

## **Micro – services in Thurrock** **March 2018**

This is the current micro-services list for Thurrock.

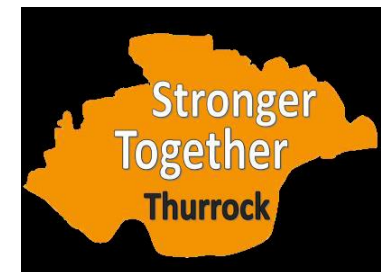
If you are aware of any other small services (please see definition below) that provide care or support for people, or people that are interested in setting on up, please let me know.

### **Micro care and support services**

Micro care and support services are delivered by 8 or fewer full time equivalent paid or unpaid workers and are completely independent of any larger organisation. They can offer a diverse range of creative, flexible and individually tailored community based services bringing real choice to the local care and support market.

**Sue Wellard**  
**07867696302**

**swellard@thurrock.gov.uk**





## Providers of regulated micro-services registered with the Care Quality Commission

Service and contact details	Contact details	Brief description of service provided	Client group/s	Other information
<b>Akaba Social UK Ltd</b>  Olabode George Trinity House 1 Martello Close 60-62 Dock Road Grays RM17 6FL	01375 462626 <a href="mailto:info@akaba.org.uk">info@akaba.org.uk</a> <a href="http://www.akaba.org.uk">www.akaba.org.uk</a>	Care at home and supported living	People with a learning disabilities, people with a mental health need; people on the autistic spectrum	
<b>AM Care Home Limited</b>  Angappan Dharmalingam 56-58 Lodge Lane Grays RM16 2YH	<b>01375 379134</b> <a href="mailto:contact@amcarehome.com">contact@amcarehome.com</a> <a href="http://www.amcarehome.com">www.amcarehome.com</a>	Residential care home  8 registered places	People with mental health needs and a learning disability; people on the autistic spectrum.	
<b>Emmanuel House</b>  Elizabeth Olaniyan 4 Spencer Walk Tibury RM18 8XJ	<b>01375 850099</b>	Residential care home  2 registered places	People with a learning disability	

Service and contact details	Contact details	Brief description of service provided	Client group/s	Other information
<b>NEW!! – GIMS Care Solutions Ltd.</b>  <b>Pauline Obaze</b> <b>Office 27</b> <b>The Old Courthouse</b> <b>Orsett road</b> <b>Grays</b> <b>RM17 5DD</b>	<b>01375 430037</b>  <a href="mailto:info@gimscare.co.uk">info@gimscare.co.uk</a>  <a href="http://www.gimscare.co.uk">www.gimscare.co.uk</a>	Dom care agency  Provides care and support	Learning disability Physical disability Live-in care Dementia support Sleeping/Waking nights Respite care Holiday cover care Home from Hospital care Community Access	
<b>Jusrade Care Ltd</b>  <b>(Please note change of 'phone number)</b>	<b>01375 767524</b> <b>Mob: 077889725077</b> <b>Mob: 07713280772</b> <a href="mailto:info@jusradecare.co.uk">info@jusradecare.co.uk</a> <a href="http://www.jusradecare.co.uk">www.jusradecare.co.uk</a>	CQC registered provider of Dom care services	Personal care, incontinence care, Companionship. Live-in care, respite. Short break cover, support with hospital discharge. Learning Disability support	

