



Working together for
better health and care

NHS

**Thurrock
Clinical Commissioning Group**

Thurrock Health Hubs Update

15th January 2019

Gemma Curtis

Hub & Locality Manager

*Vision Statement: The Health and care experience of the people of Thurrock
will be improved as a result of our working effectively together.*

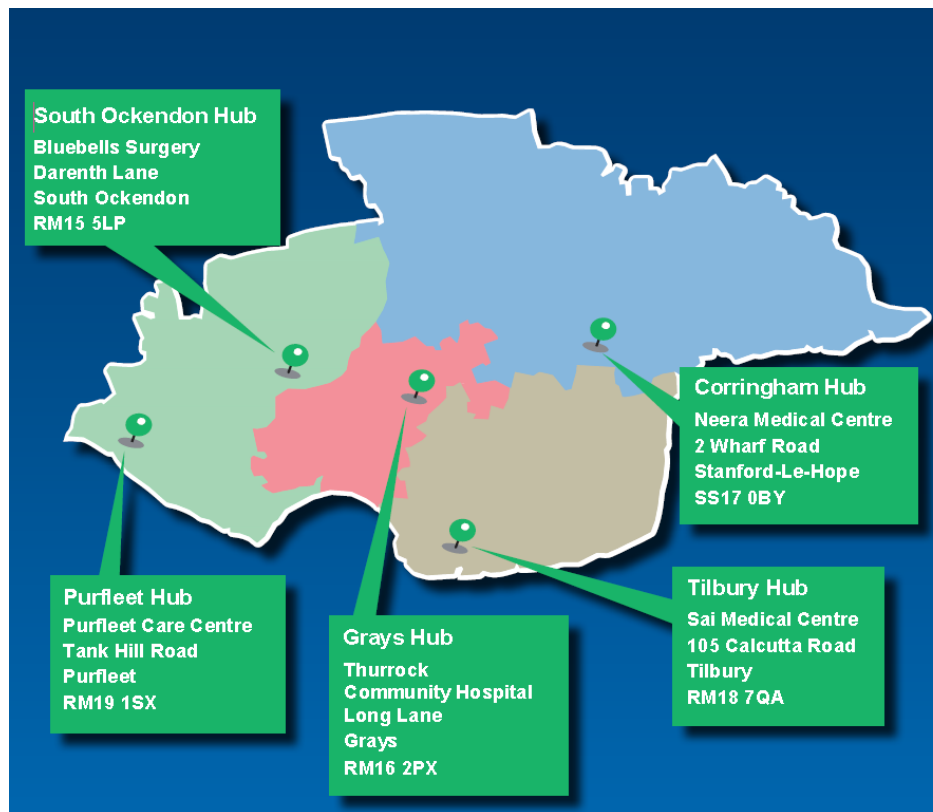


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Thurrock Health Hubs Locations



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Services Offered by Thurrock Health Hubs

- The Thurrock Health Hubs provide an extended hours service that offers routing appointments at 1 of our 5 locations, weekday evenings 7pm – 9pm and weekend mornings 9am – 12noon. In addition we offer Saturday afternoon at the Grays hub 1pm – 4pm
- All appointments must be booked through your normal GP practice



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Clinics Offered

- GP & Nurse clinics daily at each hub
- Specialist nursing clinics for Asthma and Diabetes (Monday – Corringham Hub Asthma, Tuesday – Tilbury Hub Diabetes & Wednesday – Grays Hub Asthma)
- MSK Specialist
- Physiotherapist
- Community Gynaecologist
- Community Paediatric Dietician
- Advance Nurse Practitioners (ANPs)
- Clinical Pharmacists



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What can you see the nurse for?

- Ear Syringing (olive oil or sodium bicarbonate 2 weeks prior)
- Pill Check
- Dressings & Stitch Removal
- Smear Tests
- Contraception
- COPD
- Asthma Review
- Diabetes Review
- Blood Pressure Checks
- Pre-Coil Checks
- Chlamydia swabs
- Vaccinations
 - Childhood Immunisations
 - Booster Immunisations
 - Whooping Cough Vaccine
 - Travel Vaccine
 - Depo
 - Shingles (70-79 years)
 - Hepatitis B
 - Vitamin B12



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What can you see the GP for?

- The hub GPs are able to see you for all routine appointments and can refer you for the following:
 - Blood test
 - X-Rays
 - Microbiology
 - 2 week wait urgent referrals
 - All other referrals need to be actioned by your own surgery. Once you have seen a hub GP a task will be sent to your practice to make the referral



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Thank you

Any Questions