



April 2021

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Thurrock Micro-Enterprise Scheme

In Thurrock (and throughout the UK) there is a real move towards people choosing support services to help them live the lives they want. Whether self-funding or paying for services via a Direct Payment, local people are increasingly looking for a real choice of flexible, tailored services that will support them to:

- live independently at home.
- live a full life and keep well.
- get around in their community and go shopping.
- have meals, go to lunch clubs and a whole lot more

Part of the solution is the Micro-Enterprise Scheme. There are Micro-Enterprise Schemes all over the country; their development is supported by a national organization, Community Catalysts (www.communitycatalysts.co.uk) who support local authorities to develop and deliver these schemes.



What is a Micro-Enterprise?

Micro-Enterprises are small services run by 1-8 people that can deliver these services to people in the local community.

They:

- provide personal, flexible and responsive support and care.
- give local people more choice and control over the support they receive.
- offer an alternative to more traditional services.

The following list details voluntary and chargeable services that are available to local people that provide various types of support and care. Micro-Enterprises already set up and working in Thurrock include care and support services, lunch clubs, leisure activities for people with dementia, accompanied visits to medical appointments, sensory clubs, befriending services, gardeners, handyperson services and there are many more in development.

The list of services is updated monthly as new Micro-Enterprises develop and can be provided by emailing a request to:

Communitybusiness@thurrock.gov.uk

Why should I choose one?

- They offer a very wide range of services and can offer flexible, personalized support,
- They are run by local people for local people on a very small scale,
- They can offer support at times and ways that suit you,
- They are committed to supporting people to live the lives they want,
- They are competitively priced.

Trust and confidence

It's important that there is trust and confidence in the Micro-Enterprises that are delivering services.

Therefore, all Micro-Enterprises will have the following in place:

- DBS (Disclosure and Barring Service) check (where it is appropriate for the delivery of the service)
- Public Liability Insurance
- Other insurance where required.
- HMRC registration (where there is a charge for a service)
- Will conform to any regulations applicable to the service offered.

All service providers will be happy to provide their documentation on request and prospective customers are encouraged to ask for sight of these.

How much does a service cost?

There is no set charge; Micro-Enterprises will negotiate the cost with their customers. However Micro-Enterprises are aware of the costs charged by local agencies and will price their services competitively. If you are interested in a service, please ask the provider to provide costs before agreeing to proceed.

Some services are voluntary and therefore there is no charge however you may be asked to make a donation. Specific details can be found on individual listings.

Can I use a Direct Payment or a Personal Budget to pay for a service?

Yes – providing the service provided is legal and meets the outcomes set out in your Care and Support Plan. You should tell the Micro-Enterprise that you will pay them with a Direct Payment, at the same time ensuring that you have sufficient funds in your Direct Payment account before asking a provider to deliver a service.

If the Direct Payments Support Provider (Purple) manages your Direct Payment, then you should contact them if you are intending in using a Micro-Enterprise. They understand Micro-Enterprises and can support you to use their services.

Interested in a service?

If you are interested in a particular service, you should

- Make contact with the Micro-Enterprise, using the details on the listing.
- If chargeable, they will advise you of the cost of the service. Services can be self-funded or a Direct Payment or Personal Budget can be used to pay for the service (providing it meets the outcomes on your Care and Support plan).
- Ensure you have sufficient funds to pay for the service

If providing a regular service, the Micro-Enterprise may ask you to sign a small contract which sets out what you are asking them to provide and how much they will charge

Paying for the service

Invoicing

Micro-Enterprises are encouraged to invoice customers for the work that they do which enables both customer and Micro-Enterprise to have a record of the transaction of the work carried out.

Ideally invoices should be paid via bank payment/instant payment from your bank account to the bank account of the Micro-Enterprise; they will provide you with their details.

If this is not possible, then the Micro-Enterprise will issue a receipt for any monies received. However it is **not** recommended that you pay them using cash.

Direct Payment

If you wish to pay by Direct Payment, then speak to your social worker/support planner/Purple who can provide advice.

Ensuring quality

Micro-Enterprises are interested in delivering the best possible services to the people the local community; indeed their business depends on it.

However, it's important to note that the Council does **not** regulate or inspect these services in any way. If a service is legally required to register with a national body, e.g., CQC (Care Quality Commission) then quality assessments will be carried out by them to ensure that providers are compliant with the required standards.

If something goes wrong, then you should approach the provider in the first place to discuss the issue with them. All will have Complaints policies in place which will detail the actions that they will take in the event of a dispute.

Further Information

For further information on the Micro-Enterprise Scheme, go to:

www.communitycatalysts.co.uk or email:

Communitybusiness@thurrock.gov.uk



Directory of Community micro-providers in Thurrock

The Thurrock Community Micro-Enterprise Scheme has been helping local people to set up small (micro) businesses that can provide local services for people who need some help and support. The project is a partnership between Thurrock Council and the national organisation, Community Catalysts.

The providers usually offer care and support in really flexible ways, at times that suit you and with an emphasis on putting you first.

It is important to note that providers on this list are not accredited in any way by Thurrock Council or Community Catalysts.