## Providers of unregulated micro services



Day time and evening support in the home and accessing the community

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
All About You	07812829451  Alison Clayton  <a href="mailto:terryandalison@blueyonder.co.uk">terryandalison@blueyonder.co.uk</a>	Companionship Support to assist in hobbies, activities and interests Help to organise your home Transport and support seeing the GP, hospital or clinics Pet walks or vet appointments Shopping Prescription collections Trips out e.g. a garden centre Hobbes that you would like to do but to too afraid to try!	Any people that require the service	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
Companions Care	07460 561914 Sharon Carter <a href="mailto:sharoncarter3754@yahoo.co.uk">sharoncarter3754@yahoo.co.uk</a>	Support for older people to attend GP and hospital appointments allowing carers to have respite Pop in welfare checks Cooking/light housework	Older people	
Complete Companions Care	07875 095913 Jo Watson <a href="mailto:cccessex@yahoo.com">cccessex@yahoo.com</a>	Support for people with dementia, older people and those who are vulnerable Support at home, respite for carers, accessing the community. Flexible services offered	People with dementia, older people, vulnerable people	
Friendly Faces Helping Hands  Angie Owen	07932 805462 <a href="mailto:angelawendyowen@hotmail.co.uk">angelawendyowen@hotmail.co.uk</a>	Help in the home with a variety of domestic and other services such as DIY and decorating. Accessing the community, hospital, GP trips, family visits, days out, meal preparation and cooking, housework, shopping, pet	All ages – anyone that requires the service	

		walking and sitting, help with computers, anything you need help with!		
<b>Service and contact details</b>	<b>Contact details</b>	<b>Brief description of service</b>	<b>Client group/s</b>	<b>Other information</b>
Life - change Independent Living Fatima Loum	07957 279331 <a href="mailto:info@lciil.uk">info@lciil.uk</a>  <a href="http://www.lciil.uk">www.lciil.uk</a>	Support for people living at home including meal preparation, cooking, shopping etc. Also will help people to access the community	Older and vulnerable people	
Just The 2 Of Us  Angie Wyles Amie Atherton	Angie – 07767371746 Amie – 07894137669  <a href="mailto:Justthe2ofusthurrock@gmail.com">Justthe2ofusthurrock@gmail.com</a>  Facebook page	Support for people living at home including meal preparation, cooking, shopping etc. Also will help people to access the community Companionship Pet -sitting and walking Will consider any request	All	
Ocean Care  Aquamaria Milton	07447665372 <a href="mailto:aquamariamilton@outlook.com">aquamariamilton@outlook.com</a>	Home from Hospital service Support for people with mental ill-health , learning	All	

		disability and other conditions Flexible approach to deliver services that are required		
<b>NEW!!</b> <b>One2One</b> <b>Jackie Eastland</b>	<b>07952 452256</b> <b>jaxeastland@gmail.com</b>	Support for people living at home and to access the community including dementia support. Flexible service – will consider any request	All	
<b>NEW!!</b> <b>T &amp; K Helping Hands</b> <b>Kay Clarke</b> <b>Tina Stearne</b>	<b>07999 848699</b> <b>keyholekay@hotmail.co.uk</b>	Support for people living at home including meal preparation, cooking, shopping etc. Also will help people to access the community Companionship Pet -sitting and walking Will consider any request	All	



**Dementia Support**  
 (also see Day and Evening Support section for additional services)

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Thurrock Forget-Me-Nots</b>	<b>01376 376135</b>	Activities for people with dementia/memory loss and their carers Weekly reminiscence session and other activities; videos, films, quizzes, music Weekly keep fit group	People with memory loss and their carers	
<b>NEW!! New Beginnings (Pauline White)</b>	<b>07970640876</b> <a href="mailto:Paulinewhite1967@outlook.com">Paulinewhite1967@outlook.com</a>	Support Group for people with dementia and their carers and older people – social activities	People with memory loss and their carers/older people/anyone else	Stifford Clays Social Club – please contact for dates





## Support Groups

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>Little Steps Wellbeing and Social Group</b></p> <p>Beehive Community Hall West Street Grays RM17 6XP</p>	<p><b>Drop –in group</b></p> <p><a href="http://www.Little-steps.site123.me">www.Little-steps.site123.me</a></p>	<p>Drop in group for people who may be lonely, have a problem and want to talk things over or just a general chat</p> <p>Every 2nd and 4th Wednesday monthly</p>	<p>Anyone in the community</p>	
<p><b>New Me New Dawn CW events</b></p> <p>Elizabeth Crisp 476 London Road, Grays, Essex, RM20 4AR</p>	<p><b>01708 868411 / 07711 062 103</b></p> <p><a href="mailto:elizabeth.crisp1@btinternet.com">elizabeth.crisp1@btinternet.com</a></p>	<p>Social interest company offering lived experience psychological and emotional support to people who have survived cancer and their families</p>	<p>People who have survived cancer</p>	



