





SEPTEMBER 2024

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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 and handyperson services – and many others.

**If you are interested to become a micro- enterprise, you can find more details and application form is on the below link:**

**[www.thurrock.gov.uk/community-enterprise](http://www.thurrock.gov.uk/community-enterprise)**

### 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/>

Online Directories are hosted on Frontline [Home \(essexfrontline.org.uk\)](http://essexfrontline.org.uk) and [Small Good Stuff | A free directory of community micro-enterprises who offer care and support locally \(communitycatalysts.co.uk\)](http://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.**

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](mailto: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](mailto: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](mailto:office@aquarobsoncare.co.uk)

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



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@bscaremanagement.co.uk](mailto:info@bscaremanagement.co.uk)

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



**BS Care Management Services Ltd**



## Caring Locals

Caring Locals offers a distinct care approach tailored to fit individual needs.

We believe care should be holistic and we aim to deliver our service with kindness.

At "Caring Locals", we understand the unique challenges faced by individuals and families living with dementia, learning disabilities and Autism. We are committed to providing compassionate and personalised care that enhances the quality of life for those in need. With our extensive experience and dedicated team of professionals, we are your trusted partner in assessing the complexities of these conditions and ensuring a safe and supportive environment for your loved ones.

Our services include:

- Dementia Care
- Personal Care
- Home Help
- Companionship
- Outdoor activities
- Shopping services
- Sitting service
- We are truly flexible and happy to discuss how best we can support you so please feel free to get in touch
- **01375 800762 / +44 7842 013352 [www.caringlocals.co.uk](http://www.caringlocals.co.uk)**



## Channel Home Care Ltd

- **Specialized in High dependency care (2+ carers)**
- **Hospital-to-home transition support**

At Channel Home Care Ltd, we believe in providing care with honesty, respect, trust, and unwavering support. Our services are designed to meet the diverse needs of adults aged 18 to 65+ who live with dementia, physical disabilities, or sensory impairments. We are dedicated to delivering holistic care that adapts to the unique daily lives of our clients.

### Our Commitment to You:

- **Person-Centred Care:** We prioritize the needs and individuality of our service users, promoting independence and personalized support.

- **Tailored Care Plans:** Understanding that every client's situation is unique, we customize each care plan to fit specific needs and adjust as those needs change.

#### **Our Services Include:**

- Personal care and daily assistance
- Domiciliary care
- Live-in care
- Medication administration
- Companionship
- Domestic services and cleaning
- **High dependency care (2+ carers)**
- **Hospital-to-home transition support**
- Housekeeping
- Meal preparation
- Outings and activities
- **Channel Home Care Ltd** provides compassionate, personalized care that helps people maintain their independence and quality of life at home. We believe in building strong relationships with our clients and their families. If you or someone you know could benefit from our care, please don't hesitate to contact us.

**07428697038 or 07735461520** <https://www.channelhomecare.co.uk/>

[Channel Home Care LTD - Overview - Care Quality Commission \(cqc.org.uk\)](https://www.cqc.org.uk/)



#### **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
- Domestics
- 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](mailto:info@dioncareservices.co.uk) [www.dioncareservices.co.uk](http://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@gimscore.co.uk](mailto:info@gimscore.co.uk) / [gimscoresolution@gmail.com](mailto:gimscoresolution@gmail.com) / [www.gimscore.co.uk](http://www.gimscore.co.uk)



**3D's Healthcare Services Ltd**

My name is Shola Babafemi. **I am a qualified nurse.** I have several years of experience in caring for people. After 8 years working for different organisations, I decided to set up my own enterprise called 3D's Healthcare Services Limited.

3D's Healthcare Services Limited is different to other care providers – we offer you help in whatever way works for you. That includes help to get out of bed on a morning, up and dressed and ready for the day, help with your shopping and attending appointments.

We understand it might be tough to let a carer into your life, to give access to all your private concerns and to share personal details. We promise always to keep information about you confidential and respect your privacy.

We will support you to meet your daily needs.

We will support you to get consistency of care.

We assure you that you will always get support from someone you know and support you with your day-to-day care.

We will go the extra mile to follow your rules and support your care needs and general wellbeing.

We can help you to go out

We can provide respite support and stay with you for a few hours if your family member needs to go out or take a break.

We will support you to stay in your own home for as long as possible

**We specialise in providing homecare support services for the following groups:**

Adults over 18 years, Children (0 - 18yrs) ,Dementia, Learning disabilities ,Mental health condition , Physical disabilities , Respite care ,Companionship

**We cover the following areas:**

**Grays, Chafford Hundred, Tilbury, Chadwell, South Ockendon**

For more information, please call us on 0748476053 or

email [info@3dshealthcareservices.co.uk](mailto:info@3dshealthcareservices.co.uk)

[www.3dshealthcareservices.co.uk](http://www.3dshealthcareservices.co.uk) <https://www.cqc.org.uk/location/1-3801799507>



**New!!!**

## **Who we Are**

Integrated Support Services offers a wide range of domiciliary care services designed to meet the diverse needs of our clients, from assistance with daily living activities to more complex care requirements. Including sit in service, domestic services (cleaning and shopping calls) and accessing the community. Whether it's helping with personal care, medication management, or providing companionship, our compassionate and skilled caregivers are here to support you every step of the way.

At ISS our mission is to deliver patient-centred care that prioritizes the unique needs and preferences of each individual. We understand that every person is different, which is why we tailor our services to meet the specific requirements of our clients, ensuring they always maintain their independence and dignity

Whether it's helping with personal care, medication management, or providing companionship, our compassionate and skilled caregivers are here to support you every step of the way.

At ISS our mission is to deliver patient-centred care that prioritizes the unique needs and preferences of each individual. We understand that every person is different, which is why we tailor our services to meet the specific requirements of our clients, ensuring they always maintain their independence and dignity

## **Why Choose Us?**

Choosing ISS means choosing a care provider that truly cares about you. Our company was founded on the principles of love, compassion, and family values. As a family-oriented organization, our owner's vision is to create a care service that reflects the warmth, understanding, and respect that one would want for their own loved ones. We believe in treating every client as part of our extended family, ensuring they feel special, supported, and confident in every aspect of their lives.

We are not just here to provide a service; we are here to make a meaningful difference in your life. Our approach is holistic, focusing not only on your physical health but also on your emotional and social wellbeing. At ISS we are proud to serve the Grays and Benfleet community as well as surrounding areas, committed to making a positive impact on the lives of those we care for with the highest level of care and compassion.

Our team is comprised of highly trained and diverse professionals who bring a wealth of experience, cultural understanding, and expertise to their roles. This ensures that our clients receive the highest quality of care from individuals who are not only skilled but also deeply committed to making a positive difference in their lives.

Our calls times are 7 days week and office are Monday to Friday 9:00am to 5:00pm

We can be reached on 01702413576 or 07704395574 or send an email to [info@integratedsupportserviceltd.com](mailto:info@integratedsupportserviceltd.com)

[Integrated Support Service Ltd - Ultimate Care Always](#)



We are a domiciliary care provider. Our trained and attentive staff offer customized care, all from the comfort of your home. We work 7 days a week. We take pride in offering a wide range of services to enhance the well-being and quality of life for our clients.

**Personal Care:** Assistance with bathing, grooming, and dressing; Support for maintaining personal hygiene; getting in and out of bed.