Please see the small print below for more information about what this means. We recommend that before you use or buy service or support from any provider on this list **you check them out first**. You are purchasing services or support directly from them so you need to be sure they will do what you want in the way that you want it.

The questions you will need to ask and find out will be personal to you and your circumstances. Here are a few things for you to consider:

- If the provider is helping you with your personal care (such as bathing, dressing, using the toilet, taking medication) in the place where you live, they may need to be registered with the Care Quality Commission. There is an exemption from registration if the provider is an individual, contracted directly by you, working under your control and direction. Is this the case? Are you happy to do this?

If unsure contact the CQC on 03000616161

- Is the provider going to be reliable and professional? Ask for references from other people they have supported? Have they the right training and qualifications?
- Check how the provider ensures the safety of the people that they support? Has the provider and their workers had a criminal records (DBS) check? Have they suitable public liability insurance? Do they have policies (and use them!) on things like health and safety, confidentiality and safeguarding?
- What are everyone's rights and responsibilities in the arrangement? Is there a contract that you'll both have to sign that will clearly set out who will do what, when, where and how? How much will you have to pay and how will this happen in practice?
- Community micro-providers are often sole traders and as such are self-employed and not employed by you. Ask for documentation proving they are self-employed. Do they provide invoices with receipts? As a sole trader, providers can choose if and when they work for you and organise replacement cover, will this work for you? It is your responsibility to check employment status of a worker.

You can check by calling HMRC on 03000 527 450.

Thurrock Council and Community Catalysts cannot accept any responsibility or liability for the information provided by any provider on this list. We cannot guarantee quality or satisfaction of the services of any provider on this list and we will not arbitrate or participate in resolving any dispute that you may have with any provider on this list. If you know someone who would like to set up a small service or be included on the directory, please contact the Micro Enterprise Development Manager - communitybusiness@thurrock.gov.uk. If you can't find what you are looking for please email communitybusiness@thurrock.gov.uk

. If you have any safeguarding concerns, contact Adult Social Care on 0300 123 2224.



Personal care providers (Regulated micro-services registered with the Care Quality Commission)

GIMS Care Solutions Ltd.

CQC Inspected 2019 rated Good

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.

01375 430037 / 07380 894484 (Out of hours)

info@gimscare.co.uk / gimscaresolution@gmail.com / www.gimscare.co.uk



Jusrade Care Ltd

CQC Inspected 2018 rated Good — Dom care services.

Personal care, incontinence care, Companionship. Live-in care, respite. Short break cover, support with hospital discharge. Learning Disability support

01375 767524

info@jusradecare.co.uk / www.jusradecare.co.uk



On Track Care Services

Support and care provision for people with autism, mental health conditions, learning and physical disabilities, sensory impairments and associated complex needs.

01375 806195 / 07391653621 (24 hour on call services)

info@ontrackcareservices.co.uk / www.ontrackcareservices.co.uk



Romis Care Services

SCQC Registered—Male carers available.

Small, regulated care agency providing domiciliary care.

Specialising in supporting people with mental ill-health, challenging.

Behaviour, autism and Asperger's syndrome.

07108 868800 / 07984 118595 romiscareservices@gmail.com

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



Ronti Care Solutions Ltd



Provider of domiciliary care services. 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. 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

01375 318873 / 07391843646

info@ronticareolutions.co.uk

T-BOT Care Dynamics Ltd



CQC registered provider of Dom Care Services/ treatment of disease based in Thurrock. Lymphoedema treatment specialists, Personal care, Support and care for people of all ages. Offers compression bandage management service including training for carers on management of compression garment stockings and offers a service to support tissue viability.

01375 841821

www.tbotcaredynamics.co.uk

info@tbotcaredynamics.co.uk

Trimarge Care and Clean



Personal care provider also Support for people living at home. Companionship. respite, sitting service, support hospital discharge, visits to friends, family, leisure activities,

Support to sustain Tenancy/housing Hoarding, Budgeting, setting up utilities, applying for benefits, accessing health services, social life, education, employment.

02085599775 / 07541417283

info@trimargecareandclean.co.uk

pat.nana@trimargecareandclean.co.uk

www.trimargecareandclean.co.uk



Personal care and support providers

(not requiring regulation)

Individuals providing personal care, day time and evening support in the home and accessing the community

ALOS Care

Experienced personal care and support provide offers a tailored service at home and help to enjoy leisure activities in the community.

07909 823616

a loss care@gmail.com

AMA Support & Care

Support and care for people in the community.

Support and care at home, accessing the community, support with household tasks.

Tailored, personal service covering Thurrock and Basildon.

07453 988672

oriaku69@hotmail.co.uk

At Your Service

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. The service covers Basildon areas as well as Thurrock.

07802 603057

imatyourservicecompany@gmail.com www.atyourservice6.godaddysites.com

Bliss Independent Support

We aim to support local residents with day-to-day engagement.

Our services include:

Respite cover (escort on holiday - local/abroad), hospital/other appointments, shopping services, sitting services, leisure/social activities, cleaning and ironing services.

Based in Tilbury

Ebi Ere

07429 624191

enquiry@blissidsupport.com



Camara Care

Experienced carer providing personal care at home.

