

## **Micro – services in Thurrock** **January 2019**

This is the current micro-services list for Thurrock.

**Please note that the list is now available on the Stronger Together Website –**

[http://www.strongertogether.org.uk/Micro\\_Enterprise\\_21537.aspx](http://www.strongertogether.org.uk/Micro_Enterprise_21537.aspx)

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. Further information and a referral form is available on Thurrock Council's website - [www.thurrock.gov.uk/community-enterprises-for-care-and-support/running-community-micro-enterprise](http://www.thurrock.gov.uk/community-enterprises-for-care-and-support/running-community-micro-enterprise)

### **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 this list as widely as possible.

**07867696302**

**communitybusiness@thurrock.gov.uk**



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## Personal care providers (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>GIMS Care Solutions Ltd.</b>  Office 27 The Old Courthouse Orsett road Grays RM17 5DD	01375 430037  <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>	01375 767524 Mob: 07889725077 Mob: 07713280772 24/7 contact 07714345750.  <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	<b>CQC Inspected 2018 – Good rating</b>
<b>T-BOT Care Dynamics Ltd</b>  Ola Balogun	01375 841821 <a href="http://www.tbotcaredynamics.co.uk">www.tbotcaredynamics.co.uk</a>  <a href="mailto:info@tbotcaredynamics.co.uk">info@tbotcaredynamics.co.uk</a>	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	Offers compression bandage management service including training for carers on management of compression garment stockings and offers a service to support tissue

Service and contact details	Contact details	Brief description of service provided	Client group/s	Other information
5/18			dementia, learning disability, mental –ill-health, physical and sensory disabilities	viability




**Personal care and support providers (not requiring regulation)**  
**Individuals providing personal care and**  
**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
<b>All About You</b>  Alison Clayton	07812829451  <a href="mailto:Allaboutyou.thurrock@gmail.com">Allaboutyou.thurrock@gmail.com</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 Hobbies 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
<b>NEW!!</b>  <b>AMA Support &amp; Care</b>  <b>Amanda Samson</b>  <b>12/18</b>	<b>07453988672</b>  <a href="mailto:oriaku69@hotmail.co.uk">oriaku69@hotmail.co.uk</a>	Support and care for people in the community. Support and care at home, accessing the community, support with household tasks Tailored, personal service	All	
<b>Complete Companions Care</b>  <b>Jo Watson</b>	<b>07875 095913</b> <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	
<b>DeMilt Solutions</b>  <b>Ade Milton-Adebambo</b>  <b>7/18</b>	<b>07483 250080</b>  <a href="mailto:info@demiltsolutions.com">info@demiltsolutions.com</a>	<b>Home from Hospital service</b> <b>Support for people with mental ill-health , learning disability and other conditions</b> <b>Flexible approach to deliver services that are required</b>	All	Male support worker

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Fair Events</b>  Lilian Nwokocha          6/18	07556 559 835  <a href="mailto:liliannwokocha@talktalk.net">liliannwokocha@talktalk.net</a>	Flexible support service to help people in the home and to go out into the community including attending appointments, accessing leisure and exercise activities, shopping etc.	All ages – anyone that requires the service	<b>Male support worker available</b>
<b>NEW!!</b>  <b>Familiar Faces</b>  Wendy Joyce  Carrie Shoben          12/18	Wendy Joyce 07796 712586  Carrie Shoben 07970 257214	A helping hand when you need one! Help around the home Companionship Attending appointments Dog walking Support to attend clubs/groups etc. etc. Very flexible support	Anyone requiring the service	Areas covered: Orsett, Horndon, Stanford, Corringham, Blackshots, Stifford Clays, Fobbing, Chadwell, Bulphan, Grays



Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>Friendly Faces Helping Hands</b></p> <p>Angie Owen</p>	<p>07932 805462</p> <p><a href="mailto:angelawendyowen@hotmail.co.uk">angelawendyowen@hotmail.co.uk</a></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>	
<p><b>Just The 2 Of Us</b></p> <p>Angie Wyles Amie Atherton</p>	<p>Angie – 07767371746 Amie – 07894137669</p> <p><a href="mailto:Justthe2ofusthurrock@gmail.com">Justthe2ofusthurrock@gmail.com</a></p> <p> Facebook page</p>	<p><b>Support for people living at home including meal preparation, cooking, shopping etc. Also will help people to access the community</b></p> <p><b>Companionship</b></p> <p><b>Pet -sitting and walking</b></p> <p><b>Will consider any request</b></p>	<p>All</p>	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Life - change Independent Living</b> Fatima Loum	07957 279331 <a href="mailto:info@lcil.uk">info@lcil.uk</a>  <a href="http://www.lcil.uk">www.lcil.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	
<b>My Angel – Care Services</b>  Maria Afonso  7/18	07805 232996  <a href="mailto:fatima_afonso.port@hotmail.com">fatima_afonso.port@hotmail.com</a>	Experienced carer providing personal care at home. Other support services include help in the home, accessing the community for leisure interests, GP appointments, home respite. Tailored personal flexible service	All	<b>Personal care provider</b>
<b>Ronti Care</b>  Gina Obayanju (HCPC registered)	07391843646  <a href="mailto:ronticare@yahoo.com">ronticare@yahoo.com</a>	Support for people living at home including meal preparation, cooking, shopping etc. House cleaning/deep cleaning services also available. Assistance for people to access the community	All	

4/18		<p>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</p>		
<p><b>NEW!! – Spring Clean</b></p> <p>Louise Fusedale</p> <p>12/18</p>	<p>07513562473</p> <p><a href="mailto:loufuse@hotmail.co.uk">loufuse@hotmail.co.uk</a></p>	<p>All types of cleaning service – regular maintenance, support with hoarding clearance, end of tenancy cleans etc.          Will also provide support with household tasks and go that little bit extra!</p>	All	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>STB Care Services</b>  <b>Maria Correira</b>          <b>7/18</b>	<b>07851727269</b>  <a href="mailto:Mariadaluz@live.co.uk">Mariadaluz@live.co.uk</a>	Experienced carer providing personal care at home. Other support services include help in the home, accessing the community for leisure interests, GP appointments, home respite. Tailored personal flexible service	All	<b>Personal care provider</b>
<b>NEW!!</b>  <b>Synergy Support and Care</b>  <b>Enwere Samson</b>          <b>12/18</b>	<b>07533888007</b>  <a href="mailto:Sam@2sscs.com">Sam@2sscs.com</a>	Support and care for people in the community. Support and care at home, accessing the community, support with household tasks Tailored, personal service	All	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>T &amp; K Helping Hands</b>  Kay Clarke Tina Stearne  4/18	Kay - 07999 848699 Tina - 07714350045 <a href="mailto:tandkhelpinghands@gmail.com">tandkhelpinghands@gmail.com</a>	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. Flexible	All	
<b>Time of Your Life</b>  Janet Riches  4/18	07830534814 <a href="mailto:Janetriches59@hotmail.com">Janetriches59@hotmail.com</a>	Support for people living at home Companionship, respite, sitting session, visits to friends, family, leisure activities, meal preparation Flexible service	All	
<b>NEW!!</b>  <b>Treasure Your Time</b>  Joanne Crawford	07950732299 <a href="mailto:joanne@treasureyourtime.co.uk">joanne@treasureyourtime.co.uk</a>  <a href="http://www.treasureyourtime.co.uk">www.treasureyourtime.co.uk</a>	A helping hand providing: Support at home – tidying, bills, support with arranging tradespeople Support with medical appointments Transport to and from leisure	All	<b>Horndon, Orsett, Bulphan, Stanford, Corringham, East Tilbury, Fobbing</b>






## Foot Care

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Happy Feet</b>  Lisa Trangmar	<b>07958315121</b>  <a href="mailto:Lisamtrangmar-FHP@outlook.com">Lisamtrangmar-FHP@outlook.com</a>	Mobile foot health care service for all Thurrock residents	All ages – discounted rates for couples receiving treatments at the same time	





## Hypnotherapy

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>NEW!!</b></p> <p><b>Susanne Leigh Hypnotherapy</b></p> <p>1/19</p>	<p>07801 578573</p> <p><a href="mailto:susanneleighhypnotherapy@gmail.com">susanneleighhypnotherapy@gmail.com</a></p> <p><a href="http://www.susanneleighhypnotherapy.co.uk">www.susanneleighhypnotherapy.co.uk</a></p> <p> Facebook page</p>	<p>Solution focused hypnotherapy</p> <p>Hypnotherapy can help stress, anxiety, phobia, weight management, smoking, tinnitus, IBS.</p>	<p>All</p>	<p>Initial free consultation – further details of pricing on website</p>





