

Micro – services in Thurrock **May 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

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

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




INDEX OF SERVICES	PAGE No.
• PERSONAL CARE PROVIDERS (REGULATED)	4
• CARE AND SUPPORT PROVIDERS (NON-REGULATED)	6
• FOOT HEALTHCARE	16
• HYPNOTHERAPY	17
• HEALTHY EATING/NUTRITIONAL SUPPORT	18
• SUPPORT FOR PEOPLE WITH DEMENTIA	19
• SUPPORT FOR PEOPLE IN CRISIS (MENTAL HEALTH)	21
• SUPPORT OFFERED BY INDIVIDUALS/GROUPS	22
• NEW!! BEREAVEMENT SUPPORT	24
• HANDYMAN & MAINTENANCE SERVICES	25
• ELECTRICIAN	27
• GARDENING SERVICES	28

• TRAINING AND EMPLOYMENT	31
• LEISURE ACTIVITIES	
-Arts, Crafts and activities	33
- Photography	37
-Exercise classes/sport/activities	38
-Music, Singing, Drama	42
-Cinema clubs	45
-Lunch clubs/Afternoon Tea/Drop-Ins	46
-Social Clubs	49
• ANIMAL CARE AND RESPITE	52
• OTHER	53



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
GIMS Care Solutions Ltd. Office 27 The Old Courthouse Orsett road Grays RM17 5DD	01375 430037 info@gimscare.co.uk gimscaresolution@gmail.com 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	CQC Inspected 2019 – Good rating
 Jusrade Care Ltd	01375 767524 Mob: 07889725077 Mob: 07713280772 24/7 contact 07714345750. 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	CQC Inspected 2018 – Good rating
T-BOT Care Dynamics Ltd	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	Offers compression bandage management service including training for carers on management


Service and contact details	Contact details	Brief description of service provided	Client group/s	Other information
<p>Ola Balogun</p> <p>5/18</p>			<p>Support and care for people of all ages</p> <p>Support people with dementia, learning disability, mental –ill-health, physical and sensory disabilities</p>	<p>of compression garment stockings and offers a service to support tissue viability</p>





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
 <p>All About You</p> <p>Alison Clayton</p>	<p>07812 829451</p> <p>Allaboutyou.thurrock@gmail.com</p>	<p>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!</p>	<p>Any people that require the service</p>	<p>PLEASE NOTE – ALISON IS NOT CURRENTLY TAKING ON ANY NEW CLIENTS 3/19</p>


Service and contact details	Contact details	Brief description of service provided	Client group/s	Other information
AMA Support & Care Amanda Samson 12/18	07453 988672 oriaku69@hotmail.co.uk	Support and care for people in the community. Support and care at home, accessing the community, support with household tasks Tailored, personal service	All	
NEW!! At Your Service Katie Denham 4/19	07802 603057 imatyourservicecompany@gmail.com www.atyourservice6.godaddy.com	Experienced carer delivering personal care and support to all people in the local community. Personalised support and care including help at home , attending appointments and leisure activities	All	Personal care provider – Can cover Basildon area as well as Thurrock
 Complete Companions Care Jo Watson	07875 095913 cccessex@yahoo.com	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	

Service and contact details	Contact details	Brief description of service provided	Client group/s	Other information
<p>DeMilt Solutions</p> <p>Ade Milton-Adebambo</p> <p>7/18</p>	<p>07483 250080</p> <p>info@demiltsolutions.com</p>	<p>Home from Hospital service</p> <p>Support for people with mental ill-health , learning disability and other conditions</p> <p>Flexible approach to deliver services that are required</p>	<p>All</p>	<p>Male support worker available</p>
 <p>Fair Events</p> <p>Lilian Nwokocha</p> <p>6/18</p>	<p>07556 559 835</p> <p>liliannwokocha@talktalk.net</p>	<p>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.</p>	<p>All ages – anyone that requires the service</p>	<p>Male support worker available</p>