## Foot Care

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Footmobile</b>  <b>Alan Wiggins</b>	<b>01375 265855</b>  <a href="http://www.footmobile.co.uk">www.footmobile.co.uk</a>	Mobile foot health care services for all residents of Thurrock Council  <b>5% of income is donated to Thurrock MIND</b>	All ages – anyone that requires the service	<b>£25 per hour</b>
<b>Happy Feet</b>	<b>07958315121</b> <b>Lisa Trangmar</b>  <b>Lisamtrangmar-FHP@outlook.com</b>	Mobile foot health care service for all Thurrock residents	All ages – discounted rates for couples receiving treatments at the same time	



## Handyman Services

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>PETRON Handyman Services (Pete and Ron – formerly Papworth Trust)</b>	<b>07974597503 07585449435</b>  <a href="mailto:petronhandyman@outlook.com">petronhandyman@outlook.com</a>	All types of small job undertaken inside the home – all trades except gas and electricity. Will quote for larger jobs	Anyone requiring the service	



## Gardening Services

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Grant's Plants and Gardening Services</b>  <b>Neil Grant</b>	<b>07951744876</b>  <b><a href="mailto:Neil_grant@blueyonder.co.uk">Neil_grant@blueyonder.co.uk</a></b>	<b>All garden work undertaken including grass cutting, hedge trimming etc. Quotes for larger jobs</b>	<b>Anyone requiring the service</b>	<b>£15 per hour</b>



## Opportunities to access training, employment

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>Thurrock Centre for Independent Living</b> The Beehive, West Street, Grays, Essex, RM17 6XP</p>	<p><b>01375 389864</b> <a href="mailto:admin@tcil.org.uk">admin@tcil.org.uk</a> <a href="http://www.tcil.org.uk">www.tcil.org.uk</a></p>	<p>Registered charity and limited company offering people with a disability a range of services and supports including general advice, benefits advice, advice with equipment, advocacy. Support with becoming work ready is offered as are a variety of work experiences through volunteering. Also offers equipment and wheelchair hire and mountain trike hire</p>	<p>People with a disability</p>	
<p><b>Thurrock Re-Use Project (TRUP)</b> Unit 34 Thames Industrial Estate Princess Margaret Road East Tilbury RM18 8RH</p>	<p><b>01375 846702</b> <a href="mailto:ivan@btconnect.com">ivan@btconnect.com</a> <b>Ivan Green</b></p>	<p>Not for profit organisation that refurbishes unwanted furniture, household goods and electrical items and resells them at a small profit to the local community. Also has a</p>	<p>Training, volunteering and work opportunities for people with learning disabilities and general volunteering opportunities</p>	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
		paint store Also offers back to work training, tailored supported volunteering for people with learning disabilities and other volunteer opportunities		

## Opportunities to take part in a range of leisure activities



### Arts and Crafts

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>Ace Group (Disabled Adults Events CIC)</b></p> <p>Drake Community Centre Chafford Hundred Grays RM16 6PS</p>	<p><b>07934442854</b> <a href="mailto:theaceco@hotmail.com">theaceco@hotmail.com</a></p> <p><a href="http://theacegroup1.wixsite.com/acegroup">http://theacegroup1.wixsite.com/acegroup</a></p> <p><b>Leah Westpfel</b></p>	<p>Leisure activities for people with disabilities 19 years +</p> <p>Regular events and seasonal events including disco, e.g. Hallowe'en, Christmas, music nights etc etc.</p>	<p>People with a range of disabilities including autism, learning disability, physical disability etc. All welcome. Age 19 + . Carers welcome</p>	<p>Regular disco 3<sup>rd</sup> Friday monthly</p> <p>Please see website – full range of activities</p>
<p><b>Arts and Crafts Class</b></p> <p>Scout Hall Stanford-le-Hope SS17 0LR</p>	<p><b>01375 672058</b> <a href="mailto:jilloconnoruk@yahoo.co.uk">jilloconnoruk@yahoo.co.uk</a></p>	<p>Opportunity for people to get together to enjoy crafts. No tutors – informal group. Tea and coffee supplied</p>	<p>Anyone with an interest in arts and crafts. Bring own materials</p>	<p>Weds – school term time. 10-12 £2.50 per session</p>
<p><b>Craft Club</b></p> <p>The Beehive West Street Grays RM17 6SP</p>	<p><b>01375 389889</b> <b>Karen Glazzard</b></p>	<p>Craft group</p> <p>3rd Friday monthly 4-30-630</p>		