## Healthy Lifestyles/Nutritional Support

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>Nutrificient Life</b></p> <p>Harman Mohal</p> <p>7/18</p>	<p>07504991916</p> <p><a href="mailto:info@nutrificentlife.com">info@nutrificentlife.com</a></p> <p><a href="http://www.nutrificentlife.com">www.nutrificentlife.com</a></p> <p> <b>nutrificentlife</b></p> <p> <b>nutrificent</b></p>	<p>Health and nutrition services including education and coaching to support better nutrition supporting healthier lifestyles. Can include, analysis of dietary and lifestyle behaviours, menu preparation, supermarket tour, cooking workshops, recipes, links to exercise. Monthly newsletters, resources and blogs. Group and personal support available, tailored according to requirements</p>	<p>All</p>	<p>Initial FREE 15 minute phone consultation.</p>






**Support for people with dementia  
(also see Care and 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>	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	
<b>New Beginnings</b> Pauline White	07970640876 <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 for people in crisis

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
 <p><b>REACH OUT</b> for Mental Health</p> <p><b>Reach Out For Mental Health (ROFMH)</b></p> <p>10/18</p>	<p><a href="http://www.reachoutfmh.co.uk">www.reachoutfmh.co.uk</a></p> <p><a href="mailto:info@reachoutfmh.co.uk">info@reachoutfmh.co.uk</a></p> <p> <a href="https://www.twitter.com/ReachOutFMH">www.twitter.com/ReachOutFMH</a></p> <p> <a href="https://www.facebook.com/ReachOutFMH">www.facebook.com/ReachOutFMH</a></p>	<p>Crisis café offering a befriending, listening and support service for people in crisis</p> <p><b>Please Note – NOT – an emergency/ crisis service</b></p> <p>(further details on website)</p>	<p>Anyone in the community</p>	<p><b>Hardie Park, Café, Wednesdays 6pm-9pm</b></p> <p><b>PLEASE CONTACT ROFMH before attending – details on website page</b></p>



## Support offered by individuals/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>Drop –in group</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>Invest In Yourself</b></p> <p>Sherrilyn Speid</p> <p>5/18</p>	<p><b>NEW NUMBER!! 07380 797035</b></p> <p><a href="mailto:sherrilyspeid@investinyourself.org.uk">sherrilyspeid@investinyourself.org.uk</a></p> <p><a href="http://www.investinyourself.org.uk">www.investinyourself.org.uk</a></p> <p> Facebook page - <a href="https://www.facebook.com/InvestInYourselfMentor/">https://www.facebook.com/InvestInYourselfMentor/</a></p> <p>Instagram - investinyourself_____</p>	<p>Family mediation One-to-one support Mentoring services Referrals and signposting Individual support</p>	<p>Anyone in the community that requires support</p>	<p>Initial referrals for service to be made by e-mail to <a href="mailto:sherrilyspeid@investinyourself.org.uk">sherrilyspeid@investinyourself.org.uk</a></p>

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>My Friend Val</b></p> <p>Val Mathewson</p> <p>4/18</p>	<p>07500663246</p> <p><a href="mailto:val@myfriend.group">val@myfriend.group</a></p> <p><a href="http://www.myfriend.group">www.myfriend.group</a></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><b>New Me New Dawn CW events</b></p> <p><b>Elizabeth Crisp</b> 476 London Road, Grays, Essex, RM20 4AR</p>	<p>01708 868411 / 07711 062 103</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>	



## Handyman Services

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>PETRON Handyman Services</b> (Pete and Ron – formerly Papworth Trust)	07974597503 07585449435  <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	




## Electrician

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>NEW!!</b> <b>BML Electrical Services</b>  Lewis Taylor  12/18	07391224575  <a href="mailto:info@bmlelectrical.co.uk">info@bmlelectrical.co.uk</a>  <a href="http://www.bmlelectrical.co.uk">www.bmlelectrical.co.uk</a>   BML Electrical	Fully qualified electrician offering a range of electrical services from small household jobs such as putting up lights to full rewires – please see website for full details	Anyone requiring the service	<b>FREE fitting of security lights and camera door bells for people who may have a vulnerability due to age and/or disability. Please ask for details.</b> <b>Supply and fit or fit only</b>  <b>Quotes provided for all jobs</b>



## Gardening Services

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>CC Gardens</b>  Codey White    5/18	07305765000  <a href="mailto:hlhaydon@hotmail.co.uk">hlhaydon@hotmail.co.uk</a>	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
<b>Grant's Plants and Gardening Services</b>  Neil Grant	07951744876  <a href="mailto:Neil_grant@blueyonder.co.uk">Neil_grant@blueyonder.co.uk</a>	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