**Medication Support:** Ensuring timely administration of medications. Monitoring medication schedules.

**Mobility Assistance:** Helping clients move around safely. Assisting with transfers and mobility aids.

**Housekeeping:** Light housekeeping tasks such as cleaning, laundry, and organizing. Maintaining a comfortable living environment.

**Transportation Services:** Accompanying clients to medical appointments, social outings, or errands. Providing safe transportation.

**Doctor Appointments:** Scheduling and coordinating medical visits. Assisting during appointments if needed.

**Social Inclusion:** Encouraging social interaction and engagement. Participating in activities to reduce isolation.

**Meal Preparation:** Planning and cooking nutritious meals. Catering to dietary preferences and restrictions.

**Shopping Assistance:** Helping with grocery shopping and other essential purchases. Ensuring clients have necessary supplies.

**Live-In Care:** 24/7 support for clients who require continuous assistance. Companionship and monitoring.

**Dementia Care:** Specialized care for individuals with dementia or memory loss. Creating a safe and supportive environment.

**Leisure Activities:** Engaging clients in hobbies, games, and recreational activities.

[07356012441](tel:07356012441) / [0137 552 3525](tel:01375523525) [Info@jollycare.co.uk](mailto:Info@jollycare.co.uk)  
[www.jollycare.co.uk](http://www.jollycare.co.uk)



**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](mailto:info@jusradecare.co.uk) / [www.jusradecare.co.uk](http://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](mailto:info@ontrackcareservices.co.uk) / [www.ontrackcareservices.co.uk](http://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](mailto:info@presanne.co.uk) [www.presanne.co.uk](http://www.presanne.co.uk)



**Presanne Care Consultancy Ltd**



**@Presanne Lt**



PURE HEALTH CARE PVT LTD

Pure Health Care

Pure Health Care delivers care and daily life help to people in their homes, where they flourish the most. Our compassionate, skilled, and trustworthy carers make your life easier and give you peace of mind knowing that your loved ones are being cared for in a comfortable and secure environment. We provide personal care to adults, the elderly, and people with physical or emotional problems. We can offer weekly visits, care 24 hours a day, short-term care while someone is getting better from an illness or surgery, and care at the end of life.

Our homecare services can help with -

- Personal Care: bathing, dressing, toileting, transferring, and continence, help with hygiene and grooming, supervising mobility and aiding with fall prevention, medication, etc.
- Domestic and cleaning: Cooking and meal preparation, dietary needs, washing, bed linens, cleaning, running errands around the home and shopping.
- Socialising and companionship: Help going for walks, to appointments and activities, friendship, and communicating with family and friends, respite care.

### **Bonus**

After receiving so many compliments from the people I cared for, I decided to open my own company.

I understand the importance of having regular care workers.

I understand the importance of personalised care

Pure Health is CQC registered, we focus on an individual tailor-made care.

You are at the centre of what we do

### **Areas of expertise**

- 1. Autism, learning disabilities.**
- 2. Palliative care**

Contact us to learn more about our personalised in-home care services. We'll do our best to match you with someone who is well-trained, kind, and a good fit for your personality and interests.

**Tel 07436 706537** Emails: [chishakas@yahoo.com](mailto:chishakas@yahoo.com) or [info@pure-healthcare.com](mailto:info@pure-healthcare.com)

Website:

[pure-healthcare.com](http://pure-healthcare.com)





RIS CARE LIMITED  
Your care Our concern.

## **New!!! RIS CARE LIMITED**

My name is Amaka you can call me MAKY!

I am very passionate in caring for people.

After over 9 years of dedicated service in the health and social care industry, I discovered the value of delivering professional care services which led to the emergence of RIS CARE LIMITED.

Our team renders bespoke care with great expertise focusing in making a real difference in people's lives.

Our approach is flexible, friendly, and centred around your needs ensuring your set outcomes are met.

### **Our range of services include.**

- Personal care which entails, bathing or showering, dressing , grooming, oral care and continent needs and any other help you may need to start your day right.
- We are proficient in Medication Management and Assistance
- Meal planning and preparation
- 24- Hour Support
- Respite Care
- Befriending & Emotional Support
- Housekeeping Services & Deep Cleaning
- Laundry & Gardening Services
- Shopping services
- Community Access such as Supported Outings/ Appointments / Day centres/ clubs/ Cinemas/ Bingos etc

At Ris Care Limited, our services don't stop there; we believe in forming strong, meaningful relationships with those we care for going the extra mile. You can trust that we'll always respect your choices, privacy, keep your information confidential, and uphold your health and wellbeing as well as your dignity always.

We aim to combat loneliness and social isolation, ensuring you stay connected with your family, friends, community as well as offering carers of diverse backgrounds.

### **Our clients' base includes:**

The Elderly Adults over 65years

The Adults under 65 years

The Young Adults from 18 and above

Learning Disabilities

Dementia Clients

Physical Disabilities

Mental Health Challenges

### **Our areas of coverage include:**

Grays, Chafford Hundred, Tilbury, Chadwell St Mary, Ockendon and environs

For more information, please call us on 07852810840, 07846868996

or

Email: [riscarelimited@qualityservice.com](mailto:riscarelimited@qualityservice.com)

Web: [www.riscare.co.uk](http://www.riscare.co.uk)



## Shalom Support

My name is Sue, I am a highly committed, and experienced **Registered Mental Health Nurse**, with experience in working with adults with learning disabilities, mental health, and autism as well as dementia.

I also work with adults in supported living supporting adults with learning disability and or mental health problems. Supported Living is provided in single or shared tenancy settings and in their own homes (floating support/ outreach). I support clients to access community-based activities like cinemas, swimming pools, shopping and other places of their personal interests. We encourage them to live as independent life as possible and encourage them to make choices and support them to work towards their goals and achieve their outcomes. Everyone is treated as an individual and we put their choices, desires first.

We are registered with CQC, so we also provide regulated personal care.

For more information, please contact us on

**07985386720** [info@shalomsupport.co.uk](mailto:info@shalomsupport.co.uk) [www.shalomsupport.co.uk](http://www.shalomsupport.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.tbotcharedynamics.co.uk/](http://www.tbotcharedynamics.co.uk/) [info@tbotcharedynamics.co.uk](mailto:info@tbotcharedynamics.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/](mailto:info@tftsupportedliving.co.uk) [www.tftconsultancy.co.uk](http://www.tftconsultancy.co.uk)

**New!!!**



## **The Carers Group**

The Carers Group specializes in providing care, support, and accommodation in Essex for people who have a variety of needs including mental health conditions, complex care needs or a physical disability. Our high-quality care services are delivered to the elderly, as well as adults, young adults (care leavers), and children. From social companionship, respite care through to the more complex of care services including drug and alcohol dependency spinal injuries, acquired brain injuries, learning disabilities and mental health. We are committed to providing our clients with qualified, experienced, and reliable carers, support workers, that are professionally qualified to deal with complex care requirements.

