

Micro – services in Thurrock May 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.

Please feel free to share as widely as possible.

Sue Wellard
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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
Akaba Social UK Ltd Olabode George Trinity House 1 Martello Close 60-62 Dock Road Grays RM17 6FL	01375 462626 info@akaba.org.uk www.akaba.org.uk	Care at home and supported living	People with a learning disabilities, people with a mental health need; people on the autistic spectrum	
AM Care Home Limited Angappan Dharmalingam 56-58 Lodge Lane Grays RM16 2YH	01375 379134 contact@amcarehome.com www.amcarehome.com	Residential care home 8 registered places	People with mental health needs and a learning disability; people on the autistic spectrum.	
Emmanuel House Elizabeth Olaniyan 4 Spencer Walk Tibury RM18 8XJ	01375 850099	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
GIMS Care Solutions Ltd. Pauline Obaze Office 27 The Old Courthouse Orsett road Grays RM17 5DD	01375 430037 info@gimscare.co.uk www.gimscare.co.uk	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	
Jusrade Care Ltd (Please note change of 'phone number)	01375 767524 Mob: 077889725077 Mob: 07713280772 info@jusradecare.co.uk www.jusradecare.co.uk	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	
NEW!! T-BOT Care Dynamics Ltd Ola Balogun 5/18	01375 841821 www.tbotcaredynamics.co.uk info@tbotcaredynamics.co.uk	CQC registered provider of Dom Care Services/ treatment of disease based in Thurrock	Lymphodoema treatment specialists Personal care Support and care for people of all ages Support people with dementia, learning disability, mental –ill-health, physical and sensory disabilities	Offers compression bandage management service including training for carers on management of compression garment stockings and offers a service to support tissue viability

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 terryandalison@blueyonder.co.uk	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
<p>Complete Companions Care</p>	<p>07875 095913 Jo Watson cccessex@yahoo.com</p>	<p>Support for people with dementia, older people and those who are vulnerable Support at home, respite for carers, accessing the community. Flexible services offered</p>	<p>People with dementia, older people, vulnerable people</p>	
<p>Friendly Faces Helping Hands</p>	<p>07932 805462 Angie Owen angelawendyowen@hotmail.co.uk</p>	<p>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 walking and sitting, help with computers, anything you need help with!</p>	<p>All ages – anyone that requires the service</p>	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
Life - change Independent Living Fatima Loum	07957 279331 info@lciil.uk www.lciil.uk	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 Justthe2ofusthurrock@gmail.com 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 aquamariamilton@outlook.com	Home from Hospital service Support for people with mental ill-health , learning disability and other conditions Flexible approach to deliver services that are required	All	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
NEW!! One2One Jackie Eastland 4/18	07952 452256 jaxeastland@gmail.com	Support for people living at home and to access the community including dementia support. Flexible service – will consider any request	All	
NEW!! Ronti Care Gina Obayanju (HCPC registered) 4/18	07391843646 ronticare@yahoo.com	Support for people living at home including meal preparation, cooking, shopping etc. Also will help people to access the community Companionship Help to organise your home Help with letters and arranging appointments needed. Transport and support seeing the GP, hospital or clinics Shopping Prescription collection Flexible Support	All	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
NEW!! T & K Helping Hands Kay Clarke Tina Stearne 4/18	Kay - 07999 848699 Tina - 07714350045 tandkhelpinghands@gmail.com	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	
NEW!! Time of Your Life Janet Riches 4/18	07830534814 Janetriches59@hotmail.com	Support for people living at home Companionship, respite, sitting session, visits to friends, family, leisure activities, meal preparation Flexible service	All	
NEW!! Trimarge Care & Cleaning Ltd Patricia Nana Margaret Nana 5/18	07958377492 patnana@yahoo.com margenana@yahoo.co.uk www.trimargecareandclean.co.uk	Support for people living at home. Companionship. respite, sitting service, support hospital discharge, visits to friends, family, leisure activities,	Older people People with mental health needs, learning disabilities, physical disabilities People living with Dementia Isolated people in the community	