Also offers support tasks at home and help to access the community.

07474 773589

Jasmine98usg@gmail.com

Lilies Health Care Ltd.

I deliver personal care and support services to all people in Thurrock. I can support people with Learning disability, Special diets for diabetes, etc.

07557 192 721 Lilieshealthcare@outlook.com



NEW!! Millarex Care & Support

Experienced carer providing a personalised care and support service at home and in the community. Has experience of supporting complex care needs

07404 847470 Millarex247@gmail.com

My Angel – Care Services

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.

07805 232996 fatima_afonso.port@hotmail.com

Synergy Support and Care

Support and care for people in the community. Support and care at home, accessing the community, support with household tasks. Tailored, personal service. Male carer.



07533 888007 Sam@2sscs.com

Villarossa Healthcare

Experienced personal carer offering personalized care and support at home and in the community.

07450273431

villarossahealthcare@gmail.com



Support Providers (NOT providing personal care)

A Helping Hand

Experienced home help providing shopping, housework (including cleaning and ironing, sitting and companionship service.

07791 972194 johutchenson@aol.com

Albjenny Services

Offers support at home including: cleaning, light meal preparation, washing, gardening, and support with correspondence. Also support to attend appointments, attend leisure activities, hobbies, shopping etc. Male support carers.

07958 029691 07535 805474 Sirkona2000@yahoo.com

All About You

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!



07812829451 Allaboutyou.thurrock@gmail.com

DeMilt Solutions

Home from Hospital service. Support for people with mental ill-health, learning disability and other conditions. Flexible approach to deliver services that are required.

07483 250080 info@demiltsolutions.com

NEW!! Elite Support Ltd



Support provider offering help in way that suits the client with dignity and respect. Services include shopping cooking, cleaning, gardening, support with bills and correspondence, companionship, escorted appointments and leisure activities

07305 316546 01375 271044 Info.elitesup@gmail.com

Fair Events

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.

07556 559 835 liliannwokocha@talktalk.net

Fitch Care and Support

“You’re not alone.”

Experienced local support worker offering assistance at home and in the community. Offers a wide range of support tasks such as shopping, companionship, trips out - all delivered with a friendly smile!

07886 551627 Sharonsaf67@gmail.com

Familiar Faces

A helping hand when you need one! Help around the home, Companionship, Attending appointments, Dog walking, Support to attend clubs/groups etc.

07796 712586 / 07970 257214



Friendly Faces Helping Hands

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!

07932 805462

angelawendyowen@hotmail.co.uk

Happy Days

Experienced friendly support worker offering tailored personalised support including cleaning, painting, gardening, cooking, befriending, shopping, days out, companionship.

Any request considered.

07873 944440 Diane.happydays@gmail.com



Harris' Home Support

Experienced support worker providing at home support with; Household tasks, cooking, shopping, light housework, respite support. Also accompanying to appointments, meetings, social and leisure activities.

07789 633475 staxofcreations2019@yahoo.co.uk

Happy to Help Support Services

Friendly support provider offering; Sitting service / respite, Befriending, shopping, lunch, meeting friends, appointments, picking up prescriptions, meal prep and more.

07449 340971 gbubemi.omatseye@gmail.com

Here For You

Experienced worker offering support to people with various tasks including sitting service and respite. Also, companionship and support to go out into the community to attend appointments and to enjoy leisure activities. Flexible approach—anything considered.

07766 274482 ioworden1974@hotmail.com

J & J Smiles

(Socialising, Mobility, Interaction, Living, Enjoying, Support)

Support for people with all kinds of domestic tasks, taking people to appointments, to leisure activities etc..

07753690012 07888703376 Jandjsmiles@gmail.com

Just The 2 Of Us

Support for people living at home including meal preparation, cooking, shopping etc.

07767371746 07894137669 Justthe2ofusthurrock@gmail.com



Kayleigh & Kay Domestic Support

Support for people living at home – can include any domestic task including cleaning, washing, ironing etc. Also offers support with befriending, sitting service and companionship, support to attend appointments, leisure activities etc. Friendly, flexible service – anything considered.

Kay – 07919142482 Kayleigh –07843934285 thetwokays@hotmail.com

Life - Change Diverse Living

Support for people living at home including meal preparation, cooking, shopping etc.

Also, will help people to access the community.

07957 279331 info@lcdl.co.uk www.lcdluk.co.uk



Ocean- Care Ltd

Home from Hospital service. Support for people with mental ill-health, learning disability and other conditions.

07447 665372 aquamariamilton@outlook.com

PCS – Pip Crilly Services

Experienced support provider offering personalised assistance to older people at home who may need help with tasks and getting out and about – cleaning, shopping, general gardening, transport to appointments. Also provides support to people with dyslexia with reading and writing – please see Dyslexia Support section.

07732125982 pipcrilly@gmail.com

Pro4You Support

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, Makaton signer etc.

07588340741 sz_ivan@yahoo.com www.pro4yousupport.com



T & K Helping Hands

Offering companionship, support around the home with housework meal preps and cooking together with shopping. Support with activities, interests, hobbies and trips out. Transport for hospital / doctor appointments together with medication pick up. All round general help for individuals and families

07999 848699 07714350045 tandkhelpinghands@gmail.com



Time of Your Life

Support for people living at home. Companionship, respite, sitting session, visits to friends, family, leisure activities, meal preparation.

