

Stronger Together Thurrock

October 2026

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Thurrock Micro-Enterprise Scheme

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

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

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



What is a Micro-Enterprise?

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

They:

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

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

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

Or send an email to Communitybusiness@thurrock.gov.uk

Why should I choose one?

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

Trust and confidence

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

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

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

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

How much does a service cost?

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

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

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

Yes – providing the service 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) and
Small Good Stuff | A free directory of community micro-enterprises who offer care and support locally (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.

This directory contains a list of small, independent care and support services in Thurrock, known as **Care Micro-Enterprises (CMEs)**.
The aim of this directory is to offer people **more choice** in finding a **personal, local care or support service** that suits their individual needs. These Micro-Enterprises are often deeply rooted in the community and can offer a more flexible, person-centred approach.
Because they are **small businesses**, CMEs are often able to provide the **time, consistency, and continuity** needed to build strong relationships and a real understanding of the people they support.

It is important to note that providers on this list are not accredited or regulated in any way by Thurrock Council. While many offer valuable support within the community, it is essential that you understand the risks and responsibilities involved in engaging with unregistered care providers.

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

- **Neither you nor the person you support can choose if you are self-employed or not.**

A Micro-provider must be sure of their self-employment status There are a series of factors which determine a lawful self-employment status result and only HMRC can provide this. They should have a CEST tool result that they can show you which they would complete here: Check employment status for tax - GOV.UK (www.gov.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

Specialisms: OP - Older people (65+), D - Dementia, PD - Physical disability, LDA - Learning disability, autism and ADHD, MH - Mental health, SI - Sensory impairment, YA -Younger adults, AD - People who misuse alcohol or drugs

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

AMA SUPPORT CARE SERVICES

Welcome to Ama Support Care Services, Where Care Feels Like Family. At Ama Support Care Services, a family-owned business led by Amanda and Samson, we are dedicated to delivering personalized, high-quality care that truly feels like family. Our approach is all about building meaningful relationships with each client and ensuring person-centred care tailored to their needs.

Also, we're CQC Regulated. Our Services:

- Support and Dementia Care
- Independent Living Support
- Home Care for Older People/ Personal Care
- House Cleaning
- Shopping Assistance
- Social Activities & Outings
- Appointment Support & Prescription Collection
- Companionship and Respite Care

Our clients always come first. We know that change can be challenging, but together, we believe in making a positive difference.

Contact Us Any time: 07453 988 672 / 07533 888 007/0333 327 9383

info@amasupportcareservices.com www.amasupportcareservices.com

Specialisms: OP, D, YA, AD, MH _Area covered: Thurrock _Languages: English, Igbo

Aqua Robson Care Ltd
Care in the comfort of your home

Aqua Robson Care

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

Our specialism is in providing quality care supporting dementia and cognitive impairment, mental health care, learning disabilities and physical disabilities care, and sensory care
All aspects of care and home support can be provided. Please visit our website for full details
07565 426819 / 0800 689 0825

office@aquarobsoncare.co.uk https://www.aquarobsoncare.co.uk/

Specialisms: OP, D, PD, LDA, MH, SI, YA,

Area covered: Thurrock **Languages: English,**

Taiwo Owoseni
24 The Surrells
Stanford Le Hope
info@atapexhouse.co.uk
Official Phone: 07561759000

At Apex House LTD

Hello, my name is Taiwo, and I am an experienced support worker with many years of expertise in assisting adults with a variety of disabilities, including complex learning disabilities, challenging behaviours, and mental health conditions.
I provide a flexible, tailored service to meet your specific needs, whether you require:
Daily Living Support
Companionship
Shopping Assistance
Housekeeping & Laundry
Meal Preparation
Sitting & Respite Services
Support Accessing the Community (leisure, exercise, appointments, and more)
Benefit Support & Administrative Tasks
I am mobile and available to provide both day and night care in the **Thurrock and neighbourhood area.** My approach is highly adaptable, ensuring that the care you receive is personalized to your preferences and requirements.
If you're looking for reliable, compassionate, and professional support, I would be happy to discuss how I can help.
Let's talk about how I can support you or your loved ones!
CQC registered.

Contact me today:
07561 759 000 / 07493467095 info@atapexhouse.co.uk

Specialisms: OP, D, YA, LDA, MH, AD Area covered: Thurrock Languages: English

BS Care Management

BS Care Management Services is a small care company based in Tilbury but offering care and support services throughout Thurrock. **CQC Registered for Treatment of disease, disorder or injury**

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 **www.bscaremanagement.co.uk**

Specialisms: OP, D, PD, LDA, MH, SI, AD Area covered: Thurrock Languages: English,

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. Our rates for these services start from £23.**

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** ade.ojedele@caringlocals.co.uk **and** admin@caringlocals.co.uk www.caringlocals.co.uk

Specialisms: OP, D, PD, LDA, YA , caring for children (0 - 18yrs)

I care... Ambassadors

Area covered: Thurrock **Languages: English**

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 www.dioncareservices.co.uk

Specialisms: OP, D, PD, MH, YA, A Area covered: Thurrock **Languages: English**

Connect Living Hub

Hi, I'm Anthony, **a qualified Physiotherapist** with Chartered status from the Chartered Society of Physiotherapy (CSP) and registered with the Health and Care Professions Council (HCPC).

Connect Living Hub was started because of the belief that everyone deserves the chance to live independently, feel their best and reach their full potential.

We are dedicated to supporting adults in the community to be independent and promote their wellbeing. We are CQC registered and we offer supportive home care services for people living with physical and/or mental health problems. This support could look like:

- helping to prompt and supervise people with their personal care
- assisting people with meal preparations and making shopping lists
- helping with starting and completing administrative tasks (for example, making calls, booking and accompanying to appointments)
- re-ordering and collecting medication prescriptions
- doing light housework

We have an experienced team who are skilled professionals in the medical and health and social care fields. They can assist with additional things that develop muscle strength, improve mood and help people feel at their best. This includes:

- **physiotherapy (1-to-1 or within a small group)**
- **creating personalised exercise programmes (to improve mobility function, reduce risk of falls and enhance general fitness)**
- **1-to-1 support when people leave hospital to help them get back on their feet**
- **tips and practical ways to manage any stress and practicing mindfulness**
- **teaching people about health and wellbeing**
- **key-working sessions with different topics, for example budgeting/setting goals**

Our goal is to inspire a good quality of life. We know that care is not "one size fits all." That's why we take the time to get to know you personally, listen to what matters most, and tailor our support to your life. If there is something additional you need that's not listed above, just ask – we're here for you.

