



April 2023

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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 and handyperson services – and many others

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 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.

Increasingly, Micro-Enterprises are also using payment machines that can accept card payment; please ask your service provider if this is available if you are interested in paying this way.

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.

Finding a service

The latest Micro-Enterprise list can be found online on the Stronger Together Thurrock website - <https://strongertogetherthurrock.org.uk/thurrock-micro-enterprise/>



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.

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 you can contact the CQC

‘Phone: 03000 616161

Email: enquiries@cqc.org.uk

- 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?

Thurrock Council 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 have any safeguarding concerns, please contact

Thurrock First 01375 511000 or email thurrock.first@thurrock.gov.uk



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



Aqua Robson Care Ltd

Care in the comfort of your home

Aqua Robson Care

Aqua Robson Care provides personalised services ed services tailored to meet your individual needs in the comfort of your home.

Our specialism is in providing quality care supporting dementia and cognitive impairment, mental health care, learning disabilities and physical disabilities care, and sensory care. All aspects of care and home support can be provided. Please visit our website for full details

07565 426819 / 0800 689 0825

office@aquarobsoncare.co.uk

<https://www.aquarobsoncare.co.uk/>

NEW!



BS Care Management Services is a small care company based in Tilbury but offering care and support services throughout Thurrock

We offer a person-centred approach to delivering care, tailoring services to individual needs and aspirations

We can support with:

- Personal care
- Help at home
- GP/Hospital appointments
- Leisure/educational support
- Respite care
- Palliative care

Our experienced staff can assist you with a wide variety of care needs so please contact us to discuss how we can support you

01375 508066

info@bscaremanagment.co.uk

www.bscaresmanagement.co.uk



BS Care Management Services Ltd



Dion Care Services

We are a Home Care Service that provides professional and empathetic care in the comfort of your home

Our services include

- Personal Care
- 24- hour care
- Live-in care
- Night- time care
- Companionship
- Domestic
- Shopping
- Personal Assistants
- Holiday cover
- Respite
- Dementia
- Alzheimer's Care
- Palliative Care
-

Please contact us to discuss your requirements

07391 563381 / 0203 4887871

info@dioncareservices.co.uk

www.dioncareservices.co.uk



GIMS Care Solutions Ltd.

CQC Inspected 2019 rated Good

Domiciliary 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

NEW!!



Heidi's Genuine Care Services

Hello, my name is Heidi; I'm a fully qualified carer with over 15 years' experience caring for people in the community.

I can offer the following services with compassion, empathy, flexibility, discretion and a smile:-

- * Personal care
- * Companionship/respite/sitting
- * Stoma/catheter care
- * Palliative care
- * Food prep
- * Assistance to appointments
- * Mental health
- * Dementia care
- * cleaning/shopping
- * Access to the community

I am trained in all the above services. If you have any questions or queries, please don't hesitate to contact me. No question is a 'silly' question!

07935 104819 Heidixx40@icloud.com



Jusrade Care Ltd

CQC Inspected 2018 rated Good

Domiciliary care agency

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

24/7 contact 07714345750 Office 01375 489494

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



Presanne Care Consultancy Ltd

CQC inspected 2022 - rated Good

My name is Anne and I run a small care agency in Grays that offers really personalised services tailored to your needs.

We provide domiciliary homecare services to adults with specialist care needs, we help them to live safely in their own homes and encourage independent living.

We strive to ensure that our clients and families receive high quality care that is person-centred.

Our services include:

- Domiciliary care in service users home (includes meal prep, shopping etc)
- Learning disability care
- Physical disability care
- 24-hour care
- Live in care
- Dementia care
- Sleeping/waking nights
- Respite care
- Community access

Please don't hesitate to get in touch to discuss your support needs

01375 809982 info@presanne.co.uk www.presanne.co.uk



Presanne Care Consultancy Ltd



@Presanne Ltd



Romis Care Services

CQC 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)



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 840486

www.tbotcaredynamics.co.uk/ info@tbotcaredynamics.co.uk



TFT Supported Living and Care

CQC inspected 2022, rated Good

TFT provides personal care, supported living, respite, sitting service, night service, live-In care, and semi-independent accommodation & support for people 18 years and over. Support and care for older, or young adult clients, with dementia, learning disability, learning difficulty, autism, challenging behaviour.