**Mobile:** 0783 141 4884

**Telephone:** 0137 588 6333

**Email:** [info@thecarersgroup.com](mailto:info@thecarersgroup.com) [www.thecarersgroup.com](http://www.thecarersgroup.com)



## Vim Care Limited

**What does a good life look like to you? What do you need to achieve it? How can we support you? How can we best serve you?**

As a small local business deeply committed to making a positive impact in our community, we understand that a good life means living comfortably and independently in your own home. We specialise in home health care for adults, offering personalised services tailored to meet your unique needs. Whether it's

**Personal Care**

**Medication Management**

**Meal Preparation**

**Mobility Support**

**Cleaning**

**Companionship or**

**Respite Services for family carers**

Our skilled and compassionate team is here to support you every step of the way. Our dedicated team delivers consistent care and ensures continuity by carefully matching the right carer to each of our customers. You can trust us to maintain the same carer for your ongoing needs. We provide free consultations and assessments and are eager to meet with you and your family to determine the most suitable support.

**We have the skills and dedication to provide whatever support you need. Trust Vim Care Limited to enhance your quality of life at home.**

Schedule a free assessment by calling us on [07770428012](tel:07770428012) / [01268 438986](tel:01268438986) or email us [admin@vimcarelimited.com](mailto:admin@vimcarelimited.com) at a convenient time, and we will arrange the meeting promptly.

Visit [www.vimcarelimited.com](http://www.vimcarelimited.com) to learn more and take advantage of our exclusive offer. Let us help you live the life you deserve!

Facebook: <https://www.facebook.com/people/Vim-Care/61559262669844/>

Youtube: <https://www.youtube.com/@VIMCARELIMITED>

Twitter: <https://x.com/VimcareLimited>

## 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 [alosscare@gmail.com](mailto:alosscare@gmail.com)

### AMA Support & Care

Support and care for people in the community.

Support and emilt sol, accessing the community, support with household tasks.

Tailored, personal service covering Thurrock and Basildon.

07453 988672 [oriaku69@hotmail.co.uk](mailto: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](mailto:imatyourservicecompany@gmail.com)

[Atyourservice.work](http://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:

- **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](mailto:biso26@hotmail.com)**

### **Bliss Independent Support**



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

Our services include:

Personal care, 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](mailto:enquiry@blissidsupport.com)**



### **New!!! CMD Care**

Hi! My name is Claire-Marie and I worked in hospitality for 14 years before I decided to start CMD Care. As a mother of 2, I know how important and hard it can be to seek help when you are in need and luckily, I was able to get help from those around me. Now, I want to be able to give back to the community that helped me. I also know how hard it can be to live with mental health problems and how it can be hard to look after others with mental health problems. It can be hard to accept help especially from someone you do not know and to share your personal worries or any concerns that you may have, so to make your journey easier, all your care is tailored to what you what you want and need.

I can help you with any non-medical needs you have such as:

Mental Health Support / Cleaning & Household tasks / Gardening / Leisure Activities / Admin & Correspondence / Shopping .... anything that you need to support you or your loved one.

I can also help with short term respite so that family members can take a break or complete any errands they need to do.

You can visit my website for more information: [www.cmdcare.co.uk](http://www.cmdcare.co.uk)

Call / message / WhatsApp me on: 07591817646

Email: [info@cmdcare.co.uk](mailto:info@cmdcare.co.uk)

## 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](mailto:Emma.1975@live.com)



## Help At Home

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

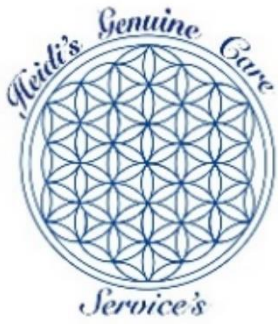
The services I offer are:

- **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](mailto:Emma_moreton_15@hotmail.com)



## 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](mailto:Heidixx40@icloud.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](mailto:Jabailey12@sky.com)



## Lilies Health Care

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](mailto: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.

07805410238 [Millarex247@gmail.com](mailto: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](mailto: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](mailto: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](mailto:blessingstevens41@yahoo.com)

## New!!!

## **Rosewell Care - Specialized Care Post-operative and hospital discharge care / Specialized care for children with complex medical needs**

At Rosewell Care, our mission is to deliver exceptional care services within our local community, ensuring individuals can live with dignity, independence, and the best possible quality of life. We provide comprehensive and compassionate care tailored to meet the unique needs of each person we serve.

### Our Services:

1. **In-Home Personal Care:**
  - Assistance with daily living activities (bathing, dressing, grooming)
  - Medication reminders and administration
  - Meal preparation and dietary support
  - Mobility and transfer assistance

2. **Companion Care:**

- Emotional support and companionship
- Assistance with recreational activities and social interaction
- Escort to appointments and social events

3. **Specialized Care:**

- Dementia and Alzheimer's care
- Post-operative and hospital discharge care
- Support for chronic conditions and disabilities

4. **Skilled Nursing Care:**

- Post-surgical and wound care
- Peg Feeding
- Catheter and ostomy care
- Pediatric Complex Care:
  - Specialized care for children with complex medical needs
  - Support for developmental and educational needs.

**Our Commitment:** At Rosewell Care, we believe that everyone deserves to live comfortably and with dignity in their own home. We are dedicated to enhancing the quality of life for our clients by providing care that is respectful, compassionate, and tailored to their unique needs.

**Contact Us:** If you or a loved one requires care and support, please reach out to us. We are here to answer your questions and provide a free consultation to discuss how we can best meet your needs.

- **Phone:** 07377441023
- **Email:** [rosewellcare1@gmail.com](mailto:rosewellcare1@gmail.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](mailto:sbmcs65@gmail.com)



## Villarossa Healthcare

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

07450273431

[villarossahealthcare@gmail.com](mailto: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](mailto: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](mailto: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](mailto:Angiecakes2009@hotmail.co.uk)



## Care At Home

Hi – my name is Anne and I am an experienced support provider working in Thurrock

I offer a range of support services in the home including:

- Fresh meal preparation
- Light housework
- Support with correspondence
- Support with appointments
- Companionship
- Respite support

No job is too small so please get in contact to discuss your requirements

**Areas covered: Stanford, Corringham, Orsett, Horndon on the Hill, Bulphan, Chadwell, East Tilbury, West Tilbury**

07771 798330 [Happyfeet3336@gmail.com](mailto:Happyfeet3336@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](mailto: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 [liliannwokocha@talktalk.net](mailto: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!

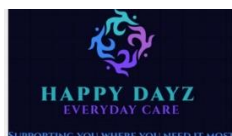
07886 551627 [Sharonsaf67@gmail.com](mailto:Sharonsaf67@gmail.com)



### **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](mailto:dan.shoben@btinternet.com)



### **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** [kickinearth@yahoo.com](mailto:kickinearth@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](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..

**07753690012** **07888703376** [Jandjsmiles@gmail.com](mailto: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](mailto: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](mailto: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/respice
- 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](mailto:Justthe2ofusthurrock@gmail.com)



Facebook

page

## KGS Services

My name is Kevin, and I am a local support provider offering tailored services for older people, people with disabilities and individuals with Alzheimers and dementia and their families. **Male carer**

I can offer:

- **Help at home including food preparation and shopping**
- **Respite care**
- **Days out – leisure activities, support to attend clubs, appointments (including transport)**
- **Companionship**
- **Dog walking**

**If you live in the South Ockendon, Grays, Chadwell, Tilbury, Linford, East or West Tilbury areas, then please don't hesitate to get in touch**

**07866 794444**   [kgshandy@yahoocom](mailto:kgshandy@yahoocom)

## 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

## Life - Change Diverse Living

### Our Mission

At Life Change Diverse Living, we address a universal concern: the need for independent living. Our mission is to empower individuals by catering to their unique needs and aspirations, creating tailored solutions that promote independence.