Contact details:
Email - connectlivinghub@gmail.com Telephone - 07352 264850
Website - www.connectlivinghub.com

Specialisms: OP, PD, YA, MH,LDA

Area covered: Thurrock

Languages: English

MJDK Limited / Dawn Healthcare Service

Social Care and Forensic Support

At **Dawn Healthcare Services**, we provide tailored social care and **forensic support** solutions designed to meet the diverse needs of individuals within the community. With over 20 years of hands-on experience across a wide range of healthcare environments—including hospitals, nursing homes, and secure settings — I bring a depth of knowledge and a commitment to excellence in client care. Expertise includes one-to-one support, holistic support planning, Continuing Healthcare (CHC) services and Best Interests Assessments (BIA). Specialise in transitional support for individuals moving from secure settings, helping them reintegrate safely and confidently into the community. I am deeply passionate about empowering vulnerable and disadvantaged individuals, driving positive change, and promoting independence and dignity in every aspect of care.

Our key services include:

- Independent Living Support / Well-being Promotion
- Social Engagement Activities and Outings /Companionship and Respite Care
- Accompaniment to GP and **Probation Appointments**
- Tailored Support and Therapeutic Interventions
- Multi-Agency Collaboration and Effective Communication
- **Liaison with the Criminal Justice System**
- **Support with Transitions from Secure Care**
- PA Services

Contact: 07988329472 Email : mjdoka@hotmail.com

Specialisms: LDA, MH, D, YA , AD, Forensic support Area covered: All Thurrock

Languages: English

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.

For more information, please call us on **07455686600 or 07484760535** or email info@3dshealthcareservices.co.uk

www.3dshealthcareservices.co.uk https://www.cqc.org.uk/location/1-3801799507 **Specialisms: OP, D, PD, LDA, MH, YA Area covered: All Thurrock Languages: English**

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

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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

Integrated Support Service Ltd - Ultimate Care Always

Specialisms: OP, D , PD , LDA , MH, SI, Area covered: Thurrock **Languages: English**

Jolly Care

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 / 0137 552 3525 Info@jollycare.co.uk www.jollycare.co.uk

Specialisms: OP, D, PD,

Area covered: Thurrock

Languages: English

JOSEPHINE CARE Services facilitate and support clients to access community activities, social gatherings, medical appointments and leisure activities with staff able to accompany client in a wide range of situations.

Our team consists of experienced and qualified professionals committed to ensuring the well-being and comfort of our clients.

Our Services:

- **Personalised Care Plans:** We understand that every individual has unique needs. Our team works closely with service users and their families to develop personalised care plans that address specific requirements and preferences.
- **Qualified and Compassionate Staff:** Our caregivers are highly trained, certified, and selected for their compassion and dedication to providing excellent care. They undergo regular training to stay updated on the latest caregiving techniques and best practices.
- **Comprehensive Range of Services:** Josephine Care Limited offers a wide range of support services, including companionship, mobility assistance, cleaning, shopping and meal preparation.

Please contact us 07527843730, admin@josephinecare.uk
https://josephinecare.uk.

Specialisms: OP, MH, YA,

Area covered: Grays and surrounding PCN **Languages: English**

Jusrade Care Ltd

CQC Inspected 2018 rated Good

Domiciliary care agency

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

24/7 contact 07714345750 Office 01375 489494

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

Specialisms: OP, D, PD, LDA, MH, SI, YA,

Area covered: Thurrock **Languages: English**

More-Time Healthcare Limited

Compassionate Care in the Comfort of Your Home

At More-Time Healthcare Limited, we understand that home is where the heart is. As a CQC registered domiciliary care provider in Thurrock, Essex, we're committed to delivering exceptional, person-centred care that allows you or your loved ones to maintain independence and dignity in familiar surroundings.

Our CEO and Registered Manager, **a nurse with** over 37 years of experience, leads our team of highly trained and compassionate carers. This wealth of expertise ensures that we provide not just care, but understanding, empathy, and unwavering support to every individual we serve.

Tailored Care for Complex Needs

We specialise in a wide range of care services, including:

- **Palliative Care:** Providing comfort and support during life's most challenging moments
- **Dementia and Alzheimer's Care:** Offering patience, understanding, and specialised techniques to enhance quality of life
- **Diabetes Management:** Assisting with monitoring, medication, and lifestyle adjustments
- **Mobility Support:** Helping maintain independence and preventing falls
- **Oxygen Therapy:** Ensuring proper administration conditions
- **Stoma Care:** Providing hygienic and dignified assistance
- **Catheter Support:** Offering expert care to prevent complications and ensure comfort

Choosing More-Time Healthcare Limited means choosing a partner in your well-being journey. We don't just provide care; we build relationships, foster independence, and create an environment where you can thrive.

Our diverse team reflect the community we serve, ensuring cultural sensitivity and personalised care that respects your background and values.

With More-Time Healthcare Limited, you're not just a client – you're family. We're available around the clock, providing the support and reassurance you need to live life to the fullest in the place you love most – your home.

Contact us today to discover how we can support you or your loved ones in living a more independent, dignified, and fulfilling life at home.

+447906 212858 +4413755 03102 info@moretimehealthcare.com

https://moretimehealthcare.com/

Specialisms: OP, D, PD, Area covered: Thurrock **Languages: English**

On Track Care Services

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

01375 806195 / 07391653621 (24 hour on call services)

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

Presanne Care Consultancy Ltd

CQC inspected 2022 - rated Good

My name is Anne and I run a small care agency in Grays that offers really personalised services tailored to your needs. We provide domiciliary homecare services to adults with specialist care needs, we help them to live safely in their own homes and encourage independent living.
We strive to ensure that our clients and families receive high-quality care that is person-centred.
Our services include:

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

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

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

Presanne Care Consultancy Ltd **@Presanne Lt**

Specialisms: OP, D , PD , LDA , MH, SI, YA, Area covered: Thurrock Languages: English

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 or info@pure-healthcare.com

Website:

pure-healthcare.com

Specialisms OP , PD, LDA, YA

Area covered: Thurrock

Languages: English

RIS CARE LIMITED
Your care Our concern.

