



# Meet the Micro

7th November 2018

**On 7th November we held a really successful 'Meet The Micro' showcase.**

This was really well attended by Adult Social Care staff across the entire service as well as partners from other agencies such as the NHS, Public Health and the voluntary sector.

It was great to see so many of our partners make such an effort to showcase the inspiring work they do within our community. Excellent links were made between staff and providers and this was a really worthwhile event.

**Thank you to everyone who came!**

## Contact the Elderly

Contact the Elderly is the national charity dedicated to tackling loneliness and social isolation amongst older people living in the United Kingdom. Their mission is to empower older people to make new social connections, and break out of the cycle of social isolation.

Supported by a nationwide network of over 11,000 volunteers, Contact the Elderly organizes free monthly social events for small groups of isolated older people which take the form of Sunday afternoon tea in volunteer's homes and other social events.

They provide a group activity that encourages:

- Inter-generational links
- Friendships to develop between older group members and volunteers

Contact The Elderly are always looking for new volunteers to support the ever-growing number of residents who want to attend the popular tea parties.

For further information on the charity, go to [www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)

For further information on Contact The Elderly in Thurrock, contact the local co-ordinator, Loraine Coleman on [thecolemans62@hotmail.com](mailto:thecolemans62@hotmail.com)



**“We provide small local tea party groups for people living on their own over 75. These are free and each guest is collected by a volunteer. We are the only charity focusing on isolation and loneliness offering cakes and friendship.”**

## Nutrificient Life

Nutrition is everywhere. Information is everywhere. But what matters is its relevance, validation and reliability. Nutrificient Life started due to lack of personal direction and caring approach needed to achieve healthy lives. Nutrificient Life is all about knowing what is important to you as an individual and providing easy steps with a personal approach that works for you.

Harman is a registered Public Health and Food Nutritionist in Essex. A medic with vast experience in nutritional arena working in NHS and reputable health charities in London. Efficient in making healthier changes in one's lives, ready to serve you with par excellence service and providing you with the topmost quality health and wellness strategies. Her approach is flexible and personable focusing on individual needs and goals.

Avail her nutritional packages with assurance and reliability in achieving healthier and happier life. She provides wide range of services and unique tailored packages in health & fitness, weight management (overweight or underweight), nutrition & dietary arena and dietary plans for type 2 diabetes control or other health conditions.

Contact Harman to book a 15-minute free consultation and get ready for healthier lifestyle!

[info@nutrificentlife.com](mailto:info@nutrificentlife.com) / [www.nutrificentlife.com](http://www.nutrificentlife.com)  
[www.facebook.com/nutrificentlife](https://www.facebook.com/nutrificentlife) / [@nutrificent](https://www.instagram.com/nutrificent)



**“I am a nutrition consultant with NHS experience. Enhancing health of the local community.”**

## All About You



Alison Clayton is well-known to many staff having been one of the early Micro Enterprises set up in the infancy of the scheme.

With a background as an ambulance technician, Alison had a passion for helping people and therefore when she came to set up her own service, she knew exactly what she wanted to do!

Alison offers a really personalised support service and enjoys supporting a range of people with diverse needs and aspirations. She is equally happy taking someone shopping as she is supporting them at home and will always take her beloved dog with her to provide additional support, if required.

To find out more about the services Alison offers, contact her on:

[Allaboutyou.thurrock@gmail.com](mailto:Allaboutyou.thurrock@gmail.com)

## WADERS

WADERS (Water Assisted Disabled Exercise and Rehabilitation Scheme) was founded in 1995 by Sandra. Sandra had muscular dystrophy and found that she enjoyed the therapeutic water exercises so much that she set up a class so that other people could also benefit.

Over 20 years on and WADERS has gone from strength to strength offering exercise sessions to people with long-term conditions and those recovering from surgery. However WADERS is not only about exercise but also about socialising and finding support in meeting others in the same boat. WADERS say that, "this becomes evident when people can't go in the water for whatever reason but still come to have a chat over a coffee!."