Service and contact details	Contact details	Brief description of service provided	Client group/s	Other information
 <p>Familiar Faces</p> <p>Wendy Joyce</p> <p>Carrie Shoben</p> <p>12/18</p>	<p>Wendy Joyce 07796 712586</p> <p>Carrie Shoben 07970 257214</p>	<p>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</p>	<p>Anyone requiring the service</p>	<p>Areas covered: Orsett, Horndon, Stanford, Corringham, Blackshots, Stifford Clays, Fobbing, Chadwell, Bulphan, Grays</p>
<p>Friendly Faces Helping Hands</p> <p>Angie Owen</p>	<p>07932 805462</p> <p>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, 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 provided	Client group/s	Other information
<p>NEW!!</p> <p>J & J Smiles (Socialising, Mobility, Interaction, Living, Enjoying, Support)</p> <p>Jean Sheldon Jenny Church</p> <p>4/19</p>	<p>Jean – 07753690012 jeanpclark@hotmail.com</p> <p>Jenny – 07888703376 jennyhaylett@hotmail.com</p>	<p>Support for people with all kinds of domestic tasks, taking people to appointments, to leisure activities etc.</p>	<p>All ages – anyone that requires the service</p> <p>Stanford and Corringham areas covered</p>	<p>Also provides gardening service and support for people to care for their own gardens – Please see listing under Gardening Services Section</p>
<p>Just The 2 Of Us</p> <p>Angie Wyles Amie Atherton</p>	<p>Angie – 07767371746 Amie – 07894137669</p> <p>Justthe2ofusthurrock@gmail.com</p> <p> Facebook page</p>	<p>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</p>	<p>All</p>	

Service and contact details	Contact details	Brief description of service provided	Client group/s	Other information
 <p>Life - change Independent Living Fatima Loum</p>	<p>07957 279331 info@lcil.uk www.lcil.uk</p>	<p>Support for people living at home including meal preparation, cooking, shopping etc. Also will help people to access the community</p>	<p>Older and vulnerable people</p>	
<p>My Angel – Care Services</p> <p>Maria Afonso</p> <p>7/18</p>	<p>07805 232996 fatima_afonso.port@hotmail.com</p>	<p>Experienced carer providing personal care at home. Support services include help in the home, accessing the community for leisure interests, GP appointments, home respite. Tailored personal ,flexible service</p>	<p>All</p>	<p>Personal care provider</p>
<p>RE-LAUNCH Ocean- Care Ltd</p> <p>Aquamaria Milton</p> <p>4/19</p>	<p>07447 665372 aquamariamilton@outlook.com</p>	<p>Home from Hospital service Support for people with mental ill-health , learning disability and other conditions Flexible approach to deliver services that are required</p>	<p>All</p>	

Service and contact details	Contact details	Brief description of service provided	Client group/s	Other information
 <p>Ivan Szabo</p> <p>3/19</p>	<p>07588 340741</p> <p>sz_ivan@yahoo.com</p>	<p>Support for people with disabilities to access the community and enjoy activities of their choice e.g. exercise classes, trips out, activities such as healthy walks, ten-pin bowling etc.</p> <p>Respite and support at home also provided</p>	<p>People with disabilities</p>	<p>Makaton signer Can speak Hungarian and Romanian</p>
<p>Ronti Care</p> <p>Gina Obayanju (HCPC registered)</p> <p>4/18</p>	<p>07391 843646</p> <p>ronticare@yahoo.com</p>	<p>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</p> <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</p>	<p>All</p>	

Service and contact details	Contact details	Brief description of service provided	Client group/s	Other information
<p>NEW!! Spring Clean – Cleaning and Maintenance Service</p> <p>Louise Fusedale</p> <p>4/19</p>	<p>07513 562473</p> <p>loufuse@hotmail.co.uk</p>	<p>Flexible support</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>	<p>All</p>	<p>WEF April 2019 – now includes a maintenance and handyman service – for details see listing under Handyman Service section</p>
<p>STB Care Services</p> <p>Maria Correia</p> <p>7/18</p>	<p>07851 727269</p> <p>Mariadaluz@live.co.uk</p>	<p>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</p>	<p>All</p>	<p>Personal care provider</p>


Service and contact details	Contact details	Brief description of service provided	Client group/s	Other information
Synergy Support and Care Enwere Samson 12/18	07533 888007 Sam@2sscs.com	Support and care for people in the community. Support and care at home, accessing the community, support with household tasks Tailored, personal service	All	
T & K Helping Hands Kay Clarke Tina Stearne 4/18	Kay - 07999 848699 Tina – 07714 350045 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. Flexible	All	
Time of Your Life Janet Riches 4/18	07830 534814 Janetriches59@hotmail.com	Support for people living at home Companionship, respite, sitting session, visits to friends, family, leisure activities, meal preparation Flexible service	All	