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

Web: www.riscare.co.uk

Specialisms: OP, D, PD, LDA, MH, YA

Area covered: Thurrock

Languages: English

Robethel Support Service

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

At Robethel Support Service, we provide user-led services where each service user is treated as an individual and supported according to his or her specific needs. We support young adults, older people, people suffering with learning difficulties, anxiety and depression across various age groups; as well as any other form of disability. We can help with household tasks such as cleaning, laundry, ironing, cooking and shopping. We can help clients book appointments and go with them to their appointments. We can keep service users' company in their homes or when they want to go out so each day is made special. We are there when our service users are feeling down or low and just want someone to talk to. We listen and point service users to the right agencies for further support if need be. We love to look after people, make them feel valued and make sure they are happy with the service(s) we have provided. Nothing is too much. We also help service users to find out information about benefits and support them to apply, as well as other administrative tasks. If any service user suffers from dementia, we have been trained to understand their language and support them effectively. So, get in touch with us for your personalised support service:

07827133183, 07931565728 robethelcareservice@gmail.comWebsite: www.robethelsupport.com

Specialisms: OP, D, YA, Area covered: All Thurrock

- **Languages: English, Igbo**
- **Cultural needs: We can prepare African meal**



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.

07985386720 info@shalomsupport.co.uk Www.shalomsupport.co.uk
Specialisms: LDA, MH, YA Area covered: Grays and surrounding PCNSouth Ockendon, Aveley & Purfleet PCN

Languages: English, Doula – Cameroon, Bangali , Hindi, Urdu, Shona, Ndebele, French, Yoruba and Igbo

SHUNEM CARE

Shunem Health and Social Care consists of qualified nurses, social workers, and support workers. As a family-based business, we prioritize delivering high-quality care to clients in the comfort of their homes.

We specialize in supporting individuals with complex needs and provide transport assistance using an adaptive, wheelchair-accessible vehicle. Shunem Health and Social Care is registered with the Care Quality Commission (CQC).

KEY SERVICES

1. Specialist in complex needs such as:
   - Ileostomy/ colostomy care
   - Peg feeding and support
   - Medication intervention
   - Dementia/ Alzheimer's care and support
   -Oxygen therapy
   - Palliative Care
   - End of life care
   -Assistant with complex hospital discharge
2. Personal Care
3. Companionship
4. Live in care
5. Accompanying clients for appointments
6. Shopping assistant
7. Respite care
8. Meal preparation and nutrition support
9. Independent living support
10. Cleaning
11. **Transport service with a carer on Board. We have adaptive vehicle Wheelchair accessible. We do recommend 24 hours booking service. Our booking number 07931242439/02034889790.**

Please call or email for further information: Mobile:07868660879/ 07462316117 Landline: 02034889790 Email: Info@shunemcare.co.uk

Specialisms: OP, D , PD , LDA , MH, YA,

Languages: English, Hindu, Bangali, Punjabi, Urdu, Russian, Turkish, Swahili, Polish, Romanian, Yoruba and Twi

Areas covered: Grays, Tilbury, Chadwell, Ockendon, Corringham, Stanford-Le Hope and Basildon

Signature Consortium Ltd

Support shaped around the uniqueness of every individual

(previously trading as Kayla Grace Home Care Services)

At Signature Consortium Ltd, our name reflects the heart of our work. A signature is something unique to every individual, no two are the same. In the same way, we believe that the support each person receives should reflect their own story, preferences, strengths, and aspirations. Our role is to work alongside people to design support that is as unique and personal as their signature.

We provide personalised home support built on trust, dignity, and meaningful relationships. Rather than offering a one-size-fits-all service, we take time to listen and understand what matters most to each person so that support fits naturally into their everyday life and routines.
Our approach is guided by the principle of co-production. This means we work with people and their families to shape support together, ensuring that individuals remain active partners in decisions about their care.

We also recognise that many people may have experienced challenges in life, whether through illness, disability, loss, or difficult experiences. Our support is trauma-informed, meaning we prioritise kindness, patience, respect, and creating environments where people feel safe, understood, and empowered.

A key value within our service is continuity of care. Wherever possible, we ensure that the same small team of support workers provide support regularly. Familiar faces help build trust, reduce anxiety, and allow genuine relationships to grow.
We support individuals including:
• Older adults who wish to remain independent at home
• People living with long-term health conditions
• Individuals with learning disabilities or autism
• People who may benefit from companionship and practical support in daily life

At Signature Consortium Ltd, we believe support should feel personal, respectful, and shaped around the individual. Our goal is not simply to provide care, but to walk alongside people so they can continue living fulfilling lives

Web: Signature Consortium Ltd – Feel and experience meaningful care as you imagine it

Tell: (07760824720) Address email : info@signatureconsortium.com

Specialisms: OP, D , PD , LDA , MH, YA, AD

Area covered: Thurrock **Languages: English**

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

01375 463632 / 07961111890 (24 hour on call services)

info@tftsupportedliving.co.uk/ www.tftconsultancy.co.uk

Specialisms: OP, D, LDA, MH, YA

Area covered: Grays and surrounding PCN , Tilbury & Chadwell PCN

Languages: English, Yoruba, Ibo, Tew, Russian.

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 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 www.thecarersgroup.com

Specialisms: OP, D, PD, LDA, MH, YA

Area covered: Thurrock **Languages: English**

Unique Step

My name is Gloria, a highly committed and dedicated person. After over fifteen years of working as a **social worker** and taking up different roles within the healthcare sector, I decided to run my own small domiciliary homecare business which I call it “Unique Step”.

I’m based in Thurrock, where I provide care and support to members of the community in need of such service. In the comfort of your own home, I offer skilled and compassionate home care services for the elderly and adults over 18years old. I offer personal care services, including assistance with daily tasks, bathing, dressing, shopping, and appointments. I support daily needs, provide consistent care, and ensure support from families. I go the extra mile to follow care guidelines and to support overall wellbeing. I support clients in accessing community-based activities and places of interest.

I also offer respite support, staying with a family member for a few hours if they need to go out or take a break for few days. I understand the challenges of letting a carer into your life and promise to respect your privacy and keep personal information confidential.