### Shopping

We offer assistance with your shopping needs, whether it's procuring groceries or your favorite magazines. Our goal is to ensure you have everything you need within easy reach.

### Transportation

Our staff can provide transportation to medical appointments or other destinations in town, ensuring you get there and back safely. We also assist with collecting prescriptions as needed.

### Housekeeping

Maintaining a clean and tidy home is important to many people. Our friendly staff is available to help with housework, ensuring your home stays in top condition.

### Laundry

Handling laundry tasks such as washing, ironing, and changing bed linens can be challenging. We are here to take care of these tasks for you.

### Home Support Service

Our Home Support Service in the Thurrock area offers a comprehensive range of assistance tailored to meet the diverse needs of our clients. In addition to our standard services, we provide meal preparation for those who find it challenging. We also offer companionship and respite services, with a focus on encouraging clients to participate in activities to the best of their abilities. Our approach fosters a sense of respect and self-worth, ensuring each individual feels valued and supported.

Please note: Home Support does not include personal care services such as bathing, dressing, or toileting.

### Personalized Care

Following an initial visit and assessment by our Home Support team, you will be paired with a dedicated Support Worker. This professional will help you with your tasks, build a trusting relationship, and monitor your health and well-being. We strive to offer a flexible service tailored to the unique needs of each individual.

For further information or assistance, please do not hesitate to contact us.

### Contact Information

**Telephone:** 07957279331 **Email** [info@lcdluk.co.uk](mailto:info@lcdluk.co.uk) or [fatima@lcdluk.co.uk](mailto:fatima@lcdluk.co.uk) [www.lcdluk.co.uk](http://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](mailto:looktobrooke@gmail.com)



**Look To Brooke**



**@LookToBrookeHomeHelp**



### Lydspecs Repairs and Services Ltd /Home care support

I am offering support at home with household tasks and support to access leisure and other activities. Covering all Thurrock .

Also offers experienced repairer of spectacles offers visiting service – home, residential care, hospital etc.

**07493 983331**

[Lydspecs@gmail.com](mailto:Lydspecs@gmail.com)



## 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](mailto:aquamariamilton@outlook.com)



## Pro4You Support

I am an experienced **male support** worker offering a personalised service to people with all types of disability including people with **complex learning disability, challenging behaviour, and mental health ill-health**. I offer a really flexible service and for example, can support with household chores, access to the community for leisure, exercise purposes, hospital appointments, shopping, day trips (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.

I am fluent in **English, Romanian and Hungarian**

**Please note that I am also a Makaton signer**

07588340741      [sz\\_ivan@yahoo.com](mailto:sz_ivan@yahoo.com)      [www.pro4yousupport.com](http://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](mailto: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](mailto: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](mailto:Tamacare19@gmail.com)

## Time of Your Life

Support for people living at home. Companionship, respite, sitting session.

**07830534814** [janetriches1959@gmail.com](mailto:janetriches1959@gmail.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](mailto:Tinas_helping_hands@yahoo.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](mailto:Yours4chores@hotmail.com)

**Support for people with learning and physical disabilities, brain injuries, autism and complex needs**



### **Aqua Robson Care**

Aqua Robson Care provides personalised services and care support specialised in learning disabilities and physical disabilities care.

**07565 426819 / 0800 689 0825**

[office@aquarobsoncare.co.uk](mailto:office@aquarobsoncare.co.uk)

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



### **Caring Locals**

Caring Locals offers a distinct care approach tailored to fit individual needs.

At "Caring Locals", we understand the unique challenges faced by individuals and families living with dementia, learning disabilities and Autism .

**01375 800762 / 07521 936320** [www.caringlocals.co.uk](http://www.caringlocals.co.uk)



### **3D's Healthcare Services Ltd**

My name is Shola Babafemi. I am a qualified nurse. I have several years of experience in caring for people.

We will go the extra mile to follow your rules and support your care needs and general wellbeing.

We specialise in providing homecare support services for the following groups:

Children (0 - 18yrs) ,Learning disabilities ,Mental health conditions, Physical disabilities

Grays, Chafford Hundred, Tilbury, Chadwell, South Ockendon

For more information, please call us on 07484760535

or email: [info@3dshealthcareservices.co.uk](mailto:info@3dshealthcareservices.co.uk)



RIS CARE LIMITED  
Your care Our concern.

**New!!! RIS CARE LIMITED**

My name is Amaka you can call me MAKY!

I am very passionate in caring for people.

After over 9 years of dedicated service in the health and social care industry, are met.

**Our range of services include.**

- Personal care which entails, bathing or showering, dressing , grooming, oral care and continent needs and any other help you may need to start your day right.
- We are proficient in Medication Management and Assistance
- Meal planning and preparation
- 24- Hour Support
- Respite Care
- Befriending & Emotional Support
- Housekeeping Services & Deep Cleaning
- Laundry & Gardening Services
- Shopping services
- Community Access such as Supported Outings/ Appointments / Day centres/ clubs/ Cinemas/ Bingos etc

At Ris Care Limited, our services don't stop there; we believe in forming strong, meaningful relationships with those we care for going the extra mile.

**Our clients' base includes:**

The Elderly Adults over 65years

The Adults under 65 years

The Young Adults from 18 and above

Learning Disabilities

Dementia Clients

Physical Disabilities

Mental Health Challenges

**Our areas of coverage include:**

Grays, Chafford Hundred, Tilbury, Chadwell St Mary, Ockendon and environs

For more information, please call us on 07852810840, 07846868996

Or Email: [riscarelimited@qualityservice.com](mailto:riscarelimited@qualityservice.com) Web: [www.riscare.co.uk](http://www.riscare.co.uk)



**Jusrade Care Ltd**

**CQC Inspected 2018 rated Good**

**Jusrade Care** 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](mailto:info@jusradecare.co.uk) / [www.jusradecare.co.uk](http://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](mailto:info@ontrackcareservices.co.uk) / [www.ontrackcareservices.co.uk](http://www.ontrackcareservices.co.uk)



### 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** [Carer@livingspring.com](mailto:Carer@livingspring.com)



**Living Spring Care**



PURE HEALTH CARE PVT LTD

Pure Health Care

Pure Health Care delivers care and daily life help to people in their homes, where they flourish the most. Our compassionate, skilled, and trustworthy carers make your life easier and give you peace of mind knowing that your loved ones are being cared for in a comfortable and secure environment

c

Pure Health is CQC registered, we focus on an individual tailor-made care.

### Areas of expertise

- 3. Autism, learning disabilities.**
- 4. Palliative care**

Contact us to learn more about our personalised in-home care services. We'll do our best to match you with someone who is well-trained, kind, and a good fit for your personality and interests.