You can contact WADERS on:

[Ask-waders@hotmail.com](mailto:Ask-waders@hotmail.com)

[www.waders.org.uk](http://www.waders.org.uk)



**"Our volunteers support people feeling 'unable to cope' by providing emotional support when they are most in need."**



**"We take pride in offering supervised water assisted exercise which increases mobility, fitness, confidence, social interaction and friendship."**

## Reach out for Mental Health

Personal experience of a friend's suicide and experience of the increased local need for mental health support services inspired Kirsty Eaton to set up Thurrock's first mental health crisis café.

Working with a local community café, Kirsty and her volunteers offer a drop-in session for people who are in crisis and want to speak to someone who wants to listen. This is not an emergency service but trained befrienders are there to listen without judgment, provide comfort and an opportunity to talk and reflect on emotions, experiences and most importantly, options for support

For further information please visit:

[info@reachoutfmh.co.uk](mailto:info@reachoutfmh.co.uk)

[www.reachoutfmh.co.uk](http://www.reachoutfmh.co.uk)

## Creative Blast

The title says it all! Creative Blast Performing Arts Academy; - a small company offering a massive range of activities including dance, drama, singing, fitness classes plus so much more!

Daryl Branch and his fellow Director, Marcia Carr, aim to give the people of Thurrock a wide range of opportunities for taking part in activities that can bring out their creative side, activities that can often support people's mental and physical health and wellbeing and improve their confidence. So whether it's singing in a choir, acting or taking part in exercise, there's sure to be something on offer that will suit everyone!



For further details of available services, contact Creative Blast on:

[daryl@creativeblastcompany.com](mailto:daryl@creativeblastcompany.com)

[www.cbacademy.co.uk](http://www.cbacademy.co.uk)



**“We use arts and culture as a vehicle to improve people’s lives.”**

## Wildcat Images

Keith Revell is a passionate amateur photographer who wants to use his own experience of photography to support the well-being of other people.

Having experienced the effects of depression himself, Keith found that he had a natural affinity with photography which helped him with his recovery. Entirely self-taught, he has perfected his art by taking photos of local bands and now wants to use his experience to help others. He can also provide technical advice and support to provide professional finishes utilising specialist software.

Keith is happy to provide the necessary equipment so if you know anyone who would like to give photography a go but has been too scared to do so, then give Keith a ring!

Contact Keith :

[Keithwildcat4@gmail.com](mailto:Keithwildcat4@gmail.com)



**“I hope to inspire people who have lost their way in life.”**

## Happy Feet

Prompted by her love of foot health, Lisa Trangmar set up her own service, providing an invaluable service looking after the feet of the people of Thurrock!

Lisa loves her job as a foot health care practitioner. She provides home visits to many people in the local area, tackling multiple foot problems, many of which could have a serious impact on health if left untreated.

She obtains a lot of satisfaction in ensuring that people obtain the right foot health care and relishes seeing the improvement once she has been to work!

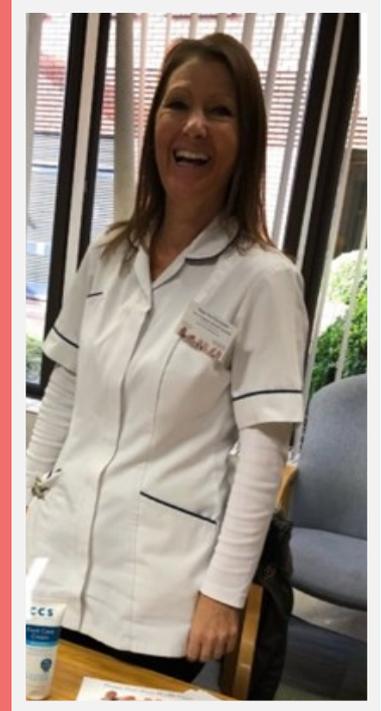
Contact Lisa on :

[Lisamtrangmar-fhp@outlook.com](mailto:Lisamtrangmar-fhp@outlook.com)



**“We never know from one day to the next who we will be helping.”**

**“Patients say they feel like they are walking on air when they leave.”**



## Petron Handy Man Services

Many people will already be aware of Peter Short and Ron Stevens (Petron Handyman Services); they have worked for Papworth Trust, Anchor Staying Put and many other organisations that support people to stay in their own homes by carrying out minor repairs and installation of larger items such as ramps and bathrooms.