Service and contact details	Contact details	Brief description of service provided	Client group/s	Other information
<p>Treasure Your Time</p> <p>Joanne Crawford</p> <p>12/18</p>	<p>07950 732299</p> <p>joanne@treasureyourtime.co.uk</p> <p>www.treasureyourtime.co.uk</p>	<p>A helping hand providing:</p> <p>Support at home – tidying, bills, support with arranging tradesmen</p> <p>Support with medical appointments</p> <p>Transport to and from leisure activities</p> <p>Shopping</p> <p>Support to apply for benefits</p> <p>Sitting service and companionship</p> <p>Dog walking - and lots more!</p>	<p>All</p>	<p>Horndon, Orsett, Bulphan, Stanford, Corringham, East Tilbury, Fobbing</p>
<p>Trimarge Care and Clean</p>  <p>Patricia Nana</p>	<p>Tel: 0208 5599775</p> <p>Mobile: 07541 417283</p> <p>info@trimargecareandclean.co.uk</p> <p>pat.nana@trimargecareandclean.co.uk</p> <p>www.trimargecareandclean.co.uk</p>	<p>Support for people living at home. Companionship. respite, sitting service, support hospital discharge, visits to friends, family, leisure activities,</p> <p>Support to sustain Tenancy/housing</p> <p>Hoarding, Budgeting, Setting up utilities, applying for benefits, accessing health</p>	<p>Older people</p> <p>People with mental health needs, learning disabilities, physical disabilities</p> <p>People living with Dementia</p> <p>Isolated people in the community</p> <p>Young people leaving care</p>	

5/18		services, social life, education, employment Flexible tailored service		
------	--	--	--	--




Foot Care

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
 <p>Happy Feet</p> <p>Lisa Trangmar</p>	<p>07958 315121</p> <p>Lisamtrangmar-FHP@outlook.com</p>	<p>Mobile foot health care service for all Thurrock residents</p>	<p>All ages – discounted rates for couples receiving treatments at the same time</p>	




Hypnotherapy

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
Susanne Leigh Hypnotherapy 1/19	07801 578573 susanneleighbypnotherapy@gmail.com www.susanneleighbypnotherapy.co.uk  Facebook page	Solution focused hypnotherapy Hypnotherapy can help stress, anxiety, phobia, weight management. smoking, tinnitus, IBS.	All	Initial free consultation – further details of pricing on website






**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
<p>NEW!! Care To Remember</p> <p>Lara Oredipe</p> <p>5/19</p>	<p>07533 0387272</p> <p>caretoremember@outlook.com</p>	<p>Experienced support worker- offers support for people with dementia and their carers.</p> <p>Respite, sitting service, support to access the community for social and leisure activities, GP and hospital appointments etc.</p> <p>Flexible support</p> <p>N. B. Does not offer personal care</p>	<p>People with dementia and their carers</p>	
<p>NEW!!</p>  <p>Corringham and</p>	<p>07747 739575</p> <p>Terrie Lakey</p> <p>terrielakey@hotmail.com</p>	<p>A free social group for people with Alzheimer's and their family/carers. Once monthly on Sunday 1.30 till 3.30pm.</p>		<p>Corringham Hall, (Small Hall) Springhouse Road Corringham, SS17 7QT</p> <p>Sunday 2019 dates: 1.30-3.30pm</p>

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
Stanford Forget-Me-Not 4/19	 Facebook Page	Activities include bingo, guest speakers, tombola, raffles and tea/sandwiches and cakes. Monies raised from the tombola and raffle go towards running of the club.		7th April, 5th May 2nd June 7th July 4th August 1st September 6th October 3rd November Christmas party on 8th December. Drop in – no need to book Or call at Jokers Shop, St John's Way, Corringham, during opening hours
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	07970 640876 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/Civic Hall – please contact for dates



Support for people in crisis

Name	Contact details	Brief description of service	Client group/s	Other information
 <p>Reach Out For Mental Health (ROFMH)</p> <p>10/18</p>	<p>07898 220384</p> <p>www.reachoutfmh.co.uk</p> <p>info@reachoutfmh.co.uk</p> <p> www.twitter.com/ReachOutFMH</p> <p> www.facebook.com/ReachOutFMH</p>	<p>Crisis café offering a befriending, listening and support service for people in crisis</p> <p>Please Note – NOT – an emergency/ crisis service</p> <p>(further details on website)</p>	<p>Anyone in the community</p>	<p>New Drop in sessions Community House, New Road, Grays, RM17 6DR</p> <p><u>Tuesdays from 6-9pm</u></p> <p>South Ockendon Hub, Derry Avenue, South Ockendon RM15 5DX</p> <p><u>Thursday mornings 10.30-12.30</u></p> <p>DROP IN SESSIONS – NO NEED TO BOOK</p>