Tel 07436 706537 Emails: [chishakas@yahoo.com](mailto:chishakas@yahoo.com) or [info@pure-healthcare.com](mailto:info@pure-healthcare.com)



### Pro4You Support

I am an experienced **male support** worker offering a personalised service to people with **complex learning disability, challenging behaviour, and mental health ill-health.**

I am fluent in **English, Romanian and Hungarian**

**Please note that I am also a Makaton signer**

07588340741

[sz\\_ivan@yahoo.com](mailto:sz_ivan@yahoo.com) [www.pro4yousupport.com](http://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

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](mailto:robethelcareservice@gmail.com)

### **Rosewell Care - Specialized Care Post-operative and hospital discharge care / Specialized care for children with complex medical needs**

#### **5. Specialized Care:**

- Dementia and Alzheimer's care
- Post-operative and hospital discharge care
- Support for chronic conditions and disabilities

#### **6. Skilled Nursing Care:**

- Post-surgical and wound care
- Peg Feeding
- Catheter and ostomy care
- Pediatric Complex Care:
  - Specialized care for children with complex medical needs
  - Support for developmental and educational needs.

- **Phone:** 07377441023
- **Email:** [rosewellcare1@gmail.com](mailto:rosewellcare1@gmail.com)



### **Shalom Support**

My name is Sue, I am a highly committed, and experienced Registered Mental Health Nurse, with experience in working with adults with learning disabilities, mental health and autism as well as dementia.

We are registered with CQC, so we also provide regulated personal care.

For more information, please contact us on:

**07985386720**

[info@shalomsupport.co.uk](mailto:info@shalomsupport.co.uk)

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



### **New!!! The Carers Group**

The Carers Group specializes in providing care, support, and accommodation in Essex for people who have a variety of needs including mental health conditions, complex care needs or a physical disability. Our high-quality care services are delivered to the elderly, as well as adults, young adults (care leavers), and children. From social companionship, respite care through to the more complex of care services including drug and alcohol dependency spinal injuries, acquired brain injuries, learning disabilities and mental health. We are committed to providing our clients with qualified, experienced, and reliable carers, support workers, that are professionally qualified to deal with complex care requirements.

**Mobile:** 0783 141 4884

**Telephone:** 0137 588 6333

**Email:** [info@thecarersgroup.com](mailto:info@thecarersgroup.com) [www.thecarersgroup.com](http://www.thecarersgroup.com)



### **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.

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

**01375 463632 / 07961111890 (24 hour on call services)**

### **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** <http://theacegroup1.wixsite.com/acegroup>





## Heart and Mind, Over 18's, ADHD/ASD Social Meet Up

**Heart and Mind, Over 18's,**

**ADHD/ASD Social Meet Up**

**Thursday evenings 7:00pm-9:30pm (every 4 weeks)**

**at The Casco Lounge Lakeside**

The event is **FREE** and informal. It is an incredibly diverse group of incredible individuals, who have a wide range of abilities including people who are nonverbal. For people who need extra support we ask that a parent or carer stay present for the evening and are included in the group.

For more information, please contact :

**Heidi Windham Edwards**

**MBACP (Accred), Dip Sup, FDAP**

**Director/Psychotherapist/**

**Tel: 07949972968** Email: [heidiheartandmind@me.com](mailto:heidiheartandmind@me.com)



## Invest in Yourself

**Family mediation, One-to-one support, Mentoring services**

Invest In Yourself is a unique project which provided a range of one-to one support for people who are struggling socially and emotionally. This program is availed for people from age **8 - 30**.

One to one **support in any of the following:**

- Social/ Emotional Support
- Low Confidence/ Self-esteem
- Behaviour/ Anger Management
- Drug/ Alcohol Misuse
- Career Support
- Life skills

### **Services**

One-to-One Mentoring ,Therapeutic Counselling, Mediation, Sports & Activities ,Family Support

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

**Sherrilyn Speid**

Contact number: 07782 194827 Email: [sherrilyspeid@investinyourself.org.uk](mailto:sherrilyspeid@investinyourself.org.uk)

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



### **SuperNova Centre - an extension of Ocean Care**

Centre offers new and creative activities aimed at promoting health and well-being for Post 16 SEN Young People

- The program tackles key health and social aspect of young people
- Promotion of Physical Health and Well-being
- Targeted at Young People with SEN.
- Run by Parents and Individuals with SEN.
- Flexibility and Independence for Complex Needs.
- Collaboration with Sports Facilities

### **Weekly Activities**

- **Cooking Sessions,**
- **Music Activities,**
- **Gaming Workshops,**
- **Gym Activities/Computing Skills**
- **Creative Arts Sessions**
- **And More**

### **Daily Opening times 10am - 3Pm**

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

Referrals to be sent to [supernovacener@oceancare.info](mailto:supernovacener@oceancare.info)

07447 665372      [aquamariamilton@outlook.com](mailto:aquamariamilton@outlook.com)

### **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](mailto:admin@tcil.org.uk)      [www.tcil.org.uk](http://www.tcil.org.uk)



### **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**

## 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:

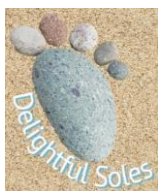
- Corns
- Callus
- Nail trimming
- Hard skin removal
- Cracked Heels
- Diabetic Foot Care
- Fungal Nails
- Verrucae
- Ingrown Nails
- 

All areas of Thurrock covered

07852 113717 [Aimee\\_trigwell@hotmail.com](mailto:Aimee_trigwell@hotmail.com)



@aimeesmobilefootcar



**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 Stanford Le Hope, Corringham, Fobbing and Horndon on the Hill**

07783473657

[lisbar@sky.com](mailto: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](mailto: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](mailto:Paulaharley73@yahoo.co.uk)



### 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 [tinasclearears@hotmail.com](mailto:tinasclearears@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**

#### **NEW!!**



#### **Hair At Home**

Hi – my name is Anne. I'm a qualified mobile hairdresser offering a range of hairdressing services including, cuts, trims, blow-drys and perms

Friendly service with competitive prices – please give me a ring to book your appointment

**Areas covered: Stanford, Corringham, Orsett, Horndon on the Hill, Bulphan, Chadwell, East Tilbury, West Tilbury**

**07771 798330**   [Happyfeet3336@gmail.com](mailto:Happyfeet3336@gmail.com)



**New!!!**

## Counselling Services



### Invest in Yourself

**Family mediation, One-to-one support, Mentoring services**

Invest In Yourself is a unique project which provided a range of one-to one support for people who are struggling socially and emotionally. This program is availed for people from age **8 - 30**.

One to one **support in any of the following:**

- Social/ Emotional Support
- Low Confidence/ Self-esteem
- Behaviour/ Anger Management
- Drug/ Alcohol Misuse
- Career Support
- Life skills
- **Services**

One-to-One Mentoring

Therapeutic Counselling

Mediation

Sports & Activities

Family Support

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

**Sherrilyn Speid Contact number: 07782 194827 Email: [sherrilyspeid@investinyourself.org.uk](mailto:sherrilyspeid@investinyourself.org.uk)**

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

### 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](mailto:Mymindmatters2019@outlook.com)**



**HEART AND MIND**  
**Private Practice Established 1992**

*Counselling, Psychotherapy, Couples, Coaching and Clinical Supervision*

We are a Professional Counselling, Psychotherapy and Coaching Practice. A chance for your voice and issues to be heard by a friendly Thurrock-based counsellor in a supportive, confidential setting.