We are registered with CQC to provide personal care, ensuring that everyone is treated as an individual. Thank you

Web: www.uniquestep.uk Email: info@uniquestep.uk On Call: 07442740231

Specialisms: OP, D, PD, LDA, MH, YA , SI Area covered: Thurrock Languages: English

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 deliver 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 / 01268 438986** or email us **admin@vimcarelimited.com** at a convenient time, and we will arrange the meeting promptly.

Visit **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

Specialisms: OP, D, PD, LDA, MH, YA

Area covered: Thurrock **Languages: English**

Personal care and support providers (self-employed not requiring regulation)

Individuals providing personal care, daytime 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

Specialisms: OP, D, PD, MH, covered: Thurrock **Languages: English, Yoruba**

ANGEL TRIBES

Angel Tribes is committed to delivering compassionate, high-quality, person-centred support. Our mission is to help individuals live independently, confidently and safely within their homes and communities. Every service is tailored to meet the needs, dignity and preferences of each client. Our approach is calm, structured and highly personalised.

OUR SERVICES INCLUDES:

- ☑Independent-living skill development
- ☑Person-centred care planning
- ☑ Personal Care: bathing, dressing, grooming
- ☑ Medication Support: prompting and administration
- ☑ Companionship: emotional support and social engagement,
- ☑ Household Support: meal preparation, cleaning, shopping
- ☑ Community Access: appointments, social activities, errands
- ☑ Respite Support: giving families time to rest
- ☑ Specialist Support: autism, ADHD, dementia, mental-health care

WHY CHOOSE US

- ☑ Skilled, trained, and compassionate staff
- ☑ Tailored care plans to meet individual needs
- ☑ Flexible hours and responsive communication
- ☑ Respect for privacy and preferences

All Angel Tribes staff are trained, DBS-checked and fully insured to provide professional and reliable care. Certificates are available upon request.

GET IN TOUCH TODAY 07877246967 jeminea21@gmail.com

Specialisms: OP, D, LDA ,PD, MH, YA Area covered: Thurrock **Languages: English**

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**

Specialisms: OP, D, PD, MH, Area covered: Thurrock **Languages: English**

Bliss Independent Support

Hello, my name is Ebi, the heart behind Bliss Independent Support. I have over 15 years of experience in care, and it's something I truly enjoy. I love helping people feel comfortable at home and supporting them with whatever they need. I am caring, patient, and I always do my best to put a smile on someone's face.

I provide personalised homecare and support services tailored to each client's unique needs:

Personal Support : Personal Care , Meal Preparation ,Daily Living Support

Practical Support : Shopping & Errands , Support with Appointments (Hospital, GP, Salon, etc.)

Social & Lifestyle Support: Companionship , Leisure & Social Activities , Holiday Escort (Local or Abroad) , Respite Cover

All services are delivered with compassion, dignity, and a person-centred approach — ensuring every client feels safe, valued, and supported to live life to the fullest.

Contact Details

07429 624191 **enquiry@blissidsupport.com**

Specialisms: OP, D , PD , LDA , MH, YA,

Area covered: Thurrock **Languages: English**

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

Specialisms: OP, D Area covered: Thurrock Languages: English

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 **Specialisms: OP, D, PD, MH, YA ,**

Area covered: Corringham & Stanford PCN ,Tilbury & Chadwell PCN Languages: English

Fair Events

I am Lilian, an experience carer offering flexible, friendly , reliable support service to help people in the home and to go out into the community including transport to attend GP appointments, accessing leisure and exercise activities, shopping , respite, sitting, cleaning, meals preparation, medication prompting, etc.

07556 559 835 liliannwokocha@talktalk.net **Specialisms: OP, D, YA**

Area covered: Corringham & Stanford ,Grays and surrounding ,Tilbury & Chadwell PCN

Languages: English, Igbo and German

Cultural needs: African cuisines.

Help At Home

Help at home is a service that provides help and support around your home and assistance in accessing and maintaining a social life.
Services include:
Personal care: support with washing, showering, bathing and dressing.
Errand running: support with completing/collecting food shopping and picking up prescriptions.
Assisted outings: support to hospital/GP appointments, visiting coffee shops, social clubs, hairdressers etc.
Companionship: visiting for a cup of tea and chat.
I have over 15 years' experience in the care industry and hold an NVQ level 3 in Adult Health and Social Care. I also hold certificates in all mandatory and relevant training, such as First aid, Safeguarding and Food hygiene.
If you feel that you need some Help at Home, then please get in touch today, on:

Phone: **07867 650 970** Email: helpathomeservices@hotmail.com

Specialisms: OP Area covered: Thurrock Languages: English

In Good Hands

My name is Jan, I have worked in both residential and district care for over 30 years earning a wealth of experience, having qualified to NVQ level covering many aspects of care. These include:

- **Personal Care**
- **Catheter Care**
- **Colostomy Care**
- **Dementia Care**
- **Mental Health Care**
- **Support for independent living**
- **I also provide assistance with daily living tasks, sit ins and light housework.**

Please call or email me for further information **07932 548985** Jabailey12@sky.com

Specialisms: OP, D , PD , LDA , MH, YA, AD

Area covered: Thurrock Languages: English

Ivy's At Home Care NEW!!!

Named after my mother who had a heart of gold and taken far too young.

I believe in personal centred approach right where you're comfortable -at home

I have over 20 years of experience in the care industry. I bring a trusted hands-on support to adults who want to stay independent and comfortable in their own homes.

Services include:

- Personal care & daily support
- Meal preparation
- Shopping & Light Housework
- Hospital appointment runs
- And more — every plan tailored to you

Why choose Ivy's At Home Care?

Trustworthy, honest, caring, personal centred.

I truly like people and when my time has finished that I leave you warm content and safe.

Get in touch today to arrange a chat about your care needs – **07746856389** – email terryannervin@gmail.com

Specialisms: OP, D , PD , LDA , YA,

Area covered: Thurrock **Languages: English**

Lera Care

Hi, my name is Elizabeth, I am an experienced carer and support worker. I have a lot of experience supporting people in their own homes.

Services provided:

- **Personal Care**
- **Support with household tasks**
- **Cleaning**
- **Leisure activities**
- **Companionship**
- **I give the whole of Thurrock.**

Call / message/ WhatsApp me on: +44 7453 332188 **Email: info@lerahealthcare.com**

Specialisms: OP, D , PD , LDA , YA, AD

Area covered: Thurrock **Languages: English**

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, complex care etc.