07830534814 Janetriches59@hotmail.com

Tracey Mobley

Experienced carer providing support at home with household tasks, including cleaning, meal preparation. Friendly, flexible service.

07912 873947 Traceymobley206@gmail.com

Treasure Your Time

A helping hand when you need it the most. Supporting people to live independently and remain in their own homes. Sorting paperwork, decluttering, applying for benefits, organising tradesman, sitting and companion service, shopping and hospital visits. Offering a wide range of services tailored to suit your needs.



07950732299

joanne@treasureyourtime.co.uk www.treasureyourtime.co.uk



Suzanne's Home Help Service

Friendly, experienced home help providing support services at home and in the community including shopping and cleaning personalised, tailored support.

07783080401

Sbutter1974@icloud.com

Support for people with learning disabilities

Living Spring Care

Support/care for people with a learning disability. Support provided by experienced carer with extensive experience. Personal care, Support for daily living tasks, Support to enjoy leisure and social activities, Accompanied short breaks and holidays.



07539 042047

livingspringcare@gmail.com



Living Spring Care



Dyslexia Support

PCS Pip Crilly Services

Experienced support worker providing tutoring in reading and writing for young people and adults with dyslexia. Also provides support at home and in the community for older people. Please see Support Providers section.

07732125982

pipcrilly@gmail.com

Foot Care



Happy Feet

Mobile foot health care service for all Thurrock residents.

All ages – discounted rates for couples receiving treatments at the same time.

07958 315121 Lisamtrangmar-FHP@outlook.com

Delightful Soles

Experienced toe-nail trimming service provider.

Mobile service covering all of Thurrock.

07783473657 lisbar@sky.com

South East Foot Care

Experienced mobile foot health care service. Services provided include basic nail care, ingrowing toenails, corns, callus, hard skin removal, verruca's and diabetic foot care.

07772939390 Loistaylor@sky.com



Mobile Hairdresser

Donna Stock Hairdressing

Visiting mobile hairdresser. Men, women and children's hairdresser.

All hairdressing undertaken including Cuts, perms, highlights etc.

07854 639942



Hypnotherapy/Mindfulness Service

Susanne Leigh Hypnotherapy

Solution focused hypnotherapy.

Hypnotherapy can help stress, anxiety, phobia, weight management. smoking, tinnitus, IBS.

07801 578573 susanneleighbypnotherapy@gmail.com

www.susanneleighbypnotherapy.co.uk

H and K Mindfulness Practitioners

Meditation based practice focusing on reconnecting the mind and body to thoughts and feelings and awareness of our own thoughts and emotions that can affect behaviours.

07939717744 **07719568503** HandKmindfulness@hotmail.com



Counselling Services

My Mind Matters

Community counselling service available to all. Sessions are available at specific community locations – please contact provider directly for details.



Please note: counselling is currently online during pandemic

Charge varies:

In receipt of JSA/UC - Free but donation welcome

In employment – range from £25 - £45

South Ockendon Hub – 57 Derry Avenue, South Ockendon RM15 5DX

Thursdays 10:00am - 2:30pm

Purfleet Hub, - 53-54 River Court, Centurion Way, Purfleet RM19 1ZY

Tuesdays 9:30am - 1:30pm

Chadwell Community Room, George Tilbury House, Godman Road, Chadwell-St Mary RM16 4TF

Mondays 11:00am - 3:00pm

07539 193400 Mymindmatters2019@outlook.com

Heart and Mind

Professional counselling for people experiencing difficulties and issues that would like to talk to a counsellor. A chance for your voice and issues to be heard by a Thurrock-based counsellor in a comfortable, confidential setting.



07394617087 billie@heartandmind.co.uk

07949972968 heidiheartandmind@me.com

www.heartandmind.co.uk

Infinite Counselling

Professional counselling available

Counselling offered in privacy of a home setting (based in Stanford/Corringham)

Charge varies: Reductions for people in receipt of Universal/Credit/ JSA and students

07305 765000 (Bookings Essential) hlhaydon@hotmail.co.uk



NEW!! Serenity Counselling

I am a qualified counsellor offering therapeutic counselling to support people to develop skills such as assertiveness and to support the management of anxiety, self-esteem in order to address issues relating to emotional and mental health

Currently offering support via Facetime/Zoom. Face to face support available once COVID restrictions are lifted

Susan Timson MBACP

07950 664990 susantimson@aol.com



Massage Therapy

Aveley Massage

Experienced, qualified soft tissue therapist – offers wide range of therapeutic massages to benefit wellbeing including: Deep tissue, Holistic, Chair, Hands and arms, Hot and cold stones treatment.

Treatments range from £5 upwards.

07825069087 tj300156@gmail.com

Motion Massage

I offer a range of massages from pre/post event for sporting individuals to massages that help relieve any aches/pains. I also offer chair massage/desk massage for offices.