TFT promotes a safe, person-centred, friendly, warm, and personalised bespoke service with experienced and skilled workers to support clients, to continue to live independently in their own homes. Support can be basic domestic tasks, shopping or attending appointments and leisure activities.

We can support clients with languages such as Yoruba, Ibo, Tew, Russian.

We are happy to meet to discuss your needs or wishes with you, and we can prepare a tailored support that will meet your needs.

01375 463632 / 07961111890 (24 hour on call services)

info@tftsupportedliving.co.uk/

www.tftconsultancy.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.

07462 771104 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

My name is Katie. I run a bespoke care and support service with care and compassion. From growing old gracefully to supporting people with disabilities, my experience is extensive and my priority is to forge a lasting relationship with my clients.

Key services:

- Dementia care and support
- Support for people with mental ill-health and physical disabilities
- Independent living support
- Personal care
- Home care and support for older people
- I can also offer shopping, social activities, attending appointments, companionship, respite care, light household chores and meal preparation

My intention is always to put my clients first above all else.

I understand adapting to change is hard but together we can find an answer to make it happen.

Please don't hesitate to contact me- I'm Here For You

07354462049 imatyourservicecompany@gmail.com Atyourservice.work



Biso Shore Community Services Ltd

My name is Abi and I am an experienced carer and support worker offering the following care and support services in your area. I have experience in supporting clients with varying needs including those with mental ill-health, learning disability and dementia.

I offer a friendly, personalised approach and offer a range of services including:

- Personal care services
- Support with household tasks – shopping, meal preparation, light tidying and cleaning
- GP and hospital appointments
- Leisure activities – including transport
- Companionship

All services are tailored to your needs and I am always happy to consider requests.

If you live in the Grays, Chadwell-St-Mary, Tilbury. Linford, East or West Tilbury, then please don't hesitate to get in contact to discuss your support needs

07956 819966 biso26@hotmail.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

07429 624191 enquiry@blissidsupport.com

Emma's Support Service

Hi – I'm Emma. I have a lot of experience in supporting people in their own home and I am available to help you.

I can help with:

- Personal care
- Household tasks
- Companionship
- Appointments
- Leisure activities

.....And lots of other things

I always put you first and will personalise the help I provide to suit you so please don't hesitate to contact me

07508 037676 Emma.1975@live.com



Help At Home

Hello – I would like to introduce “Help At Home”.

The services I offer are:

- Personal Care -which includes help with washing, showering, bathing and dressing.
- Domestic duties: jobs around the home such as housework, washing, ironing and food preparation.
- Errand running: picking up prescriptions and food shopping.
- Assisted outings: which include chaperoning to GP and hospital appointments, visiting coffee shops, garden centres, hairdressers etc.

I have over 15 years' experience in the care industry and hold an NVQ level 3 in Health and Social care as well as certificates in all mandatory and relevant training such as first aid, safeguarding and food hygiene

If you would benefit from Help at Home then please get in touch today

07867 650 970 Emma_moreton_15@hotmail.com



In Good Hands

Hi – my name is Jan and I'm a very experienced personal carer with over 30 years' experience.

I have cared for a wide variety of people in different settings and get real job satisfaction from helping people in my local community.

I'm available to support people in the Stifford Clays area so if you are in need of help, please get in contact **07932 548985** Jabailey12@sky.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

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



Rain Or Shine Home Help Essex

My name is Lorraine and I am an experienced personal carer offering friendly, tailored care and support in your own home.

I can offer help with personal care, household tasks, appointments etc. and happy to be flexible to meet your needs

07564 364648 rainorshineinfo@yahoo.com

Rosa Bess Care Services Ltd

Experienced carer providing full range of care services and support

Can also offer cleaning services for the home

07816 603160 blessingstevens41@yahoo.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 sbmcs65@gmail.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



Angiecakes Garden & Home Angels

Hi- my name is Angie

I have been gardening, cleaning, baking and have been a home help for many years
I am friendly, reliable, enthusiastic and trustworthy and no job is too small!

I offer a wide range of support services including:

- Household tasks – cleaning, light DIY, decorating, flat pack furniture assembly, spring cleaning.
- Befriending
- Gardening – grass cutting, weeding, pruning, hedge maintenance, planting, propagation, jet washing and fence painting – and I'm even happy to walk your dog!