07557 192 721 Lilieshealthcare@outlook.com

Specialisms: OP, D , PD , LDA , YA, AD Area covered: Thurrock **Languages: English**

Remy's Care Services Compassionate One – to – One Care at home

With over 8 years of professional care experience, Remy's Care Services provides personalised, compassionate support for individuals who wish to remain safe, happy and independent in their own homes. I believe care should be more than just assistance, it should bring companionship, dignity and meaningful daily experiences, that improve lives.

I specialise in companionship and dementia friendly care, offering personalised support that keeps loved ones active, engaged, well cared for and living independently in their own homes.

Personalised Care and Support

- **Companionship and Emotional Support -** Friendly conversations, meaningful interaction and reassurance.
- **Personal Care Assistance -** Support with washing, dressing in appropriate clothing, brushing hair, teeth care, help with appearance and daily routines while maintaining dignity.
- **Meal Preparation -** Nutritious cooked meals and assistance during mealtimes if needed
- **Activities and Mindfulness Stimulation -** Gardening, hobbies, puzzles and keeping minds active.
- **Social Outings and Community Activities / Appointments -** Coffee mornings, walk, days out and enjoying local activities together, appointments if needed dependant on funding
- **Help Around the Home -** Light household support to maintain a safe and comfortable environment.

Why Choose Remy's Care Services:

- ♥ **9 years professional care experience/ Excellent Care background**
- ♥ **Genuine, compassionate support/ One to one personalised care**
- ♥ **Dementia aware and understanding care**
- ♥ **Helping loved ones remain independent at home**

My goal is to show that life should remain full of meaning and joy at any age. I aim to encourage older adults to stay active, engaged and hopeful. Through companionship, meaningful activities and personalised support, I aim to inspire confidence, purpose, and happiness by helping clients to remain connected, valued to achieve a balanced lifestyle.

Contact Phone: 07494204059 Email: remyscareservices@gmail.com

Specialisms: OP, D , PD , Area: Stanford-Le-Hope Languages: English

Providing trusted care with kindness, dignity and heart.

Rosewell Care

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

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
   - Paediatric 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

Specialisms: OP, D , PD , LDA , YA, **Area covered: Thurrock** **Languages: English**

Villarossa Healthcare

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

07450273431 villarossahealthcare@gmail.com

Specialisms: OP, D , PD , LDA , MH, YA, AD

Area covered: Grays and surrounding PCN South Ockendon, Aveley & Purfleet PCN

Languages: English, Yoruba language

Meeting cultural needs: Nigerian foods, Halal meals

Support Providers

(NOT providing personal care)

Alt Support – Empowering individuals through movement

Alt Support is a unique service that offers a blend between Personal assistant and wellness coaching. Matching you to the right person, whether you require companionship, support or assistance with your health, employment and life skills, our team of highly trained coaches are here to help. You "the client" will have complete access to our training facility where you will work on you EHC plan and your own personal wellness goals. We believe movement is medicine and in combination with buddy system and support from our community, you will not only lead a better and healthier life and make some friends along the way. Based around community access, health, and nutrition, Alt support promotes inclusion and independence for those who have day to day struggles with access the community and building healthy relationships with their health and other aspects of their life.

Alt support is person centred led approach and the goal is to provide a high-quality service to those in need and improve quality of life, enhancing wellbeing and development of the individual.

We understand what it means living with a disability. That is why our person-centred approach and tailoring the experience to the individual is key to the success of our program, which is implemented by our highly trained team of adaptive coaches.

Please contact me for further information 07740 546413 /07859955286

support@altmovement.co.uk www.altmovement.co.uk/altsupport

Specialisms: PD , LDA , MH, YA

Area covered: All Thurrock /ESSEX Languages: English

A Helping Hand

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

07791 972194 johutchenson@aol.com

Specialisms: OP

Area covered: Corringham & Stanford PCN Grays and surrounding PCN

Languages: English




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

Specialisms: OP

Area covered: Aveley & Ockendon

Languages: English

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.

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.

Contact : 07956 819966 biso26@hotmail.com

Specialisms: OP, D

Area covered: Chadwell-St-Mary, Tilbury. Linford, East or West Tilbury

Grays and surrounding PCN

Languages: English

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

07771 798330 Happyfeet3336@gmail.com

Specialisms: OP, D

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

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 miltonadebowale@yahoo.com

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

Specialisms: OP, D , PD , LDA , MH,

Area covered: All Thurrock **Languages: English**

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

Happy Dayz

Happy Dayz care services for your everyday support with things that matter, no job too small.

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

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 **jolewis34@live.co.uk**

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 , regular cleaning, carpet cleaning and oven cleaning– see listing in cleaning section for further details

07985 503015 01375 397773 **Janshaw35@yahoo.co.uk**

Specialisms: OP, D, PD , LDA , MH, SI, YA

Area covered: All Thurrock **Languages: English**

Kacey's Support

My name is Kacey Smith, and I would like to offer my care and support to you. Can offer:

- Companionship
- Days out
- Accompanying to medical appointments, social outings/ clubs/events, shopping, or errands **using my own car**
- Household tasks
- Appointments
- Meal preparation
- Shopping
- Sitting services
- General support and many more.

I will always have your best interest at heart and will always try to allocate to the support that you need. Always ready to take on new challenges and try my best to support you.
Please don't hesitate to contact me to discuss any support or requirements to suit best to you or your family.

07935100753 Kaceymaismith@gmail.com

Specialisms: OP **Area covered: All Thurrock** **Languages: English**

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 Alzheimer's 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**

07770515858 kgshandyservices@yahoo.com

Specialisms: OP, D, PD

Area covered: South Ockendon, Grays, Chadwell, Tilbury, Linford, East or West Tilbury

Languages: English



Kayleigh & Kay Domestic Support

Hello, my name is Kay. I have 5 years' experience working within this sector, I am a bubbly, outgoing person & love to meet & help new people. Love my job & the support I can offer to people. Offer a wide range of services which are listed below:

- **Companionship & befriending**, **sitting service** (I am a very friendly person & love having a chat with people)
- **Meal cooking & preparation**
- **Domestic tasks** including but not limited to cleaning, general housework, washing, ironing & local shopping
- Also offers, support **to attend appointments, leisure activities** etc.

Friendly, flexible service – anything considered
Any questions please give me a call; I will look forward to talking to you

Tel 07843934285 & 01268 525377 thetwokays@hotmail.com

Specialisms: OP, D, PD, YA

- **Area covered: Basildon, Stanford Le Hope , Corringham ,Grays**

Languages: English

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 favourite 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.