Sports individuals **Adults and children (age 12+).**

07984 539572 motionmassage@hotmail.com





Healthy lifestyle/nutritional support

Nutrificient Life



I am a registered nutrition consultant for all age groups specialising in weight management and type 2 diabetes. Nutrificient Life provides personalised and tailored nutrition services. This includes 1-to-1 consultation, analysis of daily diet, creation of food plan, healthy eating and lifestyle guidance, 7 week weight management package.

Contact Harman for 15 min free phone consultation

07504 991916 info@nutrificientlife.com www.nutrificientlife.com



Nutrificient life



Nutrificient

Wellbeing Support



UCANDO Transformational Coaching

UCANDO supports individuals who have experienced some kind of trauma in their lives to learn to overcome personal barriers to move forward. We encourage improving both physical and mental health, and therefore offer online (and in person sessions depending on availability and location). Please see website for further details

0757 232 8140 www.ucandotransformationalcoaching.com

welcometo@ucandotransformationalcoaching.com



ucandotransformationalcoaching



[ucandotransformationalcoach](https://www.instagram.com/ucandotransformationalcoach)



Home Meal Delivery

I-Prep Meals

Local healthy home meal delivery – fresh, refrigerated low calorie meals delivered to your door. New menus released Friday weekly and delivered fresh Sunday and Wednesday evening.



Meal plans available (Can cater for specific dietary requirements)

info@iprepmeals.co.uk

www.iprepmeals.co.uk

Support for people with dementia (also see Care and Support section for additional services)

Care To Remember

Experienced support worker- offers support for people with dementia and their carers. Respite, sitting service, support to access the community for social and leisure activities, GP and hospital appointments etc. Flexible support.



N. B. Does not offer personal care.

07533 387272

caretoremember@outlook.com

My Friend Val

Companionship and activity support services for older people with dementia, to promote **physical, mental and social stimulation.**

07500663246

val@myfriend.group

www.myfriend.group

Thurrock Forget-Me-Nots

Activities for people with dementia/memory loss and their carers.

Weekly reminiscence session and other activities; videos, films, quizzes, music.

Weekly keep fit group.

01376 376135

New Beginnings

Support Group for people with dementia and their carers and older people – social activities.

07970 640876

Paulinewhite1967@outlook.com

Compassionate Care

An experienced health professional with many years' experience working with older adults and people with dementia. Offering support and advice for people living with dementia and support for their Carers. Compassionate Care can also offer a sitting service, cognitive stimulation i.e., reminiscence and orientation activities, advice around sleep hygiene, supporting people to access the local community for leisure and social activities.



07590 990 074

Compassionatecare1709@gmail.com



Support for people with mental ill health

Reach Out For Mental Health (ROFMH)

Reach Out for Mental Health (ROFMH) is a free phone based befriending service for individuals living with suicidal thoughts.



We offer a 12-week befriending service for anyone who is struggling with life, for any reason. We pair you up with a fully trained volunteer who will call you once a week and you can chat with them for up to an hour about whatever may be worrying you.

Our service is available Monday-Friday 9am-7pm.

Please note that you must be over 18 to access the service.

07898 220384

info@reachoutfmh.co.uk

www.reachoutfmh.co.uk



www.twitter.com/ReachOutFMH



www.facebook.com/ReachOutFMH

Romis Care Service

Small, regulated care agency providing domiciliary care. Specialising in supporting people with physical and learning disabilities, mental ill-health, autism, Asperger's' syndrome.



01708 868800

07984 118595

romiscareservices@gmail.com

www.romiscareservices.co.uk

Support offered by individuals/groups

Carers Support Group

Friendly group for carers supporting people who have mental health issues Helpful support and discussion with people who understand. Social events and activities.

New members always welcome.

Patricia- 07803 135482 / patriciabwebb@aol.com

Hayley – 07554 993833 / Hayley_and_paul@hotmail.co.uk

Invest in Yourself

Family mediation, One-to-one support, Mentoring services, Referrals and signposting individual support.



Initial referrals for service to be made by e-mail to

sherrilyspeid@investinyourself.org.uk

07380 797035

www.investinyourself.org.uk

Little Steps Wellbeing and Social Group

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.

www.Little-steps.site123.me

New Me New Dawn—CW events

Social interest company offering lived experience psychological and emotional support.

01708 868411 / 07711 062 103

elizabeth.crisp1@btinternet.com



Bereavement Support

Gone Too Soon

Bereavement support group for parents who have lost an adult son or daughter.

Drop-in informal service offering friendly support and advice. Offers wellbeing activities including Yoga and mindfulness and guest speakers. All Thurrock residents very welcome.

Meets 3rd Monday monthly – 7-9pm

French Martini, 2 Western Road, Billericay CM12 9DZ (See website for meeting dates)

07387 805406

Lyn-currie@hotmail.co.uk

www.gonetoosoon.online/



– Gone Too Soon

Wings—Bereavement Support Group

Confidential support group for family and friends experiencing the loss of a loved one by suicide.

Every other Wednesday, 7:00pm—8:30pm (Please contact organiser for details)

07795 341730

Emmae46@hotmail.co.uk



Sensory Support Groups

Sensory Support Group

Friendly support group for people with visual impairment, hearing loss or dual loss. Opportunity to meet with others with similar experiences, share support and advice and campaign on local issues.