References available from previous clients upon request. Please feel free to contact me to discuss your needs - I look forward to hearing from you

07305 553236 Angiecakes2009@hotmail.co.uk



Ask An Angel

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 in the Thurrock and Basildon areas

07999 848699

bertiekayclarke@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

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

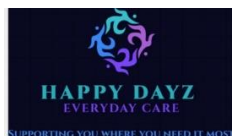
A helping hand when you need one! Help around the home, Companionship, Attending appointments, Dog walking, Support to attend clubs/groups etc.

07796 712586 / 07970 257214 dan.shoben@btinternet.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 Dayz

Happy Dayz care services for your everyday support with things that matter, no job If you need help at home and it matters to you, it matters to me.

All household support tasks undertaken including DIY!

Please contact me, Raquel to discuss your needs

07415 211147 Happy_dayz2023@yahoo.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 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..

07753690012

07888703376

Jandjsmiles@gmail.com

J's Cleaning Ltd

I offer a personalised service tailored to the person I am supporting. Flexible support services including:

Befriending, cleaning, washing, shopping, support to attend social and leisure activities. I also offer one-off property cleans and regular cleaning – see listing in Cleaning section for further details

07985 503015 01375 397773

Janshaw35@yahoo.co.uk

Julie's Home Services

A friendly face to help or assist with day- to- day needs personalised to you.

Happy to help with:

- Gardening
- Housework
- Laundry
- Appointments
- Shopping
- Companionship
- Sitting
- Leisure activities

Whatever your needs please ask happy to help. Reliable and flexible

Please feel free to get in touch

07799 147665

barnseyj1@gmail.com



Just The 2 Of Us

Hi – my name is Amie Atherton; I'm a Micro-Enterprise specialising in providing support to older people, people with disabilities and those with dementia.

I offer a really friendly, personalised services, tailoring what I do to the needs of the individual and services I provide include:

- Companionship/sitting/respite
- Appointment support – GP, hospital etc.
- Trips out – e.g. cinema, bowling, activities
- Light tidying in the home
- Meal preparation



I'm more than happy to discuss any support needs you or your loved one may have (and always ready to take on new challenges!) so please don't hesitate to contact me to discuss your support requirements **Amie – 07894137669**

Justthe2ofusthurrock@gmail.com



Facebook page

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

Look to Brooke



A local friendly face offering assistance to local residents of all abilities

I am happy to assist with housework, laundry, cooking (light meals), dog walking, vet appointments, hospital/GP/Clinic appointments, shopping, leisure activities including day trips and hobbies. I am also here if you are looking for companionship, to go for a walk or even just a chat over a cup of tea

07720 833840

looktobrooke@gmail.com



Look To Brooke



@LookToBrookeHomeHelp



@looktobrookehomehelp



Ocean Care Ltd

I would like to introduce my company, Ocean Care which has been established in Thurrock for over five years

We offer a wide variety of support services to a range of clients including those with enduring mental ill-health and physical disabilities.

We pride ourselves on providing person-centred services, tailoring the support to the needs of the people that we work with and working in partnership with other agencies involved in their care and support, to enable them to improve their independence and to lead the lives they want. We particularly strive to ensure that clients always have choice over control over the services they require and the way in which these are delivered to ensure that we promote inclusion and independence.

Please don't hesitate to contact us to discuss your support requirements.

07447 665372

aquamariamilton@outlook.com



Pro4You Support

I am an experienced male support worker offering a personalised service to people with all types of disability. I offer a really flexible service and for example, can support with household chores, access to the community for leisure and exercise purposes, (providing transport), amongst others. I also offer a sitting and respite service. I offer a tailored service based on what you would like, so please contact me so that you can discuss your needs.

Please note that I am also a Makaton signer

07588340741

sz_ivan@yahoo.com

www.pro4yousupport.com

Robethel Support Service

My name is Sarah and I am an experienced support worker with many years' experience of supporting adults.

I have specific experience in supporting people with a range of disabilities including learning disabilities, mental health and complex care needs.

I offer the following services:

- Daily living support
- Companionship
- Shopping Support
- House Keeping
- Sitting Service
- Meal Preparation
- Laundry
- Administrative tasks
- Support with accessing the Community
- Benefit Support

I am mobile and can provide hourly day and night care for clients in the Thurrock area

I am fluent in English and Igbo languages

Please feel free to get in touch to discuss your personal requirements

07931 565728_

robethelcareservice@gmail.com



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

Sbutton1974@icloud.com



Tama Care

My name is Tamara. I offer a home help support service in Thurrock. I am a qualified nurse with years of experience. My husband and I provide the community with the personalised care and support they need.