Examples of issues we work with:

**Anxiety**

**ADHD/ASD**

**Depression**

**Stress**

**Family Issues**

**Couple Counselling**

**Low Self Esteem**

**Stress**

**Relationship Difficulties**

**Work Stress**

**Bereavement**

**Chronic Pain/Illness**

**Tel: 07949972968** Email: [heidiheartandmind@me.com](mailto:heidiheartandmind@me.com)

**New!**



**Heart and Mind, Over 18's,  
ADHD/ASD Social Meet Up**

**Heart and Mind, Over 18's,**

**ADHD/ASD Social Meet Up**

**Thursday evenings 7:00pm-9:30pm (every 4 weeks)**

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The event is **FREE** and informal. It is an incredibly diverse group of incredible individuals, who have a wide range of abilities including people who are nonverbal. For people who need extra support we ask that a parent or carer stay present for the evening and are included in the group.

For more information, please contact :

**Heidi Windham Edwards MBACP (Accred), Dip Sup, FDAP**

**Director/Psychotherapist/**

**Tel: 07949972968** Email: [heidiheartandmind@me.com](mailto:heidiheartandmind@me.com)



**New!**



## Life - Change Diverse Living

### About Me:

Hello, I'm Jonathan, a fully qualified Integrative Therapist with a master's degree in counselling. I am a registered member of the British Association for Counselling and Psychotherapy (BACP) and hold professional liability insurance. My holistic approach is grounded in Cognitive-Behavioural Therapy (CBT), Person-Centred Therapy (PCT), Behavioural Therapy (BT), Psychodynamic Therapy, Narrative Therapy, and expertise in trauma-informed care. I offer personalised support tailored to your unique journey.

### My Approach:

As a compassionate and skilled therapist, I am dedicated to helping individuals overcome obstacles, discover their inner resilience, and thrive. With specialised training in various therapeutic modalities, I bring a versatile toolkit to our sessions, ensuring personalised care that meets your needs and goals.

### Services I Provide:

- **Anxiety and Depression:** Addressing mood disorders with evidence-based CBT techniques.
- **Personal Growth:** Fostering self-discovery and empowerment with PCT's client-centred approach.
- **Behavioural Patterns:** Exploring coping mechanisms and interpersonal dynamics through BT interventions.
- **Unresolved Issues:** Uncovering underlying conflicts and unconscious processes with psychodynamic insights.
- **Narrative Therapy:** Helping you reframe your story and find new meanings in your experiences.
- **Trauma-Informed Therapy:** Providing sensitive and supportive care for trauma survivors, ensuring safety and empowerment.

### How I Can Help:

Whether you're facing mental health challenges, navigating life transitions, or seeking personal growth, I am here to support you. Together, we will identify your goals, explore your strengths, and develop practical strategies to enhance your well-being and resilience.

### Get Started:

Embarking on the journey of therapy is a courageous decision. If you're ready to start your path to healing and growth, I invite you to schedule a free consultation. I offer remote counselling sessions via Zoom or Teams. Let's work together towards greater clarity, resilience, and fulfilment.

Thank you for considering my services. I look forward to accompanying you on your journey towards a more fulfilling and meaningful life.

### Contact Information

Email: [Jonathankoleosho@outlook.com](mailto:Jonathankoleosho@outlook.com)

Telephone: 07772307062

## 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**

**07590664888** [susantimson@aol.com](mailto:susantimson@aol.com)



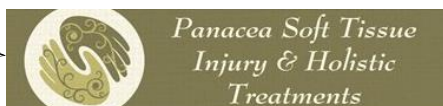
**Massage Therapy**

## 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](mailto:tj300156@gmail.com)**



## 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](mailto:Panacea.debby@yahoo.co.uk)

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



## Healthy lifestyle/nutritional support

### Nutrificient Life



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@nutrificentlife.com](mailto:info@nutrificentlife.com) [www.nutrificentlife.com](http://www.nutrificentlife.com)



Nutrificient life



Nutrificient

## Wellbeing Support/Coaching



### 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](http://www.ucandotransformation.com)

[welcome@ucandotransformation.com](mailto:welcome@ucandotransformation.com)



## 'Goods / Meals 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.

Dedicated to more than just delivering daily, freshly prepared, nutritious hot meals. We genuinely care about our customers and families, so we offer a complimentary welfare check and report service and complimentary plate up and encourage to eat service along with a cuppa or cold drink and quick chat.

**In addition to the above we offer a Liquidised meal service and feeding service**

Want to see us in action? Why not watch this film that's been created, which connects people needing support to local businesses like us who can provide it:

<https://bit.ly/DeliverEatFilm>

Please see the website for further details

[www.delivereat.uk](http://www.delivereat.uk)

All enquiries to [delivereatuk@hotmail.com](mailto:delivereatuk@hotmail.com) 07545 839126

### 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](mailto:katie@refillcabin.co.uk) [www.refillcabin.co.uk](http://www.refillcabin.co.uk)



\_refill cabin



refillcab

### 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](mailto:caretoremember@outlook.com)

#### New Beginnings

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

07970 640876

[Paulinewhite1967@outlook.com](mailto:Paulinewhite1967@outlook.com)

#### Thurrock Forget-Me-Nots

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

Weekly reminiscence session/ social group on Tuesday 10:00 to 12:00 at Headon Hall Grays.

07845939612



Support for people with mental ill health

### Reach Out For Mental Health (ROFMH)

#### **FREE counselling and befriending**

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.

Opening hours are 11am-7pm.

People can self-refer either by phone **07308 069 609** or by email [referral@reachoutfmh.co.uk](mailto:referral@reachoutfmh.co.uk)

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

**07308 069 609** [info@reachoutfmh.co.uk](mailto:info@reachoutfmh.co.uk)

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



[www.twitter.com/ReachOutFMH](https://www.twitter.com/ReachOutFMH)



[www.facebook.com/ReachOutFMH](https://www.facebook.com/ReachOutFMH)



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](mailto:Lyn-currie@hotmail.co.uk)

[www.gonetoosoon.online](http://www.gonetoosoon.online)



– **GoneTooSoon**

### 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)**

#### **New Me New Dawn—CW events**

Social interest company offering lived experience psychological and emotional support for people with a cancer diagnosis/long term conditions , their families and other loved.

Telephone/ WhatsApp support only

**07711 062 103 [elizabeth.crisp1@btinternet.com](mailto:elizabeth.crisp1@btinternet.com)**



### 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 2<sup>nd</sup> 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

## 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](mailto:Info.helphandz@gmail.com) [www.helpinghandz.co](http://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](mailto:Janshaw35@yahoo.co.uk)





## Home Maintenance Services /Removals

### 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](mailto:Info.helphandz@gmail.com) [www.helpinghandz.co](http://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](mailto: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)



### KGS Handy Services

Hi – my name is Kevin and I carry out small odd jobs and DIY, bigger building projects and offer maintenance around the home and garden

I can offer the following services:

- Key box/safe installation
- Ring Doorbell installation
- Flat pack assembly
- Painting and decorating
- Cleaning fascias, soffits, guttering, jet-washing patios etc.
- Gardening services including one-off and regular garden maintenance
- Any other job considered

**I am very flexible; no job is too small so if you live in the South Ockendon, Grays, Chadwell, Tilbury, Linford, East or West Tilbury areas, please feel free to get in contact**

**07866 794444** [kgshandysservices@yahoo.com](mailto:kgshandysservices@yahoo.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](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)

### 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.

**07526262357**

[Paulgiroud24@gmail.com](mailto: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 in **South Ockendon**

**07552 668833**

**[bloomingtidy@outlook.com](mailto:bloomingtidy@outlook.com)**

**New!!!**

### **CMD Care: Light Gardening Service**

Hi!