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Fobbing Knit 'n Natter</b> St Michael's Church Fobbing	<a href="mailto:churchwardenfobbing@ubocaf.org.uk">churchwardenfobbing@ubocaf.org.uk</a>	Friendly knit 'n natter group open to everyone	All members of the community	Every Monday 10-12 at the church  No charge
<b>Knitter Natter</b> Gateway People's Centre 2 High Street Stanford-le-Hope SS17 0EY	<b>01375 460164</b>  <a href="mailto:office@gpcoline.org.uk">office@gpcoline.org.uk</a>	Knitting and crochet group  -all ages and abilities welcome – bring own materials	All ages and abilities welcome	Thursdays 12.30-2.30pm  <b>On-site café available</b>
<b>Social Art Group</b> Gateway People's Centre 2 High Street Stanford-le-Hope SS17 0EY	<b>01375 460164</b>  <a href="mailto:office@gpcoline.org.uk">office@gpcoline.org.uk</a>  <b>Jacqui Trott</b>	Friendly art group – all ages and abilities  Bring own materials	All ages and abilities welcome	Thursday 9.30-1  <b>£5 charge per session – includes refreshments</b>
<b>Socialeyes</b>  Frederick Andrews Court Silverlocke Road Little Thurrock Grays RM17 6EA	<b>Julie – 07914812985</b>  <a href="mailto:jstone@blueyonder.co.uk">jstone@blueyonder.co.uk</a>	Activities include cards, carpet bowls, arts and crafts, crosswords and quizzes – will tailor activities to requirements of guests Have an annual dinner	Social club primarily for people with sight/hearing impairment but everyone welcome	<b>Every other Monday 10-12</b>  No charge but donations welcome
<b>The ARC</b>  <b>Harty Close</b> Stifford Clays Grays RM16 2BH	<b>Jackie Hansen</b>  <a href="mailto:Thearcsnadults19plus@weebly.com">Thearcsnadults19plus@weebly.com</a>  <b>Facebook Page</b>	Leisure activities for young adults 19+ with physical and sensory disabilities, and their carers A range of craft, music,	People with a range of disabilities including autism, learning disability, physical disability etc. All welcome. Attendees	<b>Every Friday – 11-1.30 - Booking essential</b>



Service and contact details	Contact details	Brief description of service	Client group/s	Other information
		cooking and sensory opportunities	must have a carer Fully accessible bathroom with hoist and adult changing bed available	I
<p><b>Thurrock Society for Artists with Disabilities</b></p> <p>Thurrock Adult Community College Richmond Road Grays RM17 6DN</p>	<p>01375 380624 <a href="mailto:pegndel@tiscali.co.uk">pegndel@tiscali.co.uk</a> <a href="http://www.thurrock-community.org.uk/tsad">www.thurrock-community.org.uk/tsad</a></p>	<p>Opportunity for individuals with disabilities who paint to meet others with a like interest in a congenial and safe environment. . The centre has facilities for people with disabilities; the art room has tables that can be raised for wheelchair users. Easels and materials are available where needed</p>	<p>People with a disability</p>	<p>Meetings are held <b>each Friday afternoon</b></p>