Meets at Langland Hall, Langland Close, Corringham SS17 7PB

1st and 3rd Tuesday monthly 10am – 2.30pm

£2.50 per session

k-b-f-f@hotmail.com

07951 411030

Assistive Care Technology

Smart Alliance

I provide a professional bespoke service providing assisted smart-care technology matched to the needs of the individual. Smart-care technology can support people who are frail and/or older to live more easily and safely in their own homes. I endeavour to always sit down with the individual and discuss their situation with a view to jointly finding the best solution.

Please don't hesitate to contact me for further information.

Stephen Pursey – 07312100400

info@smartalliance2019.co.uk

www.smartalliance2019.co.uk



Smart Alliance 2019



Smart Alliance 2019

Cleaning and Hoarding Support Services

J's Cleaning Ltd

All types of cleaning service, regular maintenance, one-off cleaning, support with hoarding clearance, end of tenancy cleans etc.

Friendly, professional service.

07985 503015

01375 397773

Janshaw35@yahoo.co.uk



Trades / Services

CJS Services

Experienced tradesman offering; General building, handyman services for all minor jobs (except electrical or gas), Gardening (including fencing/landscaping etc),

light removals.

07970 117474

cj1066@icloud.com



Man with a Jumbo Van

Rubbish and garden clearance, Home clearance.

Family run—friendly, reasonably priced service. Fully insured quotes provided.

Environmental Agency Licence No. CBDU58000

07403 3780287

Adamscott1981@hotmail.com

www.moveuremovals.co.uk

Move U Removals and Storage

All types of removals; collections/deliveries, general transport, storage services.

Family run, reasonably priced service. Fully insured quotes provided.

01708 404050

Move_u@icloud.com

www.moveuremovals.co.uk

PETRON Handyman Services

All types of small job undertaken inside the home – all trades except gas and electricity. Will quote for larger jobs.

07974 597503 | 07585 449435

petronhandyman@outlook.com

Nyland Electrical Services

Nyland Electrical Services are an independent electrical contractor based in Thurrock, Essex. Some of the services we provide include Domestic rewires, Extra sockets / Lights, Fault Finding, Smart Home & Home Automation, Fuse board Upgrades, Emergency Call Out.

Don't get left in the dark. Call for a free no obligation quote today!

07852972178

Nylandelectricalservices@gmail.com



Nyland Electrical Services





Gardening Services

Blooming Tidy Gardens

Grass cutting, Hedge trimming, Planting, Pruning, Weeding, Border Design, Holiday Watering.

Local gardener offering one off or regular garden maintenance.

07552 668833

bloomingtidy@outlook.com

Grant's Plants and Gardening Services

All garden work undertaken including grass cutting, hedge trimming etc.

Jet -washing patios and other maintenance jobs. Quotes for larger jobs.

£15 per hour

07951 744876

Neil_grant@blueyonder.co.uk



Spectacle repairs (visiting repairs and support at home)

Lydspecs Repairs and Services Ltd

Experienced repairer of spectacles offers visiting service – home, residential care, hospital etc. Also offers support at home with household tasks and support to access leisure and other activities.

07493 983331

Lydspecs@gmail.com



Opportunities to access training, employment.

Ever Bright Learning Centre

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.



01375 844557

info@everbrightlc.co.uk

www.everbrightlc.co.uk

Thurrock Centre for Independent Living

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.

01375 389864

admin@tcil.org.uk

www.tcil.org.uk

Thurrock Re-Use Project (TRUP)

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.

01375 846702

ivan@btconnect.com

Ivan Green



Opportunities to take part in leisure activities. Arts, crafts and other activities

Ace Group

Leisure activities for people with disabilities 19 years +

Regular events and seasonal events including disco, e.g., Hallowe'en, Christmas, music nights etc etc.

07934 442854 theaceco@hotmail.com
<http://theacegroup1.wixsite.com/acegroup>

Arts and Crafts Class

Opportunity for people to get together to enjoy crafts. No tutors – informal group. Tea and coffee supplied.

Wednesdays @ Scout Hall, Stanford le Hope – school term time. 10am-Midday

£2.50 per session **01375 672058** - jilloconnoruk@yahoo.co.uk

Carers Craft Club

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.

Tuesday @ St Francis Church, Linford, SS17 0QN—1-4pm weekly £2 per session

Patricia- 07803 135482 patriciabwebb@aol.com

Hayley – 07554 993833 Hayley_and_paul@aol.com

Craft Club

Craft group

3rd Friday monthly at The Beehive Resource [Centre](#), Grays, RM17 6XP—4.30pm-6.30pm.

01375 389889

Fobbing Knit 'n Natter

Friendly knit 'n natter group open to everyone.