Peter and Ron offer a comprehensive service and will tackle most jobs large or small. They will also undertake commissions for bespoke work – in fact, they will carry out anything apart from decorating, work on gas appliances or larger electrical works.

They offer a competitive hourly rate and are happy to carry out a number of small jobs on one visit in order to minimise costs. They are happy to provide quotes on request.

For more information contact them on:

[petronhandyman@outlook.com](mailto:petronhandyman@outlook.com)

## My Friend Val

Val Mathewson had a passion for supporting people and in 2018 took the plunge and set up her own service. Her service, "My Friend Val" aims to really get to know the person as an individual and then tailor activities to ensure that they can really make the most out of their life. Val takes an holistic approach, concentrating not only on the needs of a person but also on their aspirations, or as she says, "enables them to talk about their dreams".

Val was accompanied to the day by Christine, one of the people she currently supports. Christine was more than happy to share her experiences, documented in her own personal 'photo album of trips out that she had enjoyed with Val. She thoroughly enjoyed the Micro event and loved speaking to the people that she met!

For more information on the services that Val can provide, please contact her on:

[Val@myfriend.group](mailto:Val@myfriend.group)

[www.myfriend.group](http://www.myfriend.group)



**“Val has been a  
great friend to  
me”**



**“I pride myself on being  
able to help my clients  
realise their aspirations  
and talk about their  
dreams.”**



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## TBOT Care Dynamics Home Care Provider

Ola Balogun IS TBot Care Dynamics. A CQC registered provider of care services.

Ola has a background as a nurse specialising in lymphoedema care which includes the fitting of pressure stockings.

As well as this, Ola offers a comprehensive service including the provision of personal care services and support in and out of the home.

The main aim of the company is to give good quality care, impact lives, enhance well- being and ensure positive experiences in the lives of all clients.



For further information contact Ola on:

[info@tbotcaredynamics.co.uk](mailto:info@tbotcaredynamics.co.uk)

**“We are a recognised CQC care provider. We pride ourselves on delivering quality and person centred care to suit the individual”**

## Friendly Faces Helping Hands

Angie Owen is the person behind Friendly Faces, Helping Hands.

Supporting her own mum with tasks in and out of the home, Angie realised that there were a lot of people in her local area needing similar support. With a passion for supporting older people, Friendly Faces, Helping Hands was born!

Angie prides herself on getting to know the people she supports so that she can offer really personalised assistance. She is passionate about ensuring that people are enabled to live a good life with the help they need.

You can contact Angie on:

[angelawendyowen@hotmail.co.uk](mailto:angelawendyowen@hotmail.co.uk)



**“I noticed a need for support with daily tasks as my elderly mum**

**struggled after the loss of her partner. I established the service and it's growing by the day.”**

**Stronger  
Together  
Thurrock**

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**“I enjoy helping customers to improve their outdoor spaces which boosts their wellbeing”**

## **Grant's Plants and Gardening Services**

With over 40 years as a professional horticulturist, Neil Grant has an extensive knowledge of gardening, plants and so much more. He aims to support people to continue to enjoy gardening, encouraging them to do as much as they are able, with

Neil offers a wide range of gardening services from grass cutting to path laying and creating raised beds. Neil fully appreciates the benefits of working outside and has passed on his enthusiasm to his clients whom he works with to enable them to appreciate their gardens and allotments.

Neil is also a trained florist and has an amazing portfolio of photos of his arrangements – so if you need a bouquet, then give him a call!

Contact Neil on:

[Neil\\_grant@blueyonder.co.uk](mailto:Neil_grant@blueyonder.co.uk)

## **Stronger Together Thurrock**

The stronger Together partnership is all about promoting local community stories, activities, organisations and projects that help strengthen the connections between people living and working in Thurrock.

The partnership between the community and authorities is all about encouraging local people to have a greater say in what happens in their neighbourhood and to take control over where they live and the decisions that affect them.

For more information visit the Stronger Together website

[www.strongertogether.org.uk](http://www.strongertogether.org.uk)

## **Micro-enterprise**

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