My name is Claire-Marie David and I run CMD Care.

I have a passion for gardening and would love to help you with any of your gardening needs. My light gardening services can help provide essential upkeep and maintenance to keep your garden vibrant, healthy, and beautiful. It is ideal for those who love their outdoor spaces but may need a bit of assistance, my service ensures that your garden remains a place of relaxation and enjoyment.

The tasks I can perform are:

**Weeding / Watering / Pruning / Planting / Mulching / Deadheading / Leaf and Debris Clearing / Lawn Edging**

My light gardening services are ideal for those who appreciate the beauty of their garden but may lack the time, physical ability, or expertise to maintain it themselves.

You can visit my website for more information: [www.cmdcare.co.uk](http://www.cmdcare.co.uk)

Call / message / Whatsapp me on: 07591817646

Email: [info@cmdcare.co.uk](mailto:info@cmdcare.co.uk)

### **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](mailto: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](mailto:Info.helphandz@gmail.com) [www.helpinghandz.co](http://www.helpinghandz.co)

## **Peter's Helping Hands**

Hi – my name is Peter and I offer a gardening service – regular maintenance and one-off jobs.

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

**07488 367098**

[prawlins2013@gmail.com](mailto:prawlins2013@gmail.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](mailto:Lydspecs@gmail.com)**



**Opportunities to access training, employment**

### **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](http://www.onecommunity.org.uk)      [info@onecommunity.org.uk](mailto:info@onecommunity.org.uk)**

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

### **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](mailto:admin@tcil.org.uk)      [www.tcil.org.uk](http://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](mailto: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** <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

07806529110 [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 £5 per session

Patricia- 07803 135482 [patriciabwebb@aol.com](mailto:patriciabwebb@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](mailto: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

**New service!!!**



**FOR CRAFT AND PLAY THE PYRAMID WAY**

### **Who are we?**

We are The Pyramid Centre, also known as Thurrock Play Network. We are a charity that specialises in the recycling and repurposing of pre-loved goods through the means of arts and crafts, and other resources, which might have otherwise gone to landfill.

### **What we do?**

We look to contribute to the local community in as many ways as possible, whether it's acting as a support hub for emotional and mental wellbeing, running or supporting community led events (including eco-fairs, first aid training, community lunches, park events and school fetes) or opportunities to express creativity with volunteer led arts and crafts workshops, including knitting, sewing and calligraphy. We aim to make our activities either free or at minimum cost. As a non-profit making organisation, all money raised goes back into the charity and remains within the community.

### **Why do we do it?**

A genuine passion for the community, and a core belief that play should be freely available for children as well as adults of all ages and abilities. We see play as a fundamental right with significant

mental and physical health benefits and a fantastic way to bring people together through the means of sharing and enjoying the many forms of arts and crafts and encouraging an appreciation of the natural environment.

social media <https://linktr.ee/thepyrmidcentrethurrock>

Email [info@thurrockplaynetwork.co.uk](mailto:info@thurrockplaynetwork.co.uk)

Address: Heath road , Chadwell St Mary ,RM164XH ,01375387783

**Opening hours**

**Wednesday**

**12pm-6pm**

**Thursday/Friday**

**9.30am-3.30pm**

**Saturday**

**9.30am-1.30p**





## 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 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.

Base in Treetops school , Buxton road, Grays, RM16 2WU

Please contact me for further information

07740 546413    [craig@altmovement.co.uk](mailto:craig@altmovement.co.uk)    [www.altmovement.co.uk](http://www.altmovement.co.uk)



Alternative Movement

### Animated Physiotherapy Pilates Class

If you're suffering from a sore back, or conditions such as osteoarthritis or fibromyalgia then our classes are for you. Feel stronger, more flexible, and banish aches and pains.

Classes held Monday-Saturday mornings & Monday-Thursday evenings from our Noak Bridge Studio (SS15 4ER). Your first class is free!

Book your first class for free via [animatedphysio.co.uk](http://animatedphysio.co.uk)

Email: [info@animatedphysio.co.uk](mailto:info@animatedphysio.co.uk) Phone: 07478719439



**Club Fit @ Fabulous - Where age is just a number and everyone is welcome!**

**Offering Zumba Gold, Beginners Mat Pilates and Seated Pilates classes to improve health, wellness, posture, balance, coordination and also your social life! All details can be found on my website and where there are spaces you can book your first 5 weeks half price which will help you to form a new active habit and feel part of my fitness community. Please contact me to book if online booking is not possible.**

**Zumba Gold** – Zumba but not quite so fast! An hour long fun, low impact, easier to follow dance class which will leave you smiling and singing! There are no twists, jumps, turns or spins so its suitable for all ages and fitness abilities!

**Beginners Mat Pilates** - Classes are one hour and are suitable for all abilities to improve posture, balance, core strength, muscle length and tone, coordination, flexibility and overall mobility. The list of benefits really is endless when you start to practice Pilates so grab your mat and join me!

**Seated Pilates** - An hour long seated and assisted standing class for anyone who would like to improve their balance, core strength, muscle length and tone, posture, flexibility and overall mobility without needing to get down onto the floor. The list of benefits is endless when you start to practice Pilates and this class is planned around a chair that can be used to assist for the standing exercises.

### **Monday**

**The Springhouse Club, Springhouse Road, Corringham Road. Stanford Le Hope. SS17 7QT**

10am - Beginners Mat Pilates

11.15am - Zumba Gold

12.30pm - Seated Pilates

**Elizabeth Gardens, Long Lane, Grays RM16 2NQ**

2.30pm – Seated Pilates

### **Tuesday**

**The Chantry Centre, Chantry Way. Billericay. CM11 2BB**

10am - Beginners Mat Pilates

11.15am - Zumba Gold

1.30pm - Seated Pilates

### **Wednesday**

**The Chantry Centre, Chantry Way. Billericay. CM11 2BB**

9.30am - Beginners Mat Pilates

10.45am - Zumba Gold

**Thursday**

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

10am - Zumba Gold

11.15am - Beginners Mat Pilates

**Thursday**

**The Chantry Centre, Chantry Way. Billericay. CM11 2BB**

1.30pm - Seated Pilates

**07970 285056** [lisa@fitandfab.co.uk](mailto:lisa@fitandfab.co.uk) [www.fitandfab.co.uk](http://www.fitandfab.co.uk)

### **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** [danieljperry@live.co.uk](mailto:danieljperry@live.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, Tues, Thurs, Sat only and occasional holidays are offered.

**07854 747754** [rdasugarloaf@gmail.com](mailto:rdasugarloaf@gmail.com) [www.sugarloafrda.org](http://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

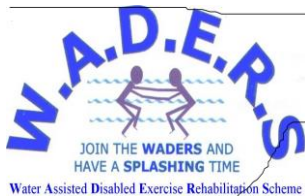
We offer a range of different sessions, both 1-on-1 and in groups, including: -

- 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](mailto:reece.rixson@thecarpyvikings.com) [www.thecarpyvikings.com](http://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 Laindon**

Tuesday 7.30-8.10pm & 8.20-9pm

#### **Impulse Leisure Blackshots Teaching Pool**

Tuesday 8-9pm

#### **Impulse Leisure Corringham**

Friday 11.30am-12.15pm & 12.15-1pm

**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**

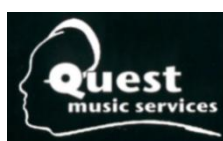
## Music, Singing and Drama

### **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](mailto:info@creativeblastcompany.com) - [mandy@creativeblastcompany.com](mailto:mandy@creativeblastcompany.com)**

**[www.cbacademy.com](http://www.cbacademy.com) — <http://creativeblastcompany.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      [questmusicservices@hotmail.com](mailto:questmusicservices@hotmail.com)      [www.questmusicservices.com](http://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!