Support offered by individuals/groups

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>NEW!!</p> <p>Carers Support Group</p> <p>4/19</p>	<p>Patricia- 07803 135482 patriciabwebb@aol.com</p> <p>Hayley – 07554 993833 Hayley_and_paul@hotmail.co.uk</p>	<p>Friendly group for carers supporting people who have mental health issues</p> <p>Helpful support and discussion with people who understand</p> <p>Social events and activities</p> <p>New members always welcome</p>	<p>Carers</p>	<p>Meets at the Gateway People’s Centre, 2 High Street, Stanford-le-Hope SS17 0EY</p> <p>Every second Thursday monthly – 6.30-8.30pm</p> <p>Refreshments available</p>
 <p>Sherrilyn Speid</p> <p>5/18</p>	<p>07380 797035</p> <p>sherrilyspeid@investinyourself.org.uk</p> <p>www.investinyourself.org.uk</p> <p> Facebook page - https://www.facebook.com/InvestInYourselfMentor/</p> <p>Instagram - investinyourself _____</p>	<p>Family mediation</p> <p>One-to-one support</p> <p>Mentoring services</p> <p>Referrals and signposting</p> <p>Individual support</p>	<p>Anyone in the community that requires support</p>	<p>Initial referrals for service to be made by e-mail to sherrilyspeid@investinyourself.org.uk</p>

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>Little Steps Wellbeing and Social Group</p> <p>Beehive Community Hall West Street Grays RM17 6XP</p>	<p>Drop –in group</p> <p>www.Little-steps.site123.me</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>My Friend Val</p> <p>Val Mathewson</p> <p>4/18</p>	<p>07500 663246</p> <p>val@myfriend.group</p> <p>www.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</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</p>	<p>People who have survived cancer and their families</p>	





Bereavement Support

NEW!! Wings Bereavement Support Group Emma Evans 5/19	07795 341750 Emmae46@hotmail.co.uk	Confidential support group for family and friends experiencing the loss of a loved one by suicide For more information contact Emma	All	New Group – starting Wednesday 29th May 2019, The last Wednesday monthly— 7-8.30pm At: Efe’s Café The Precinct High Street Stanford – le-Hope SS17 0HF Refreshments available
--	---	--	-----	--




Handyman and Maintenance Services

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>NEW!!</p>  <p>Hill's Handyman Service</p> <p>Ian Hill</p> <p>4/19</p>	<p>07908 602664</p> <p>lanhill1978@hotmail.com</p>  Facebook page	<p>All types of maintenance work undertaken including painting, decorating, flooring and tiling. Reasonable rates, friendly helpful service. Please ring for a free quote or find me on Facebook</p>	<p>Anyone requiring the service</p>	
<p>PETRON Handyman Services (Pete and Ron – formerly Papworth Trust)</p>	<p>07974 597503 07585 449435</p> <p>petronhandyman@outlook.com</p>	<p>All types of small job undertaken inside the home – all trades except gas and electricity. Will quote for larger jobs</p>	<p>Anyone requiring the service</p>	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>NEW!! Spring Clean – Cleaning and Maintenance Service</p> <p>Louise Fusedale</p> <p>4/19</p>	<p>07513 562473</p> <p>loufuse@hotmail.co.uk</p>	<p>Maintenance and handyman service. Includes: house maintenance, fencing, paving, decorating, removal of white goods, rubbish removal. All trades except gas and electric. Quotes provided</p>	<p>All</p>	<p>For Cleaning Service – please see listing under Personal Care & Support Providers Section</p>



Electrician


Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>BML Electrical Services</p> <p>Lewis Taylor</p> <p>12/18</p>	<p>07391 224575</p> <p>info@bmelectrical.co.uk</p> <p>www.bmelectrical.co.uk</p> <p> BML Electrical</p>	<p>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</p>	<p>Anyone requiring the service</p>	<p>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.</p> <p>Supply and fit or fit only</p> <p>Quotes provided for all jobs</p>



