Grays Hub 24-28 Orsett Road, Grays, Essex

DAY	Who is at the hub? Who can support you?
MONDAY	Open for appointments only, call 01375 413735 Or <u>thurrockcareers@thurrock.gov.uk</u>
TUESDAY	<ul> <li>Careers Advisers available to see you on duty - Thurrock works</li> <li>Youth Offending Team (by appointment only)</li> <li>MIND - Mental Health 6-8pm all invited, drop in</li> <li>(Fortnightly) Music lessons (Inspire studio)</li> <li>Employability &amp; skills 'Job Club' 10 - 12 pm</li> </ul>
WEDNESDAY	<ul> <li>Careers Advisers available to see you on duty -Thurrock works</li> <li>Youth Offending Team (by appointment only) Inspire Yoursound call to book a session 5 – 6pm</li> </ul>
THURSDAY Forward	<ul> <li>Careers Advisers available to see you on duty - Thurrock</li> <li>works NHS Anchor Programme. Come and meet a coach to support you applying for jobs within the NHS. 10am – 4pm</li> <li>Youth Offending Team (by appointment only)</li> <li>Forward Trust (by appointment only) to discuss drug and alcohol support)</li> </ul>
FRIDAY	<ul> <li>Careers Advisers available to see you on duty - sign up to Thurrock works</li> <li>DWP – Meet your job coach! Look at applying for</li> <li>universal credits</li> <li>CVS volunteering service - monthly appointments</li> </ul>

## Tllbury Hub, Brennan Raod, Tilbury ,Essex

DAY	Who is at the hub? Who can support you?
MONDAY	
TUESDAY	<ul> <li>Closed but available by request 01375 413735 or thurrockcareers@thurrock.gov.uk</li> </ul>
WEDNESDAY FORWARD WEDNESDAY FORWARD WEDNESDAY FORWARD THURROCK WORKS	*DWP appointments *Duty open for Careers Appointments, sign up to Thurrock works *NHS Anchor Programme come and meet a coach to support you applying for jobs within the NHS. 10am – 4pm *One community *Forward Trust (by appointment only) to discuss drug and alcohol
THURSDAY THURROCK COUNCIL SUNSHINE CENTRE	• SEND Evening Youth Club: 16.45pm - 8pm
FRIDAY	<ul> <li>Closed but available by request 01375 413735 or thurrockcareers@thurrock.gov.uk</li> </ul>