland & Aitchison
Unit 224, Lakeside Shopping Centre,
West Thurrock Way, West Thurrock RM20 2ZP
Tel: 01708 862630
- 5

Earnshaw & Dallow
32 Derry Avenue, South Ockendon RM15 5DZ
Tel: 01708 853050
- 6

Euin Steel & Partners
58 Orsett Road, Grays RM17 5EH
Tel: 01375 373000
- 7

Goldsmith & Webb
8 Grover Walk, Corringham SS17 7LP
Tel: 01375 677577
- 8

J.N.Ellis Opticians Ltd.
6B The Green, Stanford-le-Hope SS17 0EX
Tel: 01375 672149
- 9

K Lewis & Partners
39-41 Calcutta Road, Tilbury RM18 7QT
Tel: 01375 843074
- 10

Kennedy Rath
32 The Mall, Grays RM17 6QE
Tel: 01375 372444
- 11

Optical Express Southern Ltd.
Unit 46, Lakeside Shopping Centre,
West Thurrock Way, West Thurrock RM20 2ZF
Tel: 01708 869888
- 12

Optical Express Southern Ltd.
Unit 16, Lakeside Shopping Centre,
West Thurrock Way, West Thurrock RM20 2ZF
Tel: 01708 899890
- 13

Specsavers Opticians
3 The Mall, Grays Shopping Centre,
Grays RM17 6QF
Tel: 01375 389740
- 14

Tesco Instore Opticians
Cygnnet View, Lakeside Shopping Centre,
West Thurrock Way, West Thurrock RM20 2ZF
Tel: 01708 791438
- 15

Vision Express UK Ltd.
Unit 337, Lakeside Shopping Centre,
West Thurrock Way, West Thurrock RM20 1ZH
Tel: 01708 860300

PHARMACISTS

- 1

Allcures Pharmacy
34 East Thurrock Road, Grays RM17 6SP
Tel: 01375 372821 Fax: 01375 372821
- 2

Allcures Pharmacy
23 High Street, Stanford-le-Hope SS17 0HD
Tel: 01375 676665 Fax: 01375 676665
- 3

Allcures Pharmacy
62 High Street, Grays RM17 6NA
Tel: 01375 378706 Fax: 01375 392724
- 4

Allcures Pharmacy
16 Kings Parade, Stanford-le-Hope SS17 0HP
Tel: 01375 675478 Fax: 01375 675478
- 5

Allcures Pharmacy
19 Lampits Hill, Corringham SS17 9AA
Tel: 01375 679831 Fax: 01375 677070
- 6

Allcures Pharmacy
1 Stanford House, Princess Margaret Road,
East Tilbury RM18 8YP
Tel: 01375 859675 Fax: 01375 859675
- 7

Armada Pharmacies Ltd.
1 Drake House, Drake Road,
Chafford Hundred RM16 6RX
Tel: 01375 480579 Fax: 01375 480579
- 8

Asda Pharmacy
Thurrock Parkway, Tilbury RM18 7HJ
Tel: 01375 852810 Fax: 01375 852811
- 9

Asset Pharmacy
128 Dock Road, Tilbury RM18 7BJ
Tel: 01375 846316 Fax: 01375 846317
- 10

Boots the Chemist Ltd.
17 Derwent Parade, South Ockendon RM15 5EF
Tel: 01708 852183 Fax: 01708 670087
- 11

Boots the Chemist Ltd.
35-43 High Street, Grays RM17 6LU
Tel: 01375 372958 Fax: 01375 384822
- 12

Boots the Chemist Ltd.
83-85 St John's Way, Corringham SS17 7LL
Tel: 01375 674656 Fax: 01375 645272
- 13

Boots the Chemist Ltd.
74-75 Thurrock Lakeside Shopping Centre,
West Thurrock RM20 2ZG
Tel: 01708 869871 Fax: 01708 890656
- 14

Chapharm Ltd.
2-3 Civic Square, Tilbury RM18 8AD
Tel: 01375 859409 Fax: 01375 851055
- 15

Dave's Chemists
Purfleet Care Centre, Tank Hill Road, Purfleet RM19 1SX
Tel: 01708 862822 Fax: 01708 862577
- 16

Dips Chemist
12 Defoe Parade, Chadwell St Mary RM16 4QR
Tel: 01375 843051 Fax: 01375 843051
- 17

Hemants
10 Derwent Parade,
South Ockendon RM15 5EE
Tel: 01708 853188 Fax: 01708 853188
- 18

Lloyds Pharmacy
31 Lodge Lane, Grays RM17 5RY
Tel: 01375 372103 Fax: 01375 372103
- 19

OHMS Pharmacy
32 High Street, Aveley RM15 4AD
Tel: 01708 862627
- 20

River View Pharmacy
22 Riverview, Chadwell St Mary RM16 4BJ
Tel: 01375 842470 Fax: 01375 842470
- 21

Sainsbury's Pharmacy
Burghley Road, Chafford Hundred RM16 6QQ
Tel: 01375 650694 Fax: 01375 650694
- 22

South Road Pharmacy
1 South Road, South Ockendon RM15 6NU
Tel: 01708 856627 Fax: 01708 856627
- 23