Gardening Services

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>NEW!! Blooming Tidy Gardens</p> <p>Andy Cayless</p> <p>5/19</p>	<p>07552 668833</p> <p>bloomingtidy@outlook.com</p> <p> bloomingtidygardens</p>	<p>Grass cutting Hedge trimming Planting Pruning Weeding Border Design Holiday Watering</p> <p>Local gardener offering one off or regular garden maintenance</p>	Anyone requiring the service	<p>Covering the Thurrock area</p> <p>DBS checked and insured for your peace of mind</p>
<p>CC Gardens</p> <p>Codey White</p> <p>5/18</p>	<p>07305 765000</p> <p>hlhaydon@hotmail.co.uk</p>	<p>All garden work undertaken including grass cutting, hedge trimming etc. Jet -washing patios and other maintenance jobs Quotes for larger jobs</p>	Anyone requiring the service	<p>£15 per hour</p> <p>Concentrates on East of Thurrock – Stanford, Corringham, Fobbing, East Tilbury, Orsett</p>

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
CC Gardens Codey White 5/18	07305 765000 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	07951 744876 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
NEW!! J & J Smiles (Socialising, Mobility, Interaction, Living, Enjoying, Support) Jean Sheldon Jenny Church 4/19	Jean – 07753 690012 jeanplark@hotmail.com Jenny – 07888 703376 jennyhaylett@hotmail.com	Gardening and maintenance service all types of work considered. Also support for people to maintain and enjoy their own gardens	All ages – anyone that requires the service	Also - Support for people with all kinds of domestic tasks, taking people to appointments, to leisure activities etc Please see entry under “Personal care and support providers” section for further details.

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>The Lady Gardener</p> <p>Frances Cooper</p> <p>6/18</p>	<p>07543 506784</p> <p>francooper1@hotmail.com</p> <p></p> <p>The Lady Gardener</p> <p>@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>NEW!!</p>  <p>Ever Bright Learning Centre Kanmore House Civic Square Tilbury RM18 8AD</p> <p>5/19</p>	<p>01375 844557 info@everbrightlc.co.uk www.everbrightlc.co.uk</p>	<p>Person-centred multicultural day opportunities for people (aged 16+) with learning disabilities, physical disabilities, autism, and sensory and communication impairment. Focus on development of self-advocacy and independent living skills – centre and community based. Also delivery of ASDAN educational programme</p>	<p>People with a disability</p>	
<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</p>	<p>People with a disability</p>	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
		<p>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>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 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>Training, volunteering and work opportunities for people with learning disabilities and general volunteering opportunities</p>	



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
<p>Ace Group (Disabled Adults Events CIC)</p> <p>Leah Westpfel</p> <p>Drake Community Centre Chafford Hundred Grays RM16 6PS</p>	<p>07934 442854 theaceco@hotmail.com</p> <p>http://theacegroup1.wixsite.com/acegroup</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.</p> <p>Age 19 + . Carers welcome</p>	<p>Regular disco 3rd Friday monthly</p> <p>Please see website – full range of activities</p>
<p>Arts and Crafts Class</p> <p>Scout Hall Stanford-le-Hope SS17 0LR</p>	<p>01375 672058 jilloconnoruk@yahoo.co.uk</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>

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
NEW!! Carers Craft Club St Francis Church Somerset Road Linford Essex SS17 0QN 4/19	Patricia- 07803 135482 patriciabwebb@aol.com Hayley – 07554 993833 Hayley_and_paul@aol.com	Friendly craft club – opportunity for carers to get together bringing their own crafts. Also other crafts on offer including card making etc. New members always welcome	Anyone with an interest in arts and crafts. Bring own materials	Tues 1-4pm weekly £2 per session
Craft Club Karen Glazzard The Beehive West Street Grays RM17 6SP	01375 389889	Craft group 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@gpconline.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

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>Socialeyes</p> <p>Julie Stone</p> <p>Frederick Andrews Court Silverlocke Road Little Thurrock Grays RM17 6EA</p>	<p>Julie – 07914 812985</p> <p>jstone@blueyonder.co.uk</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>Every other Wednesday 12.30-2.30</p> <p>No charge but donations welcome</p> <p>Attendees are welcome to bring a packed lunch</p>
 <p>The ARC</p> <p>Jackie Hansen</p> <p>Harty Close Stifford Clays Grays RM16 2BH</p>	<p>Thearc2017@yahoo.com</p> <p>Thearcsnadults19plus.weebly.com</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>Every Friday – 11-1.30 - Booking essential</p>
<p>Thurrock Society for Artists with Disabilities</p> <p>Thurrock Adult Community</p>	<p>01375 380624</p> <p>pegndel@tiscali.co.uk</p> <p>www.thurrock-community.org.uk/tsad</p>	<p>Opportunity for individuals with disabilities who paint to meet others with a like interest in a</p>	<p>People with a disability</p>	<p>Meetings are held each Friday afternoon</p>

