

This practice is part of  
**Stour Estuary Primary Care Network (PCN)**  
We are a group of the following practices:



# Stour Estuary PCN

Ardleigh, Fronks Road, Harewood, Mayflower, Riverside

Enhanced Access appointments are available to all patients of these practices at Mayflower Medical Centre, Harwich (Fryatt Hospital)  
Mon–Fri 18:30–20:00, Sat 09:00–17:00.  
Contact your registered practice to book.

Ardleigh Surgery

Fronks Road Family Surgery

Harewood Surgery

Mayflower Medical Centre

Riverside Health Centre