Steve's Chemist
36 Bridge Road, Grays RM17 6BU
Tel: 01375 380149 Fax: 01375 380149
- 24

Tesco Instore Pharmacy
Cygnnet View, Lakeside Estate,
West Thurrock RM20 1TX
Tel: 01708 791447 Fax: 01708 791449
- 25

The Co-operative Pharmacy
16 Crammavill Street, Stifford Clays RM16 2AP
Tel: 01375 374183 Fax: 01375 374183
- 26

The Co-operative Pharmacy
22 High Street, Aveley RM15 4AD
Tel: 01708 865105 Fax: 01708 865105
- 27

Unicare Pharmacy
89 Orsett Road, Grays RM17 5HH
Tel: 01375 373571 Fax: 01375 373416
- 28

Unicare Pharmacy
22 St John's Way, Corringham SS17 7LJ
Tel: 01375 670919 Fax: 01375 670919
- 29

Your Local Boots (t/a Alliance until September 09)
2 St Chad's Road, Tilbury RM18 8LB
Tel: 01375 843012 Fax: 01375 843012

THURROCK

COMMUNITY HOSPITALS

- 1

Orsett Hospital
Rowley Road, Orsett, Essex RM16 3EU
Tel: 0845 155 3111
- 2

Thurrock Community Hospital
Long Lane, Grays RM16 2PX
Tel: 01375 364650

HEALTH CENTRES & CLINICS

- 1

Aveley Clinic
Hall Road, Aveley RM15 4HD
Tel: 01708 865884 Fax: 01708 862652
- 2

Chadwell Clinic
Riverview, Chadwell St Mary RM16 4BD
Tel: 01375 843111 Fax: 01375 841037/1375
- 3

Corringham Health Centre
Giffords Cross Road, Corringham SS17 7QQ
Tel: 01375 674436 Fax: 01375 645313
- 4

East Tilbury Clinic
11 Torridge, East Tilbury RM18 8SN
Tel: 01375 846923 Fax: 01375 841633
- 5

Gifford House
Thurrock Community Hospital,
Long Lane, Grays RM16 2PX
Tel: 01375 364544 Fax: 01375 364450
- 6

Grays Health Centre
Brooke Road, Grays RM17 5BY
Tel: 01375 372555 Fax: 01375 393236
- 7

Purfleet Care Centre
Tank Hill Road, Purfleet RM19 1SX
Tel: 01708 864834 Fax: 01708 862577
- 8

St Clements Health Centre
London Road, West Thurrock RM20 4AR
Tel: 01708 891007 Fax: 01708 895489
- 9

Stanford Clinic
Wharf Road, Stanford-le-Hope SS17 0BY
Tel: 01375 674342 Fax: 01375 645314
- 10

South Ockendon Health Centre
Darenth Lane, South Ockendon RM15 5LP
Tel: 01708 853295 Fax: 01708 851523
- 11

Stifford Clays Health Centre
Crammavill Street, Stifford Clays RM16 2AP
Tel: 01375 382406 Fax: 01375 377961
- 12

Tilbury Health Centre
London Road, Tilbury RM18 8EB
Tel: 01375 843241 Fax: 01375 844530

DENTISTS

- 1

Aveley Dental Practice
116 High Street, Aveley RM15 4BX
Tel: 01708 865743
- 2

Chadwell Dental Practice
30 Riverview, Chadwell St Mary RM16 4BJ
Tel: 01375 842620
- 3

154 Dock Road, Tilbury RM18 7BS
Tel: 01375 858478
- 4

Elite Dental Studio
14 Civic Square, Tilbury RM18 8AD
Tel: 01375 852044
- 5

Family Dental Surgery
38 Lampits Hill, Corringham SS17 9AB
Tel: 01375 673228
- 6

65-67 High Street, Grays RM17 6NX
Tel: 01375 382166
- 7

Humber Avenue Dental Practice
107 Humber Avenue, South Ockendon RM15 5JT
Tel: 01708 853107
- 8

2A King Street, Stanford-le-Hope SS17 0HL
Tel: 01375 679751
- 9

38A Orsett Road, Grays RM17 5EB
Tel: 01375 373687
- 10

87 Orsett Road, Grays RM17 5EH
Tel: 01375 372111
- 11

Patient First Dental Practice
28 London Road, Grays RM17 5XY
Tel: 01375 396264
- 12

Purfleet Care Centre
Tank Hill Road, Purfleet RM19 1SX
Tel: 01708 863123
- 13

279 Rectory Road, Grays RM17 5SW
Tel: 01375 373409
- 14

St Clements Dental Suite
St Clements Health Centre, London Road,
West Thurrock RM20 4AR
Tel: 01708 895480
- 15

Sorrells Dental Care
103 The Sorrells, Stanford-le-Hope SS17 7ER
Tel: 01375 640505
- 16

273 Southend Road, Stanford-le-Hope SS17 8HD
Tel: 01375 675710
- 17

South Ockendon Health Centre
Darenth Lane, South Ockendon RM15 5LP
Tel: 01708 853296
- 18

Street Farm Dental Practice
West Road, South Ockendon RM15 6PL
Tel: 01708 853019
- 19

Toothshine Dental Clinic
126 Orsett Road, Grays RM17 5ET
Tel: 01375 392303