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
College Richmond Road Grays RM17 6DN		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>Anna Wingett</p> <p>Churches Centre High Road Orsett Essex RM16 3ER</p>	<p>07759 884594</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>NEW!! – new class at Noak Bridge, Basildon/Billericay – please see website for further details</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>

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>NEW!!</p> <p>Zumba Gold</p> <p>Lisa Varley</p> <p>5/19</p>	<p>07970 285056</p> <p>lisa@fitandfab.co.uk</p> <p>www.fitandfab.co.uk</p>	<p>Zumba – but not quite so fast!</p> <p>Fun, low impact, easier Fun and easy to follow dance class which will leave you smiling and singing! There are no twists, jumps, turns or spins!</p>	<p>Suitable for all ages and fitness levels - leisurely paced class. Will improve balance, co-ordination and energy levels and the class exercises the mind as well as the body!</p>	<p>Monday – Corringham Hall SS17 7QT – 10.45am</p> <p>Tuesday – Drake Centre, Chafford Hundred RM16 6PS – 10.45am</p> <p>Thursday – St John’s Church, Victoria Ave, Grays RM16 2RP – 10.45am</p> <p>Free tea and coffee served after class and social events planned every quarter</p>
<p>Grays Table Tennis Club</p> <p>Grays School Media Arts College Hathaway Road Grays RM17 5LL</p>	<p>07815 680571</p> <p>jorgelucky@hotmail.com</p>	<p>Table tennis club</p>	<p>Players with disabilities welcome although no specific sessions. Good disabled access at venue</p>	<p>Thursday 7pm – 9pm £4.50 per session</p>
<p>Real Wheel Cycling Training Academy</p> <p>Ola Lawal</p>	<p>07956 276832</p> <p>cycletacademy@aol.com</p>	<p>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</p>	<p>People with cognitive disabilities, older people.</p>	


Service and contact details	Contact details	Brief description of service	Client group/s	Other information
		children, young people and adults. 4 year olds to 70+ covering basic riding skills, safe use roads and bike recycling / building.		
<p>SNAC Club (Special Needs Activity Centre)</p> <p>Karen Dunmow – SNAC Treasurer c/o Elliott, Mortlock, Busby & Co Ltd, Suite 5, Stanhope House, High Street, Stanford-le-Hope, Essex, SS17 0HA</p>	<p>01375 389867 snac2007@googlemail.com</p> <p>www.snac.btck.co.uk</p>	Registered and parent led charity offering recreational, social and educational opportunities by 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.	Children and young people who have a physical and/or learning disability and their families.	E mailed
<p>Sugar Loaf Riding for the Disabled</p> <p>Carleen Foxhounds Stables</p>	<p>07375 816737 sugarloafrda@yahoo.co.uk</p> <p>www.sugarloafrda.org</p>	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	Mon, Tues, Thurs, Sat; occasional holidays are also offered.

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
Baker Street Orsett RM16 3LJ			needs	
Tai Chi for Health (Essex,Norfolk,Suffolk) Trevor Rawson A not-for-profit community organisation	07815 910021 info@tc4hens.co.uk www.tc4hens.co.uk - https://www.facebook.com/Tai.Chi.Thurrock/ https://www.facebook.com/YogaSuffolkNorfolkEssex/	Fitness activity and health education; Tai Chi/Qi Gong Beginners Yoga 50+ Fitness 1-2-1 Postural Stability Thera-happy Dog	All adult ages and abilities welcome. Health recovery or pain management Bespoke 1-2-1	Mondays in Thurrock; Frederick Andrews Court, Grays Horndon Village Hall Beehive CVS, Grays Website for details
 WADERS (Water Assisted Disabled Exercise Rehabilitation Scheme)	Jo – 07951 603092 Julia – 07968 751083 Ask-waders@hotmail.com www.waders.org.uk	Exercise in water for people with mobility problems, supervised by a qualified Aquatic Physiotherapist	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
<p>Creative Blast/Impetuous Kinship Creative Blast Studios 6th Floor, Thameside Theatre, Orsett Road, Grays, Essex, RM17 5DX</p> <p>Daryl Smith Marcia Carr</p>	<p>01375 386247</p> <p>07545 009830</p> <p>info@creativeblastcompany.com</p> <p>www.cbacademy.com</p> <p>mandy@creativeblastcompany.com</p> <p>http://creativeblastcompany.com http://www.cbacademy.co.uk http://www.cbagency.co.uk</p> <p>Follow us: @CreativeBlastCo @CBlastAcademy @CreativeBAgency @ImpKinship</p> <p>Facebook: http://facebook.com/creativeblastacademy</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>	

