



[www.strongertogetherthurrock.org.uk](http://www.strongertogetherthurrock.org.uk)

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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](http://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, handy person services and there are many more in development.

The list of services is updated monthly as new Micro-Enterprises develop and full details are listed on the Stronger Together webpage [www.strongertogether.org.uk/Micro-Enterprise\\_Enterprise\\_21537.aspx](http://www.strongertogether.org.uk/Micro-Enterprise_Enterprise_21537.aspx)

## 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](http://www.communitycatalysts.co.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'll need to ask and find out will be personal to you and your circumstances. Here's 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](mailto:communitybusiness@thurrock.gov.uk). If you can't find what you are looking for please visit [www.somersetchoices.org.uk](http://www.somersetchoices.org.uk). If you have any safeguarding concerns contact Adult Social Care on 0300 123 2224.*

### 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 / gimscareresolution@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 / 07889725077 / 07713280772**

**07714345750 (24 Hour contact)**

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



Jusrade Care

### On Track Care Services

Support and care provision for people with autism, mental health condition: 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**



On Track  
CARE SERVICES

### Romis Care Services

SCQC Registered—Male carers available

Small regulated care agency providing domicillary care. Specialising in supporting people with mental ill-health, challenging Behaviour, autism and Aspergers' syndrome.

**07108 868800 / 07984 118595 romiscareservices@gmail.com**

**Martin Ramachandran 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@ronticaresolutions.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 provider, offers a tailored service at home and help to enjoy leisure activities in the community.

**07909 823616**

**alosscare@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—Amanda Samson**

## 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

**Ebi Ere 07429 624191 enquiry@blissidsupport.com**

**Based in Tilbury**

## 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**



## **Karl's Care**

Experienced personal male carer providing care at home and also offering support in the home and in the community. (male carer available)

**07738 150477**

**Karls.care@outlook.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 / 07391 126 500**

**LilliesHealthCare@outlook.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, houseworking (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, 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**

### 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**

**lillianwokocha@talktalk.net**

## 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**

## Forget-Me-Not

Friendly, experienced support with domestic and small office cleaning or small jobs around the house and garden. Sensitive support also provided to work with people that require help to declutter and also after bereavement.

Flexible and personalised support.

**07967 222538 / smharnor54.icloud.com**



## 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**



## Support Providers

(NOT providing personal care)

### 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 - [joworden1974@hotmail.com](mailto:joworden1974@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. Gardening service and support for people to care for their own gardens.

[Jandjsmiles@gmail.com](mailto:Jandjsmiles@gmail.com) - 07753690012 / 07888703376

### Just The 2 Of Us

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



07767371746 / 07894137669 - [Justthe2ofusthurrock@gmail.com](mailto: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](mailto: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](mailto:info@lcdl.co.uk) - [www.lcdluk.co.uk](http://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](mailto: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

Support for people living at home including meal preparation, cooking, shopping etc. Also will help people to access the community.

**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 paper work, 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**



# 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](mailto:livingspringcare@gmail.com)

[mtouch.facebook.com/search/top/?q=livingspring%20care](https://mtouch.facebook.com/search/top/?q=livingspring%20care).



## 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](mailto: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](mailto:Lisamtrangmar-FHP@outlook.com)

## Treating - Tootsies

Feel like you're walking on air!

Mobile foot healthcare service covering Thurrock. Offering all foot treatments including diabetic foot care – please see website for more details. Also offers a toe- nail cutting service at South Ockendon Hub for £10, Please contact South Ockendon Hub for dates and to book (booking is essential)

07380212292

[sharon@treating-tootsies.com](mailto:sharon@treating-tootsies.com)

[www.treating-tootsies.com](http://www.treating-tootsies.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**

**susanneleighhypnotherapy@ gmail.com**

**www.susanneleighhypnotherapy.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.

**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**

**Tuesdays 10:00am - 2:30pm**

**Changing WEF 9.4.20 - Thursdays 10:00am –2:30pm**

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

**Thursdays 9:30am - 1:30pm**

**Changing WEF 7.4.20 - 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

hlhaydon@hotmail.co.uk



## 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

### Nutrient Life

Harman is a nutrition consultant with NHS experience offering health and nutrition services including education and coaching to support healthier lifestyles enhancing the health of the local community. Can include, analysis of dietary and lifestyle behaviours, menu preparation, tour of supermarket cooking workshops, recipes, links to exercise. Group and personal support available, tailored according to requirements

07504 991916

info@nutrificantlife.com

www.nutrificantlife.com





# 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. The service offers support and advice for people living with dementia and support for their carers, including 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 990074 | compassionatecare1709@gmail.com**





# Support for people with mental ill health

## Reach Out For Mental Health (ROFMH)

Crisis café offering a befriending, listening and support service for people in crisis

**Please Note – NOT – an emergency/ crisis service**

**DROP IN SESSIONS – NO NEED TO BOOK**

**Mondays – 4-7pm , TLS Building, Derwent Parade, South Ockendon**

**Tuesdays – 6-9pm, TLS building – 13-15 Clarence Road, Grays**

**Wednesdays—11am – 2pm, Purfleet Hub, Centurion Way, Purfleet**

**07898 220384 / [info@reachoutfmh.co.uk](mailto:info@reachoutfmh.co.uk) / [www.reachoutfmh.co.uk](http://www.reachoutfmh.co.uk)**