Contact Information **Telephone:** 07957279331 **Email** info@lcdluk.co.uk **or fatima@lcdluk.co.uk**
www.lcdluk.co.uk
Specialisms: OP, D, LDA, MH, YA, AD Area covered: Grays and surrounding PCN

South Ockendon, Aveley & Purfleet PCN Languages: English

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 **Living Spring Care**

Specialisms: OP, D, PD, LDA,

Area covered: All Thurrock Languages: Englis

Look to Brooke

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

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

07720 833840 looktobrooke@gmail.com

Look To Brooke **@LookToBrookeHomeHelp**

Specialisms: OP, D, PD, MH, Area covered: All Thurrock Languages: English

Millarex Care & Support

Experienced Carer delivering **tailored care and support** at home and within the community. Specialist in **complex care needs**, ensuring compassionate, professional, and reliable assistance for individuals and families.

Core Duties & Responsibilities

ENVIRONMENTAL & DOMESTIC SUPPORT:
· Light Housekeeping: Clean client's immediate living area, wash dishes, change bed linens, and do client's laundry.
· Safety Maintenance: Ensure pathways are clear and that the home environment is safe and sanitary.

PSYCHOSOCIAL & COMPANIONSHIP SUPPORT:
· Communication: Engage in respectful, compassionate conversation. Practice active listening.
· Activities: Assist with or encourage participation in hobbies, reading, or social activities.
· Emotional Support: Provide reassurance and companionship. Report signs of depression, anxiety, or social withdrawal.
· Reorientation: Calmly reorient confused clients.

TRANSPORTATION SERVICE:
Accompany service users to doctor's appointment, social activities, shopping, and errands.

DEMENTIA CARE:
Specialised care for individuals with dementia and memory loss.

SAFETY, MONITORING & REPORTING:

· Observation: Monitor and report any changes in the client's physical condition (e.g., mental status, pain level, skin, breathing, elimination).
· Fall Prevention: Maintain a clutter-free environment, ensure proper lighting, and use safety devices as prescribed.
· Incident Reporting: Document and report any accidents, falls, errors, or unusual events immediately.

Please contact us: 07805410238 Millarex247@gmail.com

Specialisms: OP, D, LDA, MH, YA, AD

Area covered: All Thurrock Languages: English

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

Specialisms: LDA, MH, YA, Area covered: All Thurrock Languages: English



Pro4You Support

Experienced Male Support Worker

Dedicated, Flexible, and Person - Centred Care

With 16 years of experience in social care and an NVQ Level 3 qualification, I provide tailored support to individuals with a wide range of needs, including **complex learning disabilities, challenging behaviours, dementia, brain injury and mental health conditions.**

My services are flexible and fully personalized, designed to enhance independence and quality of life.Support options include:

- **Personalized care and daily living assistance**
- **Meal preparation and feeding**
- **Companionship and emotional support**
- **Household chores and light home maintenance**
- **Community access for leisure activities, exercise, hospital appointments, shopping, and day trips (transport provided)**
- **Light gardening and user-led services**
- **Sitting and respite care for families and caregiver**

I pride myself on being adaptable, approachable, and committed to meeting your unique needs. Whatever your goals, I'll work with you to make them happen.

Get in touch today – let's create the support that works best for you.

07588340741 sz_ivan@yahoo.com **website: https://pro4you-support.uk/**

Specialisms: OP, D, LDA, MH, YA, AD Area covered: All Thurrock Languages: English

Rain Or Shine Home Help Essex

Hello, I'm Lorraine – Here to Support You

Experienced and friendly carer offering tailored support in your own home and community. I can help with household tasks, attending appointments, companionship, and day-to-day assistance – always happy to adapt to your needs and preferences.

Reliable, flexible, approachable, and committed to making life easier for you.

Contact: 07564 364648 rainorshineinfo@yahoo.com

Specialisms: OP, D, PD , LDA , YA,

Area covered :Corringham & Stanford , Grays and surrounding ,Tilbury & Chadwell PCN

Languages: English

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

Specialisms: OP, D, PD, LDA , MH, YA,

Area covered: All Thurrock

Languages: English

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**

Specialisms: OP, D, LDA, YA,

Area covered: All Thurrock **Languages: English, German**

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, 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**

Specialisms: OP, D, PD , LDA , MH, YA, AD

Area covered: All Thurrock **Languages: English**

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**

Specialisms: OP, D, PD , LDA , MH, YA,

Area covered: East of Thurrock including Stanford, Corringham, Horndon, Chadwell etc.

Languages: English

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

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

07308 069 609 **info@reachoutfmh.co.uk** **www.reachoutfmh.co.uk**

www.twitter.com/ReachOutFMH **www.facebook.com/ReachOutFMH**

Area covered: All Thurrock

Password Consultancy

My name is Elsie, I am a qualified Cognitive Behavioural Therapist involved with the National Health Service. Specialise in improving access to psychological interventions and has successfully served a range of clients, from minority groups, including asylum seekers and refugees, single parents, people on benefits trying to break out of it, young people who were in danger of not being in education, employment or training, local governments (boroughs), schools, hospitals.

I also coordinate mental health and employment services to facilitate the recovery process of people (young, displaced, rejected, abused...) struggling to break perceived ideas, back into education and work, encouraging their usefulness to themselves and society.

Passionate about inclusiveness and its far-reaching possibilities, I provide coaching and mentoring services that help people from disadvantaged backgrounds and young people realise basic skills and life skills in order to promote equal opportunities.

Email: pconsultancy4@gmail.com

Area covered: All Thurrock



Counselling Services

Anastasia's Coaching - EMCC Accredited Life Coach

Hello, my name is Anastasia, and I am an EMCC Accredited Life Coach.

If you're feeling stuck, lost, overwhelmed, or quietly unhappy with where you are in life right now - you are not alone. Many people reach a point where something doesn't feel right anymore: their career, their confidence, their direction, or even their sense of identity. I offer one-to-one online coaching sessions designed to help you move forward with clarity and confidence. I provide a supportive, non-judgmental space where you can think out loud, reconnect with yourself, and start creating meaningful change.