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>The Lady Gardener</b></p> <p>Frances Cooper</p> <p>6/18</p>	<p>07543 506784</p> <p><a href="mailto:francooper1@hotmail.com">francooper1@hotmail.com</a></p> <p></p> <p>The Lady Gardener@francooper267</p>	<p>All garden work undertaken including garden maintenance, weeding, pruning, grass cutting etc.</p>	<p>Anyone requiring the service</p>	<p>£15 per hour</p>





## 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>01375 389864 <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>01375 846702 <a href="mailto:ivan@btconnect.com">ivan@btconnect.com</a> Ivan Green</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 leisure activities



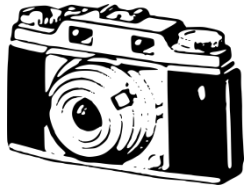
### Arts, crafts and other activities

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Ace Group</b> <b>(Disabled Adults Events CIC)</b>  Drake Community Centre Chafford Hundred Grays RM16 6PS	<b>07934442854</b> <a href="mailto:theaceco@hotmail.com">theaceco@hotmail.com</a>  <a href="http://theacegroup1.wixsite.com/acegroup">http://theacegroup1.wixsite.com/acegroup</a>  <b>Leah Westpfel</b>	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 <sup>rd</sup> Friday monthly  Please see website – full range of activities

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Arts and Crafts Class</b>  Scout Hall Stanford-le-Hope SS17 0LR	<b>01375 672058</b> <a href="mailto:jilloconnoruk@yahoo.co.uk">jilloconnoruk@yahoo.co.uk</a>	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
<b>Craft Club</b> <b>Karen Glazzard</b> The Beehive West Street Grays RM17 6SP	<b>01375 389889</b>	Craft group  3rd Friday monthly  4-30-630		
<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@gpconline.org.uk">office@gpconline.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>

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>Socialeyes</b></p> <p><b>Julie Stone</b></p> <p>Frederick Andrews Court Silverlocke Road Little Thurrock Grays RM17 6EA</p>	<p>Julie – 07914812985</p> <p><a href="mailto:jstone@blueyonder.co.uk">jstone@blueyonder.co.uk</a></p>	<p>Activities include cards, carpet bowls, arts and crafts, crosswords and quizzes – will tailor activities to requirements of guests</p> <p>Have an annual dinner</p>	<p>Social club primarily for people with sight/hearing impairment but everyone welcome</p>	<p><b>Every other Wednesday</b></p> <p>No charge but donations welcome</p> <p>Attendees are welcome to bring a packed lunch</p> <p><b>PLEASE NOTE CHANGE TO MEETING DAY</b></p>
<p><b>The ARC</b></p> <p><b>Jackie Hansen</b></p> <p><b>Harty Close</b> <b>Stifford Clays</b> <b>Grays</b> <b>RM16 2BH</b></p>	<p><a href="mailto:Thearc2017@yahoo.com">Thearc2017@yahoo.com</a></p> <p><a href="http://Thearcsnadults19plus@weebly.com">Thearcsnadults19plus@weebly.com</a></p> <p> Facebook Page</p>	<p>Leisure activities for young adults 19+ with physical and sensory disabilities, and their carers</p> <p>A range of craft, music, cooking and sensory opportunities</p>	<p>People with a range of disabilities including autism, learning disability, physical disability etc. All welcome. Attendees must have a carer</p> <p>Fully accessible bathroom with hoist and adult changing bed available</p>	<p><b>Every Friday – 11-1.30 - Booking essential</b></p>
<p><b>Thurrock Society for Artists with Disabilities</b></p> <p>Thurrock Adult Community College Richmond Road</p>	<p>01375 380624</p> <p><a href="mailto:pegndel@tiscali.co.uk">pegndel@tiscali.co.uk</a></p> <p><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</p>	<p>People with a disability</p>	<p>Meetings are held <b>each Friday afternoon</b></p>

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



## Photography

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>Wildcat Images</b></p> <p>Keith Revell</p> <p>8/18</p>	<p>07932 058774</p> <p><a href="mailto:Keithwildcat4@gmail.com">Keithwildcat4@gmail.com</a></p>	<p>Experienced amateur photographer with own equipment.</p> <p>Support for individuals to enjoy and learn about photography and/or improve their skills with a view to supporting well-being</p> <p>Photography in the community- support and tuition in home available – editing , effects etc.</p> <p>Mobile within Thurrock</p>	<p>Any</p>	<p>Own equipment not necessary can be provided</p> <p>Can support up to 2 people at a time</p>