## Romis Care Service

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

**01708 868800 / 07984 118595**

**[romiscareservices@gmail.com](mailto:romiscareservices@gmail.com)**

**[www.romiscareservices.co.uk](http://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](mailto:patriciabwebb@aol.com)**

**Hayley – 07554 993833 / [Hayley\\_and\\_paul@hotmail.co.uk](mailto: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**

**[sherrilynspeid@investinyourself.org.uk](mailto:sherrilynspeid@investinyourself.org.uk)**

**07380 797035**

**[sherrilynspeid@investinyourself.org.uk](mailto:sherrilynspeid@investinyourself.org.uk)**

**[www.investinyourself.org.uk](http://www.investinyourself.org.uk)**



## Support offered by individuals/groups

### 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](http://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](mailto: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](mailto:Lyn-currie@hotmail.co.uk)**

**[www.gonetoosoon.online/](http://www.gonetoosoon.online/)      Facebook – 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](mailto: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      Tel : 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**

**Facebook: Smart Alliance 2019**

**Website: [www.smartalliance2019.co.uk](http://www.smartalliance2019.co.uk)**

**Instagram: 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**



## 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](mailto:cj1066@icloud.com)



## Evans Electrical and Maintenance Services

Fully qualified, experienced electrician offering friendly repairs and installation service. Also offers handyman service including plumbing, carpentry, painting and decorating, general maintenance.

07811 946403 | [Davidjaye4@hotmail.com](mailto:Davidjaye4@hotmail.com) | David John Evans

## 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](mailto:Adamscott1981@hotmail.com) | [www.moveuremovals.co.uk](http://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](mailto:Move_u@icloud.com) | [www.moveuremovals.co.uk](http://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](mailto: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, Fuseboard Upgrades, Emergency Call Out.

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

07852972178 | [Nylandelectricalservices@gmail.com](mailto: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**

### **J & J Smiles**

Gardening and maintenance service all types of work considered.  
Also support for people to maintain and enjoy their own gardens.

**Jean – 07753 690012 / Jenny – 07888 703376**

**Jandjsmiles@gmail.com**

### **The Lady Gardener**

All garden work undertaken including garden maintenance, weeding, pruning,  
grass cutting etc.

**07543 506784**

**francooper1@hotmail.com**

## 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

### **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](mailto: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](mailto:patriciabwebb@aol.com)**

**Hayley – 07554 993833 / [Hayley\\_and\\_paul@aol.com](mailto: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](mailto: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**

Opportunities to take part in leisure activities

## Arts, crafts and other activities



### 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](mailto: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](mailto:Thearc2017@yahoo.com)

[Thearcsnadults19plus.weebly.com](http://Thearcsnadults19plus.weebly.com)

Social media (Facebook, Instagram, Twitter): @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](mailto:pegndel@tiscali.co.uk)

[www.thurrock-community.org.uk/tsad](http://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](mailto: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**

# Exercise classes/sport/activities

## 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](mailto: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](mailto:snac2007@googlemail.com)**

**[www.snac.btck.co.uk](http://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](mailto:sugarloafrda@yahoo.co.uk)**

**[www.sugarloafrda.org](http://www.sugarloafrda.org)**

## Tai Chi for Health (Essex,Norfolk,Suffolk)

Fitness activity and health education; Tai Chi/Qi Gong, Beginners Yoga, 50+ Fitness, 1-2-1 Postural Stability, Thera-happy Dog.

Mondays in Thurrock; Frederick Andrews Court, Grays, Horndon Village Hall, and Beehive CVS, Grays

**07815 910021**

**[info@tc4hens.co.uk](mailto:info@tc4hens.co.uk)**

**[www.tc4hens.co.uk](http://www.tc4hens.co.uk)**

# Exercise classes/sport/activities

## 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 n— 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

### Thurrock film festival

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.

07510 661369

blatella@live.com - www.blatella.co.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](mailto:hcatterick@thurrock.gov.uk)

## **Chadwell Community Church**

A free coffee morning for adults, come along and have a chat—all welcome

**Please ring for further information**

**01375 484101**

[office@mycommunitychurch.org.uk](mailto:office@mycommunitychurch.org.uk)

[www.mycommunitychurch.org.uk](http://www.mycommunitychurch.org.uk)

Defoe Parade, Chadwell St Mary, RM16 4QR

## **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](mailto: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](mailto: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](mailto:churchwardenfobbing@ubocaf.org.uk)

# Lunch Clubs /Afternoon Tea/Drop-ins

## **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**

## **Drop In Coffee Morning**

Friendly drop in coffee mornings

Every Saturday – 10-1 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**



## 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](http://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**

## South Ockendon Zero 5 Club AKA South Ockendon Gateway Club

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.

**01708 852400**



## 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:**

**3<sup>rd</sup> Saturday monthly – 8.30am- 10.00am**

**Men's breakfasts:**

**1<sup>st</sup> 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**



### 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**

**01375 768233**

[info@onecommunity.org.uk](mailto:info@onecommunity.org.uk)

[www.onecommunity.org.uk](http://www.onecommunity.org.uk)

**Open daily 9.30-5pm**

**(Also has office space to rent)**





## **Contact**

Micro Enterprise Development Manager  
[communitybusiness@thurrock.gov.uk](mailto:communitybusiness@thurrock.gov.uk)

[www.strongertogetherthurrock.org.uk](http://www.strongertogetherthurrock.org.uk)