Together, we will:

- Gain clarity on what you truly want (not what you "should" want)
- Explore what is keeping you stuck and gently challenge limiting beliefs
- Strengthen your confidence and trust in your own decisions
- Create a clear, realistic plan for your next steps
- Navigate career transitions or life changes with support
- Build momentum and accountability so you don't slip back into old patterns

Coaching is not about fixing you - because you are not broken. It's about helping you move forward with intention, courage, and self-awareness.

I offer a free introductory session so you can experience the process, ask any questions, and see whether we're the right fit to work together.

email: anastasia.coach.uk@gmail.com

Support all categorie

Area covered: All Thurrock – ONLINE SUPPORT

Languages: English

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: sherrilynspeid@icloud.com

Web: www.investinyourself.org.uk Area covered: All Thurrock

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

Area covered: All Thurrock

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.

Range of services including:

- **Individual counselling and Psychotherapy sessions**
- **Individual Coaching Neurodiversity sessions**
- **Couples Counselling/Therapy sessions**
- **Parent and Teen/Adult Child Therapy Sessions**
- **Individual Clinical Supervision Sessions**
- **Examples of issues we work with:**
- **Anxiety**
- **ADHD/ASD**
- **Depression**
- **Stress**
- **Family Issues**
- **Low Self Esteem**
- **Stress**
- **Relationship Difficulties**
- **Work Stress**
- **Bereavement**
- **Chronic Pain/Illness**

We also run a community-based ADHD/ASD monthly group to meet, socialise and support each other.

If you need any further information, please don't hesitate to contact

Tel: 07949972968 Email: heidiheartandmind@me.com

Area covered: All Thurrock

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 ,Dip Sup, FDAP Director/Psychotherapist/

Tel: 07949972968 Email: heidiheartandmind@me.com

Area covered: All Thurrock

Life - Change Diverse Living

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 Telephone: 07772307062

Neurodivergent Grace

A safe, accepting space for individuals who may feel different, misunderstood, or disconnected.

My name is Grace, and I am a BACP-registered, qualified counsellor (Level 5), offering person-centred therapy to both adults and children.

If you've ever felt that you don't quite fit in, or that you've had to hide parts of yourself to feel safe or accepted, you're not alone. I **offer neurodivergent-affirming counselling** for individuals who need/want a space where they can be fully themselves — where every part of them is welcome.

Whether you're navigating anxiety, depression, trauma, identity questions, or feelings of disconnection, I provide a warm, non-judgemental environment where you can explore your thoughts, emotions, and experiences at your own pace.

I specialise in supporting neurodivergent individuals and bring both professional expertise and lived experience of autism, ADHD, and trauma. I believe deeply in compassionate, affirming therapy that honours your individuality.

Counselling sessions are available **Mondays to Wednesdays**, and I offer a **free introductory call** so you can decide if I'm the right fit for you.

Clients I work with

Adults, Children, Young People, EAP, Older adults, Trainees.

How I deliver therapy

Long Term Sessions, Short Term Sessions, Online Therapy, Outdoor Therapy, Face to Face Therapy.

Areas of Support

Anxiety, depression, trauma, identity, neurodivergence (eg. Autism, ADHD, Dyslexia), relationships, and more.

Therapy Types

Creative Therapy, Existential, Humanistic, Integrative, Person Centred, Play Therapy

Languages: English, Spanish. **07912 226146** http://neurodivergentgrace.co.uk/ **Area covered: All Thurrock**

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

Tel: 07590664888 susantimson@aol.com

Area covered: All Thurrock

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

New Beginnings

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

07970 640876 **Paulinewhite1967@outlook.com**

Area covered: All Thurrock

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

Area covered: All Thurrock



Bereavement Support

Gone Too Soon

Bereavement support group for parents who have lost a child of any age.

Drop-in informal service offering friendly support and advice.

Thurrock residents are very welcome

Meets 2nd Monday monthly – 7-9pm

The Chantry Centre

Chantry Way

Billericay CM11 2AP

See website for meeting dates

07387 805406 **Lyn-currie@hotmail.co.uk** **www.gonetoosoon.online** **– GoneTooSoon**

Advocacy Services



KMB Consultants- Advocacy Services for Disabled and Vulnerable People

KMB Consultants is dedicated to supporting residents in Thurrock, ensuring they have a strong voice and the right guidance when navigating complex systems. We work closely with individuals to understand their needs, provide practical advice, and help them access the support and services they deserve.

Our services include:

• Advocacy and representation when dealing with housing providers, local authorities, healthcare services, and other organisations.
• Help completing Department for Work and Pensions (DWP) forms and benefit applications.
• Assistance with housing applications and housing-related matters.
• Support with social care and healthcare enquiries.
• Will writing services to help you record your wishes clearly.
• Assistance with Lasting Power of Attorney (LPA) applications.
• General form filling, letter writing, and administrative support.

Whether you need help with housing issues, healthcare, social care, benefits, or important legal documents, KMB Consultants is here to stand alongside the Thurrock community, offering friendly, professional support every step of the way.

Our aim is to give people confidence, peace of mind, and access to the resources and services they need to live independently and make informed decisions about their future.

Contact details: 01375 506 906 / 07742635248 email : kmbconsultants@outlook.com

Area covered: All Thurrock

Social inclusion/ Day opportunity / Clubs

Wholeness Haven CIC

Wholeness Haven is a **Dementia and Ageing Well-being Club** dedicated to supporting individuals affected by dementia and their carers. We offer a compassionate, community-focused space where people can connect, feel understood, and access holistic support. Founded and led by Grace—whose mother lived with dementia—our services are rooted in both personal experience and professional expertise. With over 18 years in the health sector, including roles as an Anaesthetic and Recovery Practitioner, Health and Social Care worker, and certified Health Coach and trained Dementia Trainer.

Grace brings a unique and deeply empathetic approach to care and well-being.

Activities We Offer:

Reminiscence therapy and memory games

Gentle chair-based exercise and movement

Music and singing sessions

Arts and crafts

Sensory stimulation activities

Group discussions and storytelling

Gardening and nature-based therapy

Carer support groups and well-being sessions

LOCATION

BEACONSFIELD PLACE

CALCUTTA ROAD,

TILBURY, ESSEX RM18 7EN

SESIONS

MORNING 9:30AM TO 1:30PM

AFTERNOON 11:00AM TO 3:30PM

ALL-DAY 9:30AM - 3:30

To book a place please contact 07428697038 email: wholenesshavencic@gmail.com

Specialisms: D – Dementia

Area covered: Tilbury & Chadwell PCN

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

- 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

Contact : **07447 665372** supernovacener@oceancare.info **aquamariamilton@outlook.com**

Specialisms: LDA -Learning disability, autism and ADHD, YA -Younger adults,

Area covered: All Thurrock

The Zero 5 Club

Registered charity and a social and leisure club for adults 18 and over with Learning needs, difficulties and disabilities including Autism and mental health.