We support people with different physical, mental or social needs

We provide home help support, help with hospital/GP appointments, community access and can support families with autism

As part of our service we can also offer a sitting service, dementia care and more, with an aim to provide consistency and stability for families

We support families with languages such as German

To find out more please contact us

07448 962141 **Tamacare19@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**



Tina's Helping Hands

Here at Tina's Helping Hands we have a multi-generational team who work together

Offering tailored support for families and individuals at home that can include; dementia support / respite, mental health support, socialising (restrictions permitting), interaction in the community, befriending, domestic duties to include meals laundry etc, shopping, hospital/doctor appointments/prescription collections, visiting of places/people/leisure activities, assistance with paperwork/bills etc

We are happy to meet and discuss any needs or wishes to make life that bit easier for families and loved ones and will help in whatever way we can with tailored support.

07714 350045

Tinas_helping_hands@yahoo.com

Tracey Mobley

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

07912 873947

Traceymobley206@gmail.com

Yours For Chores

Hi – my name is Jackie.

I live in Corringham and I am an experienced support provider living and working in the local area.

I am happy to help you with:

- Shopping
- Cleaning
- Ironing
- Cooking
- Other small jobs around the house
- Taking you out to appointments and/or to enjoy activities
-

I am very flexible so if there is something else that you'd like help with, then please give me a ring – I look forward to hearing from you

I cover the East of Thurrock including Stanford, Corringham, Horndon, Chadwell etc.

07967 894001 / 01375 679011 Yours4chores@hotmail.com

Support for people with disabilities



L Creations & Support

Hi – my name is Liam and I run a small business offering support to people with disabilities at home and in the community, to enable them to live a good life.

Our community support is tailored to each individual who requires support

Assessments are carried out to ensure we provide the best support. The main focus of our support is to help everyone access their local community and encourage independence

We create targets to help individuals learn essential life skills, such as cooking, cleaning, shopping, travel training and understanding finance.

I also run drama and activities classes – please see the relevant section for more information

Please contact us for further details and to discuss your requirements

07756 483005 l.cands@outlook.com



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

Healthcare and footcare services



Aimee's Mobile Foot Care **S.A.C Dip. FHP**

Hi- I'm Aimee and I'm a fully qualified foot healthcare practitioner. My service is mobile and I can offer the following treatments:

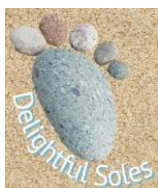
- Corns
- Callus
- Nail trimming
- Hard skin removal
- Cracked Heels
- Diabetic Foot Care
- Fungal Nails
- Verrucae
- Ingrown Nails
-

All areas of Thurrock covered

07852 113717 Aimee_trigwell@hotmail.com



@aimeesmobilefootcare



Delightful Soles

Foot healthcare in the comfort of your own home.

Fully qualified practitioner offering all aspects of foot care including

Toe nail trimming, corns, fungal nail infection, calluses, hard skin, ingrowing toenails

Dementia friendly practitioner

Mobile service covering all of Thurrock.

07783473657

lisbar@sky.com



Delightful Soles

Happy Feet

Lisa Trangmar – MGFHP MAFHP

Fully qualified healthcare practitioner offering all aspects of footcare to all ages including diabetic patients. Treatments include: toenail trimming, corn/callus removal, verrucae and fungal nail options

07958 315121

Lisamtrangmar-FHP@outlook.com

Harley Feet

Paula Harley - DipMH MAFHP MCFHP

“Caring for your feet in the comfort of your own home”

Mobile Foot Health Care Practitioner offering services including:

- Toenail cutting
- Corns-callus-cracked heels
- Thickened nails
- Fungal nails
- Ingrown nails
- Athletes Foot
- Diabetic foot care
- Verrucae

07989 878499

Paulaharley73@yahoo.co.uk

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.

Please note: Covers Billericay, Basildon, Horndon, Dunton and Corringham only

07772939390

Loistaylor@sky.com



Tina's Clear Ears Mobile Ear Syringing Service

Hi – my name is Tina and I am your local, qualified (RGN), Mobile Ear Syringing Technician offering speedy treatment in the comfort of your own home.