## Exercise classes/sport/activities

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Animated Physiotherapy Pilates Class</b>  Churches Centre High Road Orsett Essex RM16 3ER	<b>07759884594</b>  <b>Anna Wingett</b>  <a href="mailto:animatedphysio@hotmail.co.uk">animatedphysio@hotmail.co.uk</a>  <a href="http://www animatedphysio.com">www animatedphysio.com</a>	Physiotherapy-led pilates class – This class is suitable for people with pre-existing injuries and medical conditions, as Anna uses her physiotherapy knowledge and experience to adapt exercises to ability	Anyone with mobility issues - musculo-skeletal conditions – lower back etc. Also offers 1-1 pilates class in own home. See website for further details	Class runs <b>Thursday evenings 6-7pm</b> £9 session – drop in or 6 week block £40. 1-1 home classes £35 – 45 minute class
<b>Essex Disabled Angling Club</b>  Puddledock Farm St Mary's Lane Upminster RM14 3NX	<b>01268 452697</b>  <a href="http://www.mercuryuk.moonfruit.com">www.mercuryuk.moonfruit.com</a>  <b>EDAC.WEBM@gmail.com</b>	An angling club for people with disabilities. Angling at various locations	People with a disability	Joining fee and membership. Must have a rod licence
<b>Fit at 50+ Leisurely Latino</b>	<b>07970285056</b>  <a href="mailto:lisa@fitandfab.co.uk">lisa@fitandfab.co.uk</a>  <a href="http://www.fitandfab.co.uk">www.fitandfab.co.uk</a>	Fun, low impact, easier to follow dance class to upbeat Latin music to enjoy with friends.	This class is suitable for anyone who prefers a slower paced class. Suitable for older people returning to exercise after a break, or injury or	<b>Classes in Chafford Hundred, Grays, Corringham and Stanford</b>

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
			pregnancy Free tea and coffee	
<b>Grays Table Tennis Club</b>  Grays School Media Arts College Hathaway Road Grays RM17 5LL	<b>07815680571</b>  <b>jorgelucky@hotmail.com</b>	Table tennis club	Players with disabilities welcome although no specific sessions. Good disabled access at venue	<b>Thursday 7pm – 9pm £4.50 per session</b>
<b>Real Wheel Cycling Training Academy</b> Ola Lawal	<b>07956 276832</b> <a href="mailto:cycletacademy@aol.com">cycletacademy@aol.com</a>	Specialised training to assist those with cognitive disabilities (autism spectrum disorders, dyspraxia, learning delay etc.) to get cycling. Provider also runs mainstream cycle training for children, young people and adults. 4 year olds to 70+ covering basic riding skills, safe use roads and bike recycling / building.	People with cognitive disabilities, older people.	
<b>SNAC Club (Special Needs Activity Centre)</b>  Karen Dunmow – SNAC Treasurer c/o Elliott, Mortlock, Busby & Co Ltd, Suite 5, Stanhope	<b>01375 389867</b> <a href="mailto:snac2007@googlemail.com">snac2007@googlemail.com</a>  <a href="http://www.snac.btck.co.uk">www.snac.btck.co.uk</a>	Registered and parent led charity offering recreational, social and educational opportunities by providing a range of programmes. They run a	Children and young people who have a physical and/or learning disability and their families.	E mailed

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
House, High Street, Stanford-le-Hope, Essex, SS17 0HA		youth club, a trampoline club and programmes include outdoor/indoor sport, social and adventure trips. While events outings and activities are organised throughout the year, their main programme runs during the educational holidays.		
<b>Sugar Loaf Riding for the Disabled</b>  Carleen Foxhounds Stables Baker Street Orsett RM16 3LJ	<b>07375816737</b> <a href="mailto:sugarloaflda@yahoo.co.uk">sugarloaflda@yahoo.co.uk</a> <a href="http://www.sugarloaflda.org">www.sugarloaflda.org</a>	Weekly opportunities for horse riding run entirely by volunteers –	Children and adults with a physical and/or learning disability, people on the autistic spectrum, and people with mental health needs	Mon, Tues, Thurs, Sat; occasional holidays are also offered.
<b>Tai Chi for Health (Essex)</b> <b>Trevor Rawson</b>	<b>01375 408912 / 07815 910021</b> <a href="mailto:tc4essex@gmail.com">tc4essex@gmail.com</a>  <a href="http://www.tc4hessex.co.uk">www.tc4hessex.co.uk</a>	A not-for-profit community club who run regular exercise groups in Thurrock in; Qi Gong, Tai Chi, Meditation, Relaxation, Falls rehabilitation and military style fitness. They also run bespoke exercise groups for people with learning disabilities, or	All ages, all abilities, including bespoke activities for people with a learning disability, people recovering from illness and older people.	Classes held at various locations throughout Thurrock. Check website for further details