**Website: [www.wearecreativesthurrock.uk](http://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

### **Community Church Chadwell St Mary, Coffee Corner**

#### **Knit & natter -**

**Tuesdays**, 9.30am - 11.30am. The Beacon Centre (upstairs but accessible by lift), Drake Road, Chafford Hundred, RM16 6RW

**Wednesdays**, 9.30am - 11.30am Community Church Chadwell St Mary, Defoe Parade, RM16 4QR

Both groups are **free**, accessible and open to all abilities. Materials can be supplied

Contact

01375484101 [office@mycommunitychurch.org.uk](mailto:office@mycommunitychurch.org.uk) fb: <https://www.facebook.com/chaffordknitnatter>

#### **Piglets Baby & Toddler Group -**

**Mondays (term time only)** 10am - 11.15am. The Beacon Centre (upstairs but accessible by lift), Drake Road, Chafford Hundred, RM16 6RW

**Thursdays (term time only)** 10am - 11.15am. Community Church Chadwell St Mary, Defoe Parade, RM16 4QR

£2 for parent/carer & child, 50p per additional child

Contact Nicola 07897175651

[nicola.lambert@mycommunitychurch.org.uk](mailto:nicola.lambert@mycommunitychurch.org.uk) fb: <https://www.facebook.com/Pigletstoddlergroup>

[office@mycommunitychurch.org.uk](mailto:office@mycommunitychurch.org.uk) [www.mycommunitychurch.org.uk](http://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.uk](mailto:contactus@thecommunityhouse.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@corringhamchurch.co.uk](mailto:info@corringhamchurch.co.uk) <https://www.corryinghamchurch.co.uk/clubs-groups/coffee-break/>



Home Cooked Dishes

Community Service Delivered2U

### **WISE & WONDERFUL MONTHLY EVENTS (FOR THE ELDERLY AND VULNERABLE)**

Don't feel Isolated or Lonely, come and join us:

Join us for our Monthly Wise & Wonderful Events

See our website [www.delivereat.uk/wise](http://www.delivereat.uk/wise) and wonderful for date/times/venues and menu or enquire to [delivereatuk@hotmail.com](mailto:delivereatuk@hotmail.com) or text to **07545839126**

BOOKINGS ONLY

**Transport can also be provided to pick up and return.**

#### **Drop In Coffee Morning**

Friendly drop in coffee mornings

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

Everyone is welcome!

**07798 527667**

[demuslee@talktalk.net](mailto:demuslee@talktalk.net)

#### **Re - Engage**

**Our tea parties** are monthly Sunday social groups open to people aged 75 and over, and give older people regular afternoons of conversation and laughter with friends of all ages.

In order to join Re-engage tea parties you will need to contact Loraine Coleman the Area Coordinator on 07468 573500.

We look forward to hearing from you.

**Lorraine/Mick Coleman** 07468 573500 [thecolemans62@hotmail.com](mailto:thecolemans62@hotmail.com)

#### **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**



## Social Clubs

### *SuperNova Center*



#### **SuperNova Centre - an extension of Ocean Care**

Centre offers new and creative activities aimed at promoting health and well-being for Post 16 SEN Young People

- The program tackles key health and social aspect of young people
- Promotion of Physical Health and Well-being
- Targeted at Young People with SEN.
- Run by Parents and Individuals with SEN.
- Flexibility and Independence for Complex Needs.
- Collaboration with Sports Facilities

#### **Weekly Activities**

- **Cooking Sessions,**
- **Music Activities,**
- **Gaming Workshops,**
- **Gym Activities/Computing Skills**
- **Creative Arts Sessions**
- **And More**
- **Daily Opening times 10am - 3Pm**

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

Referrals to be sent to [supernovacener@oceancare.info](mailto:supernovacener@oceancare.info)

07447 665372      [aquamariamilton@outlook.com](mailto:aquamariamilton@outlook.com)





### **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 9-4pm**

**Saturday – 10-4pm**

**01375 373215 [parish.office@gttm.org](mailto:parish.office@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](mailto:Bundlesoffluffpetcare@gmail.com)



**Bundles of Fluff**



### Pato's Pet Care Services

We offer 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](mailto:patowalkdog@gmail.com)



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



[Patospetcare](#)

## Other services

### New service!!!



## FOR CRAFT AND PLAY THE PYRAMID WAY

### Who are we?

We are The Pyramid Centre, also known as Thurrock Play Network. We are a charity that specialises in the recycling and repurposing of pre-loved goods through the means of arts and crafts, and other resources, which might have otherwise gone to landfill.

### What we do?

We look to contribute to the local community in as many ways as possible, whether it's acting as a support hub for emotional and mental wellbeing, running or supporting community led events (including eco-fairs, first aid training, community lunches, park events and school fetes) or opportunities to express creativity with volunteer led arts and crafts workshops, including knitting, sewing and calligraphy. We aim to make our activities either free or at minimum cost. As a non-profit making organisation, all money raised goes back into the charity and remains within the community.

### Why do we do it?

A genuine passion for the community, and a core belief that play should be freely available for children as well as adults of all ages and abilities. We see play as a fundamental right with significant mental and physical health benefits and a fantastic way to bring people together through the means of sharing and enjoying the many forms of arts and crafts and encouraging an appreciation of the natural environment.

social media <https://linktr.ee/thepyrmidcentrethurrock>

Email [info@thurrockplaynetwork.co.uk](mailto:info@thurrockplaynetwork.co.uk)

Address: Heath road , Chadwell St Mary ,RM164XH ,01375387783

### Opening hours

#### Wednesday

12pm-6pm

#### Thursday/Friday

9.30am-3.30pm

Saturday 9.30am-1.30p

### **Thursday drop in repair shed.**

It's a bring and mend your clothing session from 2pm to 4.30pm every Thursday afternoon St Michael's Church, Aveley

There is always a warm welcome and refreshments. You can leave your sewing or wait for it to be mended.

Everyone is welcome!

**07798 527667**

[demuslee@talktalk.net](mailto:demuslee@talktalk.net)

### **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](mailto:trup.org@gmail.com)



**SERVICE  
AWARDS  
2020**

**Best Community  
and Neighbourhood  
Initiative**

**- WINNER**



Find services at:

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

### Online Directories :

**Frontline Home ([essexfrontline.org.uk](https://essexfrontline.org.uk))**

**Small Good Stuff | A free directory of community micro-enterprises who offer care and support locally ([communitycatalysts.co.uk](https://communitycatalysts.co.uk))**



**LEVEL-UP**

Your  
business  
with

**TikTok**

**Free Training**

Register interest at your  
library



Scan code to  
know more

For more information on the various library services  
available, please visit [thurrock.gov.uk/libraries](https://thurrock.gov.uk/libraries)

[thurrock.gov.uk](https://thurrock.gov.uk)