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
<p>JTD Performing arts</p> <p>The Studio Norman Hall Cromwell Road Grays RM17 5HF</p>	<p>01375 378117</p> <p>arts@hotmail.co.uk</p> <p>www.askthurrock.org.uk/kb5/thurrock/fis/event.page?record=1ttD_O2f_Po</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>	
 <p>Quest music services</p> <p>Dorion and Claire Quest</p> <p>3/19</p>	<p>07872 599344</p> <p>info@questmusicservices.com</p> <p>www.questmusicservices.com</p> <p>@questmusicservices</p>	<p>Community focussed company offering a wide range of activities based around music</p> <ul style="list-style-type: none"> *Music club *Radio club *Singing club *DJ club *Music therapy *Sensory space *Bespoke classes *Events <p>Professional tuition offered on a group and one-to-one basis in a safe and secure environment Very flexible and creative support offered</p>	<p>All – age range from 7-70</p> <p>Experience in support for people with disabilities – positive inclusion into all activities</p>	<p>Group sessions from £6 per session</p> <p>See website for further details</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	07510 661369 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
<p>BLT Club (Bring Lunch Together)</p> <p>Helen Catterick</p> <p>Vigerons Way Community Hall Vigerons Way Chadwell RM16 4TX</p> <p>12/18</p>	<p>hcatterick@thurrock.gov.uk</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>Community House Lunch Club</p> <p>Seabrooke Rise Grays</p> <p>9/18</p>	<p>contactus@thecommunityhouse.uk</p>	<p>Lunch club every Thursday 12-2</p>	<p>Anyone</p>	<p>2 course meal - +tea and coffee - £5</p> <p>Booking essential</p>

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
The Crooked Billet 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)
Drop In Coffee Morning Demus Lee St Michael's Church Aveley 4/18	07798 527667 demuslee@talktalk.net	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>The Swan Lunch Club Kim Towlson</p> <p>The Swan Public House High Road Horndon-On-The-Hill SS17 8LD</p> <p>5/18</p>	<p>07724 848069</p> <p>Cst1952@hotmail.co.uk</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>Limeclose Senior Citizens Club</p> <p>56 Lime Close South Ockendon RM15 6NW</p>	<p>01708 852259</p> <p>Margaret</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>Kathy's Club</p> <p>St Thomas' Church Hall 16 East Thurrock Road Grays RM17 6SR</p>	<p>01375 485440 (Manorcourt Care Agency) for further details</p> <p>www.manorcourtcare.co.uk</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>Doorstep Club</p> <p>51 Teviot Avenue South Ockendon RM15 4QD</p>	<p>01708 866447</p>	<p>Opportunities to socialise and held once weekly on a Wednesday afternoon and offering bingo raffles, and games. Outings during</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
		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



Animal Care/Respite

Service and contact details	Contact details	Brief description of service	Client group/s	Other information
 <p>Fun & Fetch</p> <p>Tammy Barnett</p> <p>9/18</p>	<p>07970 332525</p> <p>Tammybarnett411@hotmail.com</p> <p>Website www.funandfetch.co.uk</p>	<p>Respite care for owners (hospital/care home stays etc.)</p> <p>Dog walking</p> <p>Doggy Day Care</p> <p>Holiday pop ins (also cats and other small animals)</p> <p>Home boarding</p> <p>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>Free trial dog walk</p> <p>Free trial day care session</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>Thurrock Re-Use Project (TRUP) Unit 34 Thames Industrial Estate Princess Margaret Road East Tilbury RM18 8RH</p>	<p>01375 846702</p> <p>Ivan Green</p> <p>trup@btconnect.com</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>	