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
		recovering from illness on behalf of; charities, clubs, residential and sheltered housing.		
<b>WADERS (Water Assisted Disabled Exercise Rehabilitation Scheme)</b>	<b>01375 407264</b>  <a href="http://www.waders.org.uk">www.waders.org.uk</a>	Water Assisted Disabled Exercise and Rehabilitation Scheme. Gentle exercise in water for those with mobility problems who can't easily perform exercise on dry land.	Anyone who has mobility difficulties	Blackshots Swimming Pool Blackshots Lane Grays RM16 2JU  Corringham Swimming Pool Springhouse Road Corringham SS17 7NB Cost: £7 annual membership  £4 per session



## Music, Singing, Drama

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Creative Blast/Impetuous kinship</b> <b>Daryl Smith</b> <b>Mandy Jumeau</b>	<b>01375 386247</b> <a href="mailto:info@creativeblastcompany.com">info@creativeblastcompany.com</a> <a href="http://www.cbacademy.com">www.cbacademy.com</a>	A performing arts company providing a range of services to suits all abilities-including disabled people, including drama, dance, singing, Fitness classes	Public including those with a disability	
<b>JTD Performing arts</b>  The Studio Norman Hall Cromwell Road Grays RM17 5HF	<b>01375 378117</b> <b>Jtdofperforming</b> <a href="mailto:arts@hotmail.co.uk">arts@hotmail.co.uk</a>  <a href="http://www.askthurrock.org.uk/kb5/thurrock/fis/event.page?record=1ttD_O2f_Po">www.askthurrock.org.uk/kb5/thurrock/fis/event.page?record=1ttD_O2f_Po</a>	A dance and drama school: classes run every evening and Saturdays, School holiday workshops. Friday club from 9am-3pm for disabled adults from the age of 16yrs	Teach from the age of 18months to adults: including disabled adults and children.	



## Cinema clubs

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Beautiful Minds Cinema Club</b>	<b>01375 413980</b> <a href="mailto:mallinson@thurrock.gov.uk">mallinson@thurrock.gov.uk</a>	Film screenings of classic films (Thameside Theatre) for people with dementia and their carers	People with dementia and their carers	Held at regular intervals (advertised via hubs and other local community organisations)
<b>Thurrock film festival</b> (part of Blatella productions) Benjamin Scarsbrook & Natalie Williams	<b>07510661369</b> <a href="mailto:blatella@live.com">blatella@live.com</a> <a href="http://www.blatella.co.uk">www.blatella.co.uk</a>	The workshops are open to school and college students from the borough and are designed to give insight into a specific area of film ( there have been workshops on scriptwriting, editing and a one day crash-course in practical filmmaking.	Public- try to encourage older people	



## Lunch Clubs /Afternoon Tea/Drop ins

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
Contact The Elderly	Lorraine/Mick Coleman <a href="mailto:thecolemans62@hotmail.com">thecolemans62@hotmail.com</a>	Volunteers hold afternoon teas (Sundays) in their own homes for socially isolated older people. Transport provided. Several venues in Thurrock	Older people who may be socially isolated and want to meet others of their own age group over afternoon tea	Booking essential
<b>NEW!!</b> The Crooked Billet Billet Lane Stanford-le-Hope SS17 0AR	<b>Carly Wilks (Manager)</b> <b>01375 672159</b>	Home-cooked lunches now being provided Monday – Friday 12-4  Varied menu at reasonable prices  Wednesdays – 2 roast dinners for £10  Will offer discount for groups (must be pre-	Anyone who would like to attend	