		Support to sustain Tenancy/housing Hoarding, Budgeting, Setting up utilities, applying for benefits, accessing health services, social life, education, employment Flexible tailored service	Young people leaving care	
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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
Thurrock Forget-Me-Nots	01376 376135	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	
New Beginnings (Pauline White)	07970640876 Paulinewhite1967@outlook.com	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 offered by individuals/groups

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
Little Steps Wellbeing and Social Group Beehive Community Hall West Street Grays RM17 6XP	Drop –in group www.Little-steps.site123.me	Drop in group for people who may be lonely, have a problem and want to talk things over or just a general chat Every 2nd and 4th Wednesday monthly	Anyone in the community	
NEW!! Invest In Yourself Sherrilyn Speid 5/18	07380 965772 sherrilyspeid@investinyourself.org.uk Facebook page - https://www.facebook.com/InvestInYourselfMentor/ Instagram - investinyourself_____	Family mediation One-to-one support Mentoring services Referrals and signposting Individual support	Anyone in the community that requires support	Initial referrals for service to be made by e-mail to sherrilyspeid@investinyourself.org.uk

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>NEW!!</p> <p>My Friend Val</p> <p>Val Mathewson</p> <p>4/18</p>	<p>07500663246</p> <p>valmathewson@myfriend.group</p>	<p>Companionship and activity support services for older people to promote physical, mental and social stimulation. Person centred assistance to build social confidence and encourage retention of skills in people affected by dementia, stroke or other long term health conditions</p>	<p>Anyone in the community</p>	<p>£20 per hour</p>
<p>New Me New Dawn CW events</p> <p>Elizabeth Crisp 476 London Road, Grays, Essex, RM20 4AR</p>	<p>01708 868411 / 07711 062 103</p> <p>elizabeth.crisp1@btinternet.com</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
Footmobile Alan Wiggins	01375 265855 www.footmobile.co.uk	Mobile foot health care services for all residents of Thurrock Council 5% of income is donated to Thurrock MIND	All ages – anyone that requires the service	£25 per hour
Happy Feet	07958315121 Lisa Trangmar Lisamtrangmar-FHP@outlook.com	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
PETRON Handyman Services (Pete and Ron – formerly Papworth Trust)	07974597503 07585449435 petronhandyman@outlook.com	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
NEW!! CC Gardens Codey White 5/18	07305765000 hlhaydon@hotmail.co.uk	All garden work undertaken including grass cutting, hedge trimming etc. Jet -washing patios and other maintenance jobs Quotes for larger jobs	Anyone requiring the service	£15 per hour Concentrates on East of Thurrock – Stanford, Corringham, Fobbing, East Tilbury, Orsett
Grant's Plants and Gardening Services Neil Grant	07951744876 Neil_grant@blueyonder.co.uk	All garden work undertaken including grass cutting, hedge trimming etc. Jet -washing patios and other maintenance jobs Quotes for larger jobs	Anyone requiring the service	£15 per hour



Opportunities to access training, employment

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>Thurrock Centre for Independent Living The Beehive, West Street, Grays, Essex, RM17 6XP</p>	<p>01375 389864 admin@tcil.org.uk www.tcil.org.uk</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>Thurrock Re-Use Project (TRUP) Unit 34 Thames Industrial Estate Princess Margaret Road East Tilbury RM18 8RH</p>	<p>01375 846702 ivan@btconnect.com Ivan Green</p>	<p>Not for profit organisation that refurbishes unwanted furniture, household goods and electrical items and resells them at 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
		<p>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>		