## Exercise classes/sport/activities

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>Animated Physiotherapy Pilates Class</b></p> <p><b>Anna Wingett</b></p> <p>Churches Centre High Road Orsett Essex RM16 3ER</p>	<p><b>07759884594</b></p> <p><a href="mailto:animatedphysio@hotmail.co.uk">animatedphysio@hotmail.co.uk</a></p> <p><a href="http://www animatedphysio.com">www animatedphysio.com</a></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 <b>Thursday evenings 6-7pm</b> £9 session – drop in or 6 week block £40. 1-1 home classes £35 – 45 minute class</p>
<p><b>Essex Disabled Angling Club</b></p> <p>Puddledock Farm St Mary's Lane Upminster RM14 3NX</p>	<p><b>01268 452697</b></p> <p><a href="http://www.mercuryuk.moonfruit.com">www.mercuryuk.moonfruit.com</a></p> <p><a href="mailto:EDAC.WEBM@gmail.com">EDAC.WEBM@gmail.com</a></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><b>Fit at 50+ Leisurely Latino</b></p>	<p><b>07970285056</b></p> <p><a href="mailto:lisa@fitandfab.co.uk">lisa@fitandfab.co.uk</a></p> <p><a href="http://www.fitandfab.co.uk">www.fitandfab.co.uk</a></p>	<p>Fun, low impact, easier to follow dance class to upbeat Latin music to</p>	<p>This class is suitable for anyone who prefers a slower paced class. Suitable for older people returning</p>	<p><b>Classes in Chafford Hundred, Grays, Corringham and Stanford</b></p>

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
		enjoy with friends.	to exercise after a break, or injury or pregnancy Free tea and coffee	
<b>Grays Table Tennis Club</b>  Grays School Media Arts College Hathaway Road Grays RM17 5LL	07815680571  <a href="mailto:jorgelucky@hotmail.com">jorgelucky@hotmail.com</a>	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> <b>Ola Lawal</b>	07956 276832 <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>  <b>Karen Dunmow – SNAC</b>	01375 389867 <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	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
<p>Treasurer c/o Elliott, Mortlock, Busby &amp; Co Ltd, Suite 5, Stanhope House, High Street, Stanford-le-Hope, Essex, SS17 0HA</p>		<p>providing a range of programmes. They run a 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.</p>		
<p><b>Sugar Loaf Riding for the Disabled</b></p> <p><b>Carleen</b> Foxhounds Stables Baker Street Orsett RM16 3LJ</p>	<p>07375816737 <a href="mailto:sugarloaflda@yahoo.co.uk">sugarloaflda@yahoo.co.uk</a> <a href="http://www.sugarloaflda.org">www.sugarloaflda.org</a></p>	<p>Weekly opportunities for horse riding run entirely by volunteers –</p>	<p>Children and adults with a physical and/or learning disability, people on the autistic spectrum, and people with mental health needs</p>	<p>Mon, Tues, Thurs, Sat; occasional holidays are also offered.</p>
<p><b>Tai Chi for Health (Essex)</b></p> <p><b>Trevor Rawson</b></p>	<p>01375 408912 / 07815 910021 <a href="mailto:tc4essex@gmail.com">tc4essex@gmail.com</a> <a href="http://www.tc4hessex.co.uk">www.tc4hessex.co.uk</a></p>	<p>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</p>	<p>All ages, all abilities, including bespoke activities for people with a learning disability, people recovering from illness and older people.</p>	<p>Classes held at various locations throughout Thurrock. Check website for further details</p>

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
		exercise groups for people with learning disabilities, or recovering from illness on behalf of; charities, clubs, residential and sheltered housing.		
<b>WADERS (Water Assisted Disabled Exercise Rehabilitation Scheme)</b>	<p><b>Daphne – 01375 374322</b></p> <p><b>Julia – 07968751083</b></p> <p><b>Jo – 07951 603092</b></p> <p><a href="mailto:Ask-waders@hotmail.com">Ask-waders@hotmail.com</a></p> <p><a href="http://www.waders.org.uk">www.waders.org.uk</a></p>	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	<p>Blackshots Swimming Pool Blackshots Lane Grays RM16 2JU</p> <p>Corringham Swimming Pool Springhouse Road Corringham SS17 7NB Cost: £7 annual membership</p> <p>£4 per session</p>