If your GP has told you that you have excess ear wax, you may be suffering with:

- 👂 Blocked ears due to wax build up
- 👂 Tinnitus due to wax
- 👂 Vertigo or dizzy spells due to wax
- 👂 Persistent cough
- 👂 Itchiness in the ears
- 👂 Pain or discomfort in the ears
- 👂 Difficulty in hearing/listening to others
- 👂 Hard of hearing on the phone then ear irrigation (syringing) may be able to help you

I love my job and my passion is helping my clients and making a positive impact on people's wellbeing and health. So if you feel that ear syringing could help you, please feel free to get in contact to discuss your requirements

07568320649 tinasclarears@hotmail.com



Facebook page



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

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

Eddie Clampin MBACP

Friendly, professional counsellor offering person-centred counselling service for children and adults. £20 per session

07508 086463 eddiethepara@hotmail.com



My Mind Matters

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

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

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

Susan Timson MBACP

07950 664889 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.

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



*Panacea Soft Tissue
Injury & Holistic
Treatments*

PANACEA

Sports & Swedish Massage Therapist

I'm fully qualified and have experience in both sports and holistic massages based in Stanford-le-Hope.

I enjoy my job, helping ease the suffering of soft tissue pain, discomfort and restricted movement. I also offer other therapeutic treatments to relieve tension and relax the mind caused through stresses of work and day to day life giving a greater sense of well-being.'

Please see my webpage for further details of available treatments and how to book

Debby Grant - ADipBT VTCT

07738 270488 Panacea.debby@yahoo.co.uk

<https://deborahgrant.wixsite.com/panacea/home>



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 Transformation

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.ucandotransformation.com

welcome@ucandotransformation.com



Home Meal /Goods Delivery

DeliverEat

Home Cooked Dishes

Community Service Delivered2U

We are local company that prepare and deliver fresh quality meals to your door.

We have a range of food available including breakfast, lunch and dinner, mini meals and a range of snacks. As part of the service, we also offer a welfare check

Now also have a drop-in café in the Aveley Community Hub – Mondays, Fridays and Saturdays – offering a menu of hot and cold food, drinks and snacks

Please see the website for further details

07545 839126

Annettecarmody1@gmail.com

www.delivereat.uk



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)

01375 886199

info@iprepmeals.co.uk

www.iprepmeals.co.uk

The Refill Cabin



A mobile refill shop (Ermintrude, the Eco-Cabin!) that offers local communities the ability to refill containers and bottles with:

- Dried foods, cereals
- Tinned goods
- Household liquids
- Kitchen goods
- Toiletries
- Sweets, crisps, drinks
- Pulses and nuts
- Dog treats
- Seasonal gifts – event/party goody bags available.....and so much more.

The aim is to reduce plastic waste and to improve the environment. Take a look at my website for a full list of products that are available.

The Refill Cabin offers online ordering, collection on site and also and home delivery around Thurrock Discounts available for business orders – see website/social media for locations

I'm happy to offer a personalised service so please don't hesitate to contact me.

07787 965515 katie@refillcabin.co.uk www.refillcabin.co.uk



_refill cabin



refill cabin

Support for people with dementia

(also see Care and Support section for additional services)



Care To Remember

Hi – my name is Lara I am a female personal assistant/support worker with over 10 years' experience of providing assistance to older people and those living with dementia.

The service includes:

- Personal care services
- Providing encouragement and companionship
- Accompanying clients to and from appointments (hospital, GP etc)
- Supporting clients to pursue hobbies, playing games, visiting the community for social and leisure activities
- Overnight care
- Respite care

The service is personalised, tailored to the needs and preferences of the client. I will be happy to meet you to discuss what support may be needed and how we can work together to deliver this



07533 387272

caretoremember@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



Complete Companion Care

Are you concerned about a relative or friend ?

Are you looking for a trustworthy person who you can rely on to leave with your loved one?

My name is Joanne and I provide a bespoke service for the elderly and those affected by dementia.