Service and contact details	Contact details	Brief description of service	Client group/s	Other information
		booked)		
<b>Plates with Mates Ltd</b>  Various locations in South Ockendon/Aveley – contact for details	<b>07802547512</b> <a href="mailto:plateswithmates@aol.com">plateswithmates@aol.com</a>  Sue Gray	Community lunches	Older and isolated people in the community	All meals – 2 courses + tea/coffee & cake - £3  12 noon – 2.30 pm All welcome  Booking essential <b>PLEASE CHECK WITH SUE GRAY FOR DATES OF OPERATION</b>
<b>NEW!! Drop In Coffee Morning</b> <b>St Michael's Church</b> <b>Aveley</b>	<b>07798 527667</b> <a href="mailto:demuslee@talktalk.net">demuslee@talktalk.net</a>  Demus Lee	Friendly drop in coffee mornings	Anyone who would benefit	Every Saturday – 10-1  No charge



## Social Clubs

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Limeclose Senior Citizens Club</b>  56 Lime Close South Ockendon RM15 6NW	<b>01708 852259</b> <b>Margaret</b>	Opportunities to socialise through a range of activities including bingo, darts, cards dancing and outings. Held four afternoons a week	Older people	
<b>Kathy's Club</b>  St Thomas' Church Hall 16 East Thurrock Road Grays RM17 6SR	<b>01375 485440</b> <b>(Manorcourt Care Agency) for further details</b>  <a href="http://www.manorcourtcare.co.uk">www.manorcourtcare.co.uk</a>	Social club held on the 4th Thursday of each month. 10.30-2.30 Activities include bingo, raffle, nail painting. Includes hot meal (fish and chips?).. £5 per session	Anyone interested in attending	
<b>Doorstep Club</b>  51 Teviot Avenue South Ockendon	<b>01708 866447</b>	Opportunities to socialise and held once weekly on a Wednesday afternoon and offering	Older people living on Kennington's Estate.	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
RM15 4QD		bingo raffles, and games. Outings during the year are also organised.		
<b>Snowdon Club</b>  Kay St Josephs Old School Hall Scratton Road Stanford-le-Hope SS17 0PF	<b>07837 291574</b>	Opportunities to socialise through a range of activities including hot lunch, entertainment, discussion, bingo and games and occasional outings	People with a disability, carers are also welcome	St Joseph's Old School Hall, Scratton Road, Stanford Tuesdays 9.45 – 2.45
<b>South Ockendon Village Social Club</b>  South Road South Ockendon RM15 6BU	<b>01708 856172</b>	Opportunities to socialise through a range of activities including bingo and game	Older people	<b>Held each Monday afternoon.</b>
<b>South Ockendon Zero 5 Club AKA South Ockendon Gateway Club</b>  Maureen Bell 3 Street Farm Cottages West Road South Ockendon RM15 6PL	<b>01708 852400</b>	Registered charity and a social and leisure club for people with a learning disability aged 14 and over  Held at Belhus Village Hall each Tuesday evening.	People with a learning disability aged 14 and over	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Thurrock Over Sixties Club</b>  1 The Pines Stifford Clays Grays RM17 5SW	<b>01375 844162</b>	Opportunities to socialise through a range of activities including dancing, bingo and entertainment. .  Held each Thursday afternoon	Older people	

## Other services

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>Thurrock Re-Use Project (TRUP)</b>            Unit 34 Thames Industrial Estate            Princess Margaret Road            East Tilbury RM18 8RH</p>	<p><b>01375 846702</b></p> <p><b>Ivan Green</b></p> <p><a href="mailto:trup@btconnect.com">trup@btconnect.com</a></p>	<p>Social Enterprise that collects and refurbishes unwanted furniture, household goods and electrical items and resells them at a small profit to the local community. Also has a paint store</p> <p>Also offers back to work training, tailored supported volunteering for people with learning disabilities and other volunteer opportunities</p>	<p>Any member of the public requiring good quality household goods at a reasonable price</p>	