Every Monday 10am-Midday at St Michael's Church, Fobbing

churchwardenfobbing@ubocaf.org.uk

Knitter Natter

Knitting and crochet group. All ages and abilities welcome – bring own materials.
Thursdays 12.30-2.30pm at Gateway People's Centre, Stanford-le-Hope, SS17 0EY.
01375 460164 office@gpconline.org.uk

Social Art Group

Friendly art group – all ages and abilities.
Thursday 9.30am-1pm—Gateway People's Centre, Stanford-le-Hope, SS17 0EY.
£5 charge per session – includes refreshments.
01375 460164 office@gpcoline.org.uk

Socialeyes

Activities include cards, carpet bowls, arts and crafts, crosswords and quizzes – will tailor activities to requirements of guests.
Every other Wednesday at Frederick Andrews Court Silverlocke Road, Grays, RM17 6EA
12.30pm-2.30pm.
Julie 07914 812985 jstone@blueyonder.co.uk

Stax of Creations

Sensory activity workshops and 1-2-1s for people that would benefit from activities such as creative workshops sensory slime, etc.
Please contact for further details
07789 663475 staxofcreations@yahoo.com

Freeman Court Darts and Arts

Darts club and arts activities including crochet, card making, trips out etc.
Everyone in the community is welcome.
Darts 1pm - 4pm every Monday and Wednesday.
£1 donation for refreshments
07873 162644 Marierivers2@hotmail.co.uk

Corringham Baptist Church

Friendly club offering arts, crafts, board games for over 55s.
Every Monday 12:30pm - 2:30pm.
Central Avenue, Corringham SS17 9DF.
07523 916155 admin@corringhambaptist.org.uk

The ARC

Leisure activities for young adults 19+ with physical and sensory disabilities, and their carers. A range of craft, music, cooking and sensory opportunities.



Every Friday – 10:00am - 1.30pm - Booking essential

Thearc2017@yahoo.com Thearcsnadults19plus.weebly.com
[@thearc2017](https://www.instagram.com/thearc2017)



Scan me for more information.

Thurrock Society for Artists with Disabilities

Opportunity for individuals with disabilities who paint to meet others with a like interest in a congenial and safe environment. The centre has facilities for people with disabilities; the art room has tables that can be raised for wheelchair users. Easels and materials are available where needed.

Meetings are held **each Friday afternoon.**

01375 380624 pegndel@tiscali.co.uk www.thurrock-community.org.uk/tsad



Photography tuition
(to support well-being)

Wildcat Images

Support for individuals to enjoy and learn about photography and/or improve their skills with a view to supporting well-being.

Own equipment not necessary can be provided. Can support up to 2 people at a time.

07932 058774 Keithwildcat4@gmail.com



Exercise classes/sport/activities

Animated Physiotherapy Pilates Class

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.

Class runs **Thursday evenings 6-7pm.**

£9 session – drop in or 6-week block £40.

1-1 home classes £35 – 45-minute class.

New class at Noak Bridge, Basildon/Billericay – please see website for further details.

07759 884594

animatedphysio@hotmail.co.uk

www animatedphysio.com

Essex Disabled Angling Club

An angling club for people with disabilities. Angling at various locations.

01268 452697

www.mercuryuk.moonfruit.com

EDAC.WEBM@gmail.com

Grays Table Tennis Club

Table tennis club. Players with disabilities welcome although no specific sessions.

Good disabled access at venue.

Thursday 7pm – 9pm at Grays School Media Arts College, Grays, RM17 5LL

£4.50 per session.

07759 884594

animatedphysio@hotmail.co.uk

www animatedphysio.com

Real Wheel Cycling Training Academy

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.

07956 276832

cycletacademy@aol.com

SNAC Club (Special Needs Activity Centre)

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.

01375 389867

snac2007@googlemail.com

www.snac.btck.co.uk

Sugar Loaf Riding for the Disabled

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.

07375 816737

sugarloafrda@yahoo.co.uk

www.sugarloafrda.org

WADERS (Water Assisted Disabled Exercise Rehabilitation Scheme)

Exercise in water for people with mobility problems, supervised by a qualified Aquatic Physiotherapist.

Tuesday 7.30-8.30pm Swim-Mania Pool, Laindon £6 per session

Tuesday 8.00-9.00pm Blackshots Teaching Pool £4 per session

Friday 11.00-11.45am/11.45am-12.30pm/12.30-1.15pm £4 per session

Annual membership £15

Tel 07899 745020

Ask-waders@hotmail.com www.waders.org.uk

Zumba Gold

Zumba – but not quite so fast!

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!

Monday – Corringham Hall SS17 7QT – 10.45am

Tuesday – Drake Centre, Chafford Hundred RM16 6PS – 10.45am

Thursday – St John’s Church, Victoria Ave, Grays RM16 2RP – 10.45am

07970 285056

lisa@fitandfab.co.uk

www.fitandfab.co.uk



Music, Singing and Drama

Creative Blast / Arts Outburst

A performing arts company providing a range of services to suits all abilities - including disabled people, including drama, dance, singing, Fitness classes.

01375 386247 / 07545 009830

info@creativeblastcompany.com - mandy@creativeblastcompany.com

www.cbacademy.com — <http://creativeblastcompany.com>

JTD Performing arts

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.

01375 378117 arts@hotmail.co.uk www.askthurrock.org.uk

Dorion and Claire Quest

Community focussed company offering a wide range of activities based around music: Music club, Radio club, Singing club, DJ club, Music therapy, Sensory space, Bespoke classes, Events, Professional tuition offered on a group and one-to-one basis in a safe and secure environment Very flexible and creative support offered.