I have over 5 years' experience working closely with clients and their family

I am extremely passionate about my work and provide the highest standard of care

I tailor my service to the individual needs of the client and operate on a flexible basis. I can provide anything from daily, weekly service or ad hoc (holiday cover etc)

Below are some of the services I provide

- Companionship
- Home help service (help with cleaning, cooking)
- Days out (e.g. garden centre, seaside, theatre)
- Prescription collection service
- Transport to/from hospital, doctors, dentist etc
-

Please feel free to get in touch to discuss how I can help

07875095913 cccessex@yahoo.com

New Beginnings

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

07970 640876 Paulinewhite1967@outlook.com

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



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 SERVICES

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](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:

sherrilyspeid@investinyourself.org.uk

07380 797035

www.investinyourself.org.uk

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.

Thurrock residents are very welcome

Meets 2nd Monday monthly – 7-9pm

The Chantry Centre

Chantry Way

Billericay CM11 2AP

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

Corringham Sensory Support Group

This is a friendly and supportive group that is open to anyone who has a sensory impairment e.g blind, deaf and/or with a sensory condition.

We work with DeafBlind UK to support individual needs. As a group we go bowling with a meal and have planned regular social events

At the group we have speakers who can support us, sensory craft, cooking and events e.g Queens Jubilee and Christmas food, Quiz and music.

We meet at Tom Wood Hall, Bellmaine Avenue, Corringham SS17 7SZ – every 2nd Friday monthly between 10am – 1pm

The session charge is £3.00 which includes raffle tickets. We ask members to bring in an unwanted gift for the raffle

For more information, please feel free to contact us

Chris Bennett

07866 787773 Intouchcorringhamssg@outlook.com

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

Helping Handz Services



Helping Handz Services are committed to providing support in the home for local residents. Our aim is to provide assistance with the jobs around the home that customers find a struggle or just don't have the time to do. Our services include:

Cleaning, light meal preparations, help with paperwork, laundry/ironing & shopping. We also have a gardening, painting/decorating and handyman service too.

Please visit our website or contact us:

01375 415914 / 07535 131467

Info.helphandz@gmail.com www.helpinghandz.co



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

Peter's Helping Hands

Hi – my name is Peter and I offer a range of services that can really help people to live independently. These include:

- Decluttering and support with hoarding
- All types of cleaning including deep cleans, end of tenancy and regular cleaning
- Gardening – regular maintenance and one-off jobs
- Respite and sitting service
- Support with visits in the community

I offer a friendly professional service so please get in contact to discuss your requirements

07488 367098

prawlins2013@gmail.com



Maintenance Services /Removals



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 380287

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

The Chunky Chippy



Hi – my name is Paul and I am your local “Chunky Chippy!”
I am a very experienced carpenter and tradesman and can carry out everything from small maintenance jobs around the home to larger building projects. Services include:

- Carpentry/plumbing/building works
- Flat Pack assembly
- Painting and decorating
- Cleaning fascias, soffits, guttering
- Gardening
- Patio and paths cleaning....and much more

Please note however that that I am NOT qualified to offer gas or electrical services

All work carried out by your local friendly tradesman – please see my social media pages for photos of recent work carried out. No job is too small so please don't hesitate to get in contact

07930 254897

Paulgiroud24@gmail.com



The Chunky Chippy



The Chunky Chippy



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

Edges to Hedges

- 1-2-1 support for people to garden
- Regular /one off garden maintenance including:
- Grass cutting
- Weeding
- Digging borders
- Light pruning
- Planting

Friendly, helpful gardener - covers East Thurrock – including: Stanford & Corringham, Fobbing, Horndon, Bulphan, Tilbury, Linford

07989 745172

Faf1905@hotmail.co.uk

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.

07951 744876

Neil_grant@blueyonder.co.uk

Helping Handz Services



Helping Handz Services are committed to providing support in the home for local residents. Our aim is to provide assistance with the jobs around the home that customers find a struggle or just don't have the time to

do. Our services include:

Cleaning, light meal preparations, help with paperwork, laundry/ironing & shopping. We also have a gardening, painting/decorating and handyman service too.

Please visit our website or contact us:

01375 415914 / 07535 131467 Info.helphandz@gmail.com

www.helpinghandz.co



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

trup.org@gmail.com



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

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 madeleinedawes@yahoo.co.uk

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@gpccoline.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](http://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



Exercise classes/sport/activities to support well-being



Alt Movement

My name is Craig Graham. I am an experienced personal trainer with a passion for supporting people with disabilities

I have set up Adaptive Crossfit classes in East Tilbury for people that use wheelchairs and/or may have mobility problems or have other disabilities

Friendly tuition and guidance is available together with equipment that can be adapted to suit your needs.