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 , phone number **07767601072**

Area covered: All Thurrock

Healthy lifestyle/nutritional support/ Wellbeing /Health Support/Coaching

NUTRIFICIENT LIFE

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

Contact Harman for 15 min free phone consultation

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

AfN RNutr REGISTERED NUTRITIONIST

Nutrificient life **Nutrificient**

Area covered: All Thurrock

REBEKAH GOUGH HEALTH COACHING

Rebekah Gough Health Coach

Hi, I am Rebekah, a registered health coach. I work with men and women in midlife and older who have issues with being overweight, not sleeping, feeling stressed, are diabetic or pre-diabetic or just want to improve their health generally. I have had 2 major back operations in the last 2 years, so I am well placed to help with recovery and getting your life back on track. I also specialise in perimenopause and menopause issues that women have and how to get back in balance. If you feel you need help, please contact me for a complimentary Health and Energy Review.

website: www.rebekahgough.co.uk instagram: rebekahgoughthehealthcoach Facebook: rebekahgoughthehealthcoach mobile 07989 312058

REGISTERED HEALTH COACH

PERSONALISED CARE INSTITUTE Learner

HEALTH COACHES ACADEMY HCA HEALTH COACH DIPLOMA

Area covered: All Thurrock

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

07852 113717 Aimee_trigwell@hotmail.com **@aimeesmobilefootcar**

Area covered: All Thurrock

Languages: English

Delightful Soles

Foot healthcare in the comfort of your own home.
Fully qualified practitioner offering all aspects of foot care including
Toenail trimming, corns, fungal nail infection, calluses, hard skin, in growing toenails

Dementia friendly practitioner

Mobile service covering Stanford Le Hope, Corringham, Fobbing and Horndon on the Hill

07783473657 lisbar@sky.com **Delightful Soles**

Support - Older people (65+)

Area covered: Corringham & Stanford PCN **Languages: English**

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**

Support all categories: OP, D, PD, LDA, YA,

Area covered: Grays and surrounding PCN **Languages: English**

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 hells
- Thickened nails
- Fungal nails
- Ingrown nails
- Athletes Foot
- Diabetic foot care
- Verrucae

07989 878499 **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** **Facebook page**

Support all categories: OP, D, PD, LDA, MH, SI, YA, Area covered: All Thurrock

Languages: English

Mobile Hairdresser

Donna Stock Hairdressing

Visiting mobile hairdresser. Men, women and children' s hairdresser.
All hairdressing undertaken including Cuts, perms, highlights etc.
07854 639942

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

07771 798330 Happyfeet3336@gmail.com

Support all categories: OP, D, PD, LDA, MH, SI, YA, AD

Area covered: All Thurrock

Languages: English

Massage Therapy

PANACEA

Sports & Swedish Massage Therapist

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

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

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

Debby Grant - ADipBT VTCT

07738 270488 Panacea.debby@yahoo.co.uk

https://deborahgrant.wixsite.com/panacea/home **Area covered:** All Thurrock

Meals / Goods/ Delivery

DeliverEat
Home Cooked Dishes

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.

Community Service Delivered2U

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

All enquiries to Annette.carmody@hotmail.com 07545 839126
Area covered: All Thurrock

THE REFILL CABIN

The Refill Cabin

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

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

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

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

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

07787 965515 **katie@refillcabin.co.uk** **www.refillcabin.co.uk** _refill cabin refill

Support offered by individuals/groups/Carers support

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

Area covered: All Thurrock

New Me New Dawn

—CW events

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

Telephone/ WhatsApp support only

07711 062 103 elizabeth.crisp1@btinternet.com Area covered: All Thurrock



Sensory Support Groups

Corringham Sensory Support Group

If you have a visual impairment, a hearing loss or both sight and hearing loss then you may be interested to meet others with similar experience, get some advice or just relax and have a chat. These groups are run by residents with sensory loss, supported by a local sight loss charity, BASIS and Thurrock council's sensory team.

You can find out more information by calling BASIS on 01268 522817 or just drop into one of the groups. Friends and family members are also welcome to come along.

Tom Wood hall, Bellmaine Avenue, Corringham. SS17 7SZ. Second Friday of each month 10.30-12.30.

Jack Evans Court, Faymore Gardens, South Ockendon. RM15 5NS. Third Friday of each month 11-1pm.

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:

07538448052 / 07535 131467

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

Area covered: All Thurrock

JOA Cleaning Services

At JOA Cleaning Services, we are dedicated to delivering comprehensive and high-quality cleaning solutions tailored to meet the unique needs of our clients. Led by a **male professional cleaner** with over five years of experience in the cleaning and gardening industry, our services are designed to exceed expectations and provide spotless, safe, and welcoming environments.

Our expertise spans

- Deep Cleaning,
- Terminal Cleaning,
- Disinfestation, and
- Domestic Cleaning.

With hands-on **experience** in demanding environments such as **hospitals, including ICUs, wards, and operating theatres**, we bring a level of professionalism and meticulous care that guarantees exceptional results. As a male cleaner, **handling and moving heavy items during cleaning** is an advantage, ensuring even the most challenging cleaning tasks are completed effectively. Our services extend to homes, care homes, offices, and other facilities, where we focus on maintaining hygienic and organized spaces. Our passion for cleaning was ignited during the COVID-19 pandemic, a time when cleanliness and disinfection became vital for safety and health. This drive has only grown stronger, as we continue to prioritize the well-being of our clients by creating clean and healthy environments.

Contact Information: +44 (0) 7936615136 www.joacleaning.co.uk

Area covered: All Thurrock

J's Cleaning Ltd

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

Friendly, professional service.

07985 503015 01375 397773 Janshaw35@yahoo.co.uk

Area covered: All Thurrock

Space My Place

Specialist Cleaning Service

Creating Clean, Safe & Comfortable Homes Across Thurrock

At Space My Place, we help individuals and families enjoy a clean