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

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
West Street Grays RM17 6SP		3rd Friday monthly 4-30-630		
Fobbing Knit 'n Natter St Michael's Church Fobbing	churchwardenfobbing@ubocaf.org.uk	Friendly knit 'n natter group open to everyone	All members of the community	Every Monday 10-12 at the church No charge
Knitter Natter Gateway People's Centre 2 High Street Stanford-le-Hope SS17 0EY	01375 460164 office@gpcoline.org.uk	Knitting and crochet group -all ages and abilities welcome – bring own materials	All ages and abilities welcome	Thursdays 12.30-2.30pm On-site café available
Social Art Group Gateway People's Centre 2 High Street Stanford-le-Hope SS17 0EY	01375 460164 office@gpcoline.org.uk Jacqui Trott	Friendly art group – all ages and abilities Bring own materials	All ages and abilities welcome	Thursday 9.30-1 £5 charge per session – includes refreshments
Socialeyes Frederick Andrews Court Silverlocke Road Little Thurrock Grays RM17 6EA	Julie – 07914812985 jstone@blueyonder.co.uk	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	Every other Monday 10-12 No charge but donations welcome
Thurrock Society for Artists with Disabilities Thurrock Adult Community	01375 380624 pegndel@tiscali.co.uk www.thurrock-community.org.uk/tsad	Opportunity for individuals with disabilities who paint to meet others with a like	People with a disability	Meetings are held each Friday afternoon

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
College Richmond Road Grays RM17 6DN		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		



Exercise classes/sport/activities

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>Animated Physiotherapy Pilates Class</p> <p>Churches Centre High Road Orsett Essex RM16 3ER</p>	<p>07759884594</p> <p>Anna Wingett</p> <p>animatedphysio@hotmail.co.uk</p> <p>www.animatedphysio.com</p>	<p>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</p>	<p>Anyone with mobility issues - musculo-skeletal conditions – lower back etc. Also offers 1-1 pilates class in own home. See website for further details</p>	<p>Class runs Thursday evenings 6-7pm £9 session – drop in or 6 week block £40. 1-1 home classes £35 – 45 minute class</p>
<p>Essex Disabled Angling Club</p> <p>Puddledock Farm St Mary's Lane Upminster RM14 3NX</p>	<p>01268 452697</p> <p>www.mercuryuk.moonfruit.com</p> <p>EDAC.WEBM@gmail.com</p>	<p>An angling club for people with disabilities. Angling at various locations</p>	<p>People with a disability</p>	<p>Joining fee and membership. Must have a rod licence</p>
<p>Fit at 50+ Leisurely Latino</p>	<p>07970285056</p> <p>lisa@fitandfab.co.uk</p> <p>www.fitandfab.co.uk</p>	<p>Fun, low impact, easier to follow dance class to upbeat Latin music to enjoy with friends.</p>	<p>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</p>	<p>Classes in Chafford Hundred, Grays, Corringham and Stanford</p>

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
			pregnancy Free tea and coffee	
Grays Table Tennis Club Grays School Media Arts College Hathaway Road Grays RM17 5LL	07815680571 jorgelucky@hotmail.com	Table tennis club	Players with disabilities welcome although no specific sessions. Good disabled access at venue	Thursday 7pm – 9pm £4.50 per session
Real Wheel Cycling Training Academy Ola Lawal	07956 276832 cycletacademy@aol.com	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.	
SNAC Club (Special Needs Activity Centre) Karen Dunmow – SNAC Treasurer c/o Elliott, Mortlock, Busby & Co Ltd, Suite 5, Stanhope	01375 389867 snac2007@googlemail.com www.snac.btck.co.uk	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.		
Sugar Loaf Riding for the Disabled Carleen Foxhounds Stables Baker Street Orsett RM16 3LJ	07375816737 sugarloaflda@yahoo.co.uk www.sugarloaflda.org	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.
Tai Chi for Health (Essex) Trevor Rawson	01375 408912 / 07815 910021 tc4essex@gmail.com www.tc4hessex.co.uk	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.		
WADERS (Water Assisted Disabled Exercise Rehabilitation Scheme)	01375 407264 www.waders.org.uk	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
Creative Blast/Impetuous kinship Daryl Smith Mandy Jumeau	01375 386247 info@creativeblastcompany.com www.cbacademy.com	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	
JTD Performing arts The Studio Norman Hall Cromwell Road Grays RM17 5HF	01375 378117 Jtdofperforming arts@hotmail.co.uk www.askthurrock.org.uk/kb5/thurrock/fis/event.page?record=1ttD_O2f_Po	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.	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>NEW!! PALS Performance Art Life Skills</p> <p>Tina Stewart</p> <p>4/18</p>	<p>020 8215 1390 07709 893637 tinastewart31@gmail.com</p> <p>www.performanceartlifeskills.co.uk</p>	<p>Drama and creative art workshops and projects, tailored to the needs of adults with lived experience of mental ill health, dementia or learning/physical disabilities and their carers, devised to develop vital life skills such as self-confidence, team work, communication, creativity, self-expression and more in a fun, inclusive and safe environment.</p>	<p>Supports people with mental ill health, LD and other people who would benefit with drama and creative arts</p>	<p>Please contact Tina for further information on courses available</p>