Please contact me for further information

07740 546413 craig@altmovement.co.uk www.altmovement.co.uk



Alternative Movement

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](http://www)animatedphysio.com)



Club Fit @ Fabulous

Offering Zumba Gold and Pilates classes (including seated classes) in your local area!

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!

Pilates and seated pilates - classes now available as well. Improves strength and stability – especially good for people with mobility issues

Additional classes can be arranged on request . Classes also available in Billericay – please contact me for further details. Come along and try a session!

Monday

East Thurrock Community Association, Corringham Road, Stanford-le-Hope SS17 0NU

10am - Beginners Pilates

11.15am - Zumba Gold

Elizabeth Gardens, Long Lane, Grays RM16 2NQ

2.30pm – Seated Pilates

Thursday

St John's Church, Victoria Avenue, Grays RM16 2RP

10am - Zumba Gold

07970 285056

lisa@fitandfab.co.uk

www.fitandfab.co.uk

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

07815 680571

animatedphysio@hotmail.co.uk

[www\)animatedphysio.com](http://www)animatedphysio.com)

Mollands Lane Allotments, South Ockendon

The friendly organisers of this group support local people of all ages and abilities to learn to garden, grow their own produce and flowers and learn associated skills. Contact them for further details

07966 146120 danieljerry@live.co.uk

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. Mon, Tues, Thurs, Sat and occasional holidays are offered

07854 747754 rdasugarloaf@gmail.com www.sugarloafrda.org

The Carpy Vikings



Carp fishing tuition for Mental Health, Addiction support and Wellbeing

The Carpy Vikings provide a tailored fishing experience - to help you to reconnect with the outdoors, while finding a new passion in the process

We aim to provide the community with the skills to learn a new hobby, which is fun and engaging, while offering many benefits that can improve our mental health and wellbeing

We offer a range of different sessions, both 1-on-1 and in groups, including: -

- Half day introduction to fishing session
- Full day sessions
- Overnight and multi day sessions

All coaches are licensed by the Angling Trust, which confirms the coach holds a 1st4sport lead coaching qualification

Please do not hesitate to contact us to discuss your support requirements

07845278327 reece.rixson@thecarpyvikings.com www.thecarpyvikings.com





WADERS (Water Assisted Disabled Exercise Rehabilitation Scheme)

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

Swimmania Pool – Laindon

Tuesday 7.30-8.10pm and 8.20-9pm

Swimmania Pool, Laindon

Tuesday 8.00-9.00pm

Blackshots

Tuesday 8-9pm Teaching Pool

Friday 11.00-11.45am/11.45am-12.30pm/12.30-1.15pm

Corringham

Friday lunchtime

11.30-12.10pm and 12.20-1pm

Annual membership and session charge

**Kay-Anne 07899 745020 for Corringham / Dawn 01375 461885 for Blackshots
Sharon 07792 827638 for Laindon**

Ask-waders@hotmail.com

www.waders.org.uk

Walking For Wellbeing

Walk and talk with Eddie!

Getting out into nature and going for walk is great for your physical and mental well-being. Whilst walking you can chat over any issues on a 1-2-1 basis that may be causing you concern with Eddie, who is a fully qualified counsellor

07508 086463

eddiethelpara@hotmail.com



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



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>

Funky Feet (JTD Performing Arts)

We are a well-established performing arts company supporting people aged 19 – 100 with learning disabilities, mental ill-health and/or additional needs to enjoy drama, arts and singing sessions at the Thameside Theatre in Grays and/or afterwards at The Community House in Grays. Our focus is on ensuring that sessions are led by the people that attend and include drama, dance and singing, playing confidence building drama games, media sessions, script creations and production of shows. We also offer trips out on a regular basis

Our aim is to support people to enjoy, learn and be as creative as possible involving their carers and families in a fun and supportive environment.