## Music, Singing, Drama

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>Creative Blast/Impetuous Kinship</b></p> <p>Daryl Smith Marcia Carr</p>	<p>01375 386247  <a href="mailto:info@creativeblastcompany.com">info@creativeblastcompany.com</a>  <a href="http://www.cbacademy.com">www.cbacademy.com</a></p>	<p>A performing arts company providing a range of services to suits all abilities- including disabled people, including drama, dance, singing, Fitness classes</p>	<p>Public including those with a disability</p>	
<p><b>JTD Performing arts</b></p> <p>The Studio Norman Hall Cromwell Road Grays RM17 5HF</p>	<p>01375 378117  <a href="mailto:Jtdofperformingarts@hotmail.co.uk">Jtdofperformingarts@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></p>	<p>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</p>	<p>Teach from the age of 18months to adults: including disabled adults and children.</p>	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>PALS</b>  <b>Performance Art Life Skills</b></p> <p>Tina Stewart</p> <p>4/18</p>	<p>020 8215 1390  07709 893637  <a href="mailto:tinastewart31@gmail.com">tinastewart31@gmail.com</a></p> <p><a href="http://www.performanceartlifeskills.co.uk">www.performanceartlifeskills.co.uk</a></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><b>Please contact Tina for further information on courses available</b></p>



## Cinema clubs

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Beautiful Minds Cinema Club</b>	01375 413980 <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	07510661369 <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
<p><b>NEW!!</b>  <b>BLT Club</b>  <b>(Bring Lunch Together)</b></p> <p><b>Helen Catterick</b></p> <p>Vigerons Way Community Hall  Vigerons Way  Chadwell RM16 4TX</p> <p>12/18</p>	<p><a href="mailto:hcatterick@thurrock.gov.uk">hcatterick@thurrock.gov.uk</a></p>	<p>A new social and friendship weekly club, where you bring your own lunch, meet new people, have a chat and lunch together.</p>	<p>All</p>	<p><b>Launches 21<sup>st</sup> November 2018</b></p>
<p><b>Community House</b>  <b>Lunch Club</b>  Seabrooke Rise  Grays</p> <p>9/18</p>	<p><a href="mailto:contactus@thecommunityhouse.uk">contactus@thecommunityhouse.uk</a></p>	<p>Lunch club every Thursday 12-2</p>	<p>Anyone</p>	<p>2 course meal - +tea and coffee - £5</p> <p><b>Booking essential</b></p>

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<b>Contact The Elderly</b>	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	<b>Booking essential</b>
<b>The Crooked Billet</b>  Carly Wilks (Manager)  Billet Lane Stanford-le-Hope SS17 0AR  4/18	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)
<b>Drop In Coffee Morning</b> Demus Lee  St Michael's Church Aveley  4/18	07798 527667 <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

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p><b>The Swan Lunch Club</b>  <b>Kim Towlson</b></p> <p><b>The Swan Public House</b>  <b>High Road</b>  <b>Horndon-On-The-Hill</b>  <b>SS17 8LD</b></p> <p>5/18</p>	<p>07724848069</p> <p><a href="mailto:Cst1952@hotmail.co.uk">Cst1952@hotmail.co.uk</a></p>	<p>Lunch club</p>	<p>Anyone who would benefit</p>	<p>First Monday monthly</p> <p>2 course lunch  Entertainment  Full Minibus service available on request and included</p> <p>£10 per head</p> <p>Booking essential – limited spaces</p>





## Social Clubs

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

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
		games. Outings during the year are also organised.		
<b>Snowdon Club</b>  <b>Kay</b> 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>  <b>Maureen Bell</b> 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	Older people	Held each Thursday afternoon



## Animal Care/Respite

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
 <p><b>Fun &amp; Fetch</b></p> <p><b>Tammy Barnett</b></p> <p><b>9/18</b></p>	<p><b>07970 332525</b></p> <p><a href="mailto:Tammybarnett411@hotmail.com">Tammybarnett411@hotmail.com</a></p> <p>Website <a href="http://www.funandfetch.co.uk">www.funandfetch.co.uk</a></p> <p><b>(from mid- September)</b></p>	<p>Respite care for owners (hospital/care home stays etc.)            Dog walking            Doggy Day Care            Holiday pop ins (also cats and other small animals)            Home boarding            Grooming</p> <p>With home boarding, will also water plants, take in post, turn on lights etc.</p> <p>Flexible service</p>	<p>All</p>	<p>Fully licensed</p> <p>Canine First Aid trained</p> <p>ANC Animal Care</p> <p><b>Free trial dog walk</b></p> <p><b>Free trial day care session</b></p> <p>Photos/videos of pet provided to owners on request</p>

## 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>   <b>Ivan Green</b>   <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            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>	