Group sessions from £6 per session

07872 599344 info@questmusicservices.com www.questmusicservices.com



Cinema Clubs

Beautiful Minds Cinema Club

Film screenings of classic films (Thameside Theatre) for people with dementia and their carers.

01375 413980 mallinson@thurrock.gov.uk



Lunch Clubs /Afternoon Tea/Drop-ins

BLT Club (Bring Lunch Together)

A new social and friendship weekly club, where you bring your own lunch meet new people, have a chat and lunch together.

Vigerons Way Community Hall, Chadwell, RM16 4TX

hcatterick@thurrock.gov.uk

Chadwell Community Church

A free coffee morning for adults, come along and have a chat—all welcome **Defoe Parade, Chadwell St Mary, RM16 4QR**

Please ring for further information

01375 484101

office@mycommunitychurch.org.uk

www.mycommunitychurch.org.uk

Community House Lunch Club

Lunch club every Monday 12pm - 2pm at Seabrooke Rise, Grays.

2 course meal—tea and coffee - £5.

contactus@thecommunityhouse.co.uk

Re - Engage

Volunteers hold afternoon teas (Sundays) in their own homes for socially isolated older people. Transport provided. Several venues in Thurrock.

Booking essential

Lorraine/Mick Coleman

thecolemans62@hotmail.com

St John's Church

Friendly lunch club every Wednesday at 12:30pm, all welcome.

£3.50

St John's Way, Corringham SS17 7LJ

churchwardenfobbing@ubocaf.org.uk

The Crooked Billet

Home-cooked lunches now being provided Monday – Friday 12pm-4pm .

Varied menu at reasonable prices.

Wednesdays – 2 roast dinners for £10.

Will offer discount for groups (must be pre-booked) .

01375 672159 the-crooked-billet.edan.io

Drop In Coffee Morning

Friendly drop in coffee mornings

Every Saturday – 10am-1pm at St Michael's Church, Aveley

07798 527667 demuslee@talktalk.net

The Swan Lunch Club

First Monday monthly—2 course lunch, Entertainment.

Full Minibus service available on request and included.

£10 per head

Booking essential – limited spaces

07724 848069 Cst1952@hotmail.co.uk



Social Clubs

Limeclose Senior Citizens Club

Opportunities to socialise through a range of activities including bingo, darts, cards dancing and outings. Held four afternoons a week.

56 Lime Close, South Ockendon, RM15 6NW

Margaret—01708 852259

Kathy's Club

Social club held on the 4th Thursday of each month. 10.30am-2.30pm Activities include bingo, raffle, nail painting. Includes hot meal.

£5 per session.

01375 485440 [\(Manorcourt Care Agency\) for further details](#)

www.manorcourtcare.co.uk

Doorstep Club

Opportunities to socialise and held once weekly on a Wednesday afternoon and offering bingo raffles, and games. Outings during the year are also organised.

51 Teviot Avenue, South Ockendon, RM15 4QD 01708 866447

Snowdon Club

Opportunities to socialise through a range of activities including hot lunch, entertainment, discussion, bingo and games and occasional outings.

St Joseph's Old School Hall, Scratton Road, Stanford—Tuesdays 9.45am – 2.45pm

South Ockendon Village Social Club

Opportunities to socialise through a range of activities including bingo and game.

Held each Monday afternoon. 01708 856172



The Zero 5 Club

Registered charity and a social and leisure club for people with a learning disability aged 16 and over.

Held at Belhus Village Hall each Tuesday evening 7-9pm

Zoom sessions being held during Covid lockdown

01375 389869



Community Cafes

All Saints Church, Chafford Hundred

Friendly community café serving a range of hot and cold meals, snacks and drinks. Also serve specials for older people - All welcome!

Café open:

Monday – Friday 9-5pm

Saturday – 10-4pm

Saturday – 10-4pm

Ladies breakfasts and men's Breakfasts - friendly discussion groups – accompanied by breakfast!

Ladies breakfasts:

3rd Saturday monthly – 8.30am- 10.00am

Men's breakfasts:

1st Saturday monthly

8.30am-10.00am

Please contact

Lize for further information: 07961783291

beacon.centre@gttm.org

Animal Care/Respite

Fun & Fetch

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.

Free trial dog walk / Free trial day care session

07970 332525

Tammybarnett411@hotmail.com

www.funandfetch.co.uk



Other Services

Thurrock Re-Use Project (TRUP)

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.

Ivan Green 01375 846702 trup@btconnect.com

One Community Trust

Community Trust supporting people of Tilbury and South Thurrock with:

- Volunteering and job opportunities (Work Club/CV Writing/Job preparation etc).
- Skills and career development.
- Access to training and life coaching.
- Office services.
- Support with bookkeeping and payroll service – and lots more!!



See website for more information www.onecommunity.org.uk

01375 768233 info@onecommunity.org.uk

Open daily 9.30-5pm (Also has office space to rent)



**SERVICE
AWARDS
2020**

**Best Community
and Neighbourhood
Initiative
- WINNER**



Contact

Micro Enterprise Development Manager
communitybusiness@thurrock.gov.uk