For further details and to book your place, please contact us:

Every Friday (Term-time only)

Thameside Theatre, Orsett Road, Grays – AM session - 9.30-11.30

The Community House, New Road, Grays – PM session – 12.30-2.30pm

Bookable AM or PM session or all day. Transport provided between locations

01375 378117 arts@hotmail.co.uk mollyjtd@hotmail.co.uk



JTD Arts



L Creations & Support

Performing Arts Activities

Hi – my name is Liam and I run performing arts activities for people primarily with learning disabilities and/or mental ill-health. I have a background in performance arts and know how beneficial performing can be for wellbeing

The sessions take place on **Mondays, Wednesdays and Fridays 10:15am-11:45am** at **Linford Village Hall, Lower Crescent, Linford, Essex SS17 OQP**

During the sessions you can expect dancing, singing, acting and arts & crafts with themed days:

Mondays are Disney/Movie themed

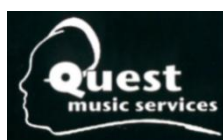
Wednesdays are Musical themed

Fridays are themed around popular singers

Session prices: £10 per class, £15 for two classes and £25 for three sessions.

Booking is essential to secure a space so if you are interested, then please get in touch.

07756 483005 l.cands@outlook.com



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



**We Are Creatives
Thurrock**

We Are Creatives Thurrock (CIC) – The Music Man Project

We Are Creatives Thurrock is a not-for-profit organisation increasing public engagement in the arts, boosting community connectedness and using art as a tool to enhance well-being

The Music Man Project is one of our local projects, supporting local people with mental ill-health/learning disabilities to come along and take part in drama /singing and creative classes – and so much more!

Classes take place on a Monday at the Thameside Theatre, Grays in the morning and then an optional session at the Community House, Grays in the afternoon

Please contact us and/or visit our social media/website pages for further information – and come along and join in!



Social Enterprise UK
Certified Member

Website: www.wearecreativesthurrock.uk

Instagram <https://www.instagram.com/wacthurrock/?hl=en>

Facebook <https://www.facebook.com/WACThurrock>

Twitter <https://twitter.com/WACThurrock>



Lunch Clubs /Afternoon Tea/Drop-ins

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.

contactus@thecommunityhouse.co.uk

Coffee Break- Corringham Evangelical Church

The Coffee Break is held on a Friday morning, beginning at 10.30am. The morning is an opportunity to have a drink, some cake and a chat to the other people who attend

The meeting is popular with older people although those of all ages are very much welcome. No booking required, just drop in!

For further information, please see our website or email us on the address below:

info@corringhamevangelical.co.uk

www.corrinhamevangelical.co.uk/clubs-groups/coffee-break/

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.

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.

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

01375 672159 the-crooked-billet.edan.io

Lunch Club at The Swan Inn

Horndon-On-the Hill

Lunch club offering:

2 courses- £15, 3 courses - £17

Music with DJ Bill Sach – playing a variety of old classics from decades gone by

Bingo £1 per ticket with Alec

Transport available on request – chargeable

Jodie – 07508 794395

Booking essential

Drop In Coffee Morning

Friendly drop in coffee mornings

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

07798 527667 demuslee@talktalk.net



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.

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, Scrutton 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

Activities include pool tournaments, arts and crafts, board games, a disco/music, weekly raffle and tuck shop available

Held at Belhus Village hall each Tuesday evening 6.30pm – 8.30pm

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

Bundles of Fluff



Hi – my name is Holly. I provide the following pet services in your local area:

- Solo and group dog walking
- Sitting and home visits

I am City and Guilds qualified and Canine First Aid trained. Please have a look at my Facebook page for photos of satisfied customers!

Please contact me to discuss your requirements: I look forward to hearing from you

07834 993946 Bundlesoffluffpetcare@gmail.com



Bundles of Fluff



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



Pato's Dog Walking and Pet Care Services

We offer Dog Walking and Pet-Sitting Services in Grays and surrounding areas, providing all the love and care your pet needs and deserves. We also offer check- ups and Pet-Sitting services for other small pets. Make sure to follow us on Facebook and Instagram, we post daily tips and pictures of our loving customers.

Please contact us if you have any enquiries, we're happy to help!

07916632522 patowalkdog@gmail.com



[Pato's Dog Walking & Pet- Sitting Services / Facebook](#)



[Patospetcare](#)

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.

01375 846702 trup.org@gmail.com

One Community Trust

Community Trust supporting people of Tilbury and South Thurrock with:

- Volunteering and job opportunities (Work Club/CV Writing/Job preparation)
- 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

www.onecommunity.org.uk info@onecommunity.org.uk

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



Find services at:

<https://strongertogetherthurrock.org.uk/thurrock-micro-enterprise/>