Cinema clubs

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
Beautiful Minds Cinema Club	01375 413980 mallinson@thurrock.gov.uk	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)
Thurrock film festival (part of Blatella productions) Benjamin Scarsbrook & Natalie Williams	07510661369 blatella@live.com www.blatella.co.uk	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 thecolemans62@hotmail.com	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
NEW!! The Crooked Billet Billet Lane Stanford-le-Hope SS17 0AR 4/18	Carly Wilks (Manager) 01375 672159	Home-cooked lunches now being provided Monday – Friday 12-4	Anyone who would like to attend	Varied menu at reasonable prices Wednesdays – 2 roast dinners for £10 Will offer discount for groups (must be pre-booked)
Plates with Mates Ltd Various locations in South Ockendon/Aveley – contact for details	07802547512 plateswithmates@aol.com 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

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
				Booking essential PLEASE CHECK WITH SUE GRAY FOR DATES OF OPERATION
NEW!! Drop In Coffee Morning St Michael's Church Aveley 4/18	07798 527667 demuslee@talktalk.net Demus Lee	Friendly drop in coffee mornings	Anyone who would benefit	Every Saturday – 10-1 No charge
NEW!! The Swan Lunch Club The Swan Public House High Road Horndon-On-The-Hill SS17 8LD 4/18	Kim Towlson 07724848069 Cst1952@hotmail.co.uk	Lunch club	Anyone who would benefit	First Monday monthly 2 course lunch Entertainment Full Minibus service available on request and included £10 per head Booking essential – limited spaces



Social Clubs

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
Limeclose Senior Citizens Club 56 Lime Close South Ockendon RM15 6NW	01708 852259 Margaret	Opportunities to socialise through a range of activities including bingo, darts, cards dancing and outings. Held four afternoons a week	Older people	
Kathy's Club St Thomas' Church Hall 16 East Thurrock Road Grays RM17 6SR	01375 485440 (Manorcourt Care Agency) for further details www.manorcourtcare.co.uk	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	
Doorstep Club 51 Teviot Avenue South Ockendon RM15 4QD	01708 866447	Opportunities to socialise and held once weekly on a Wednesday afternoon and offering bingo raffles, and	Older people living on Kennington's Estate.	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
		games. Outings during the year are also organised.		
Snowdon Club Kay St Josephs Old School Hall Scratton Road Stanford-le-Hope SS17 0PF	07837 291574	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
South Ockendon Village Social Club South Road South Ockendon RM15 6BU	01708 856172	Opportunities to socialise through a range of activities including bingo and game	Older people	Held each Monday afternoon.
South Ockendon Zero 5 Club AKA South Ockendon Gateway Club Maureen Bell 3 Street Farm Cottages West Road South Ockendon RM15 6PL	01708 852400	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
Thurrock Over Sixties Club 1 The Pines Stifford Clays Grays RM17 5SW	01375 844162	Opportunities to socialise through a range of activities including dancing, bingo and entertainment	Older people	Held each Thursday afternoon

Other services

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
Thurrock Re-Use Project (TRUP) Unit 34 Thames Industrial Estate Princess Margaret Road East Tilbury RM18 8RH	01375 846702 Ivan Green trup@btconnect.com	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 Also offers back to work training, tailored supported volunteering for people with learning disabilities and other volunteer opportunities	Any member of the public requiring good quality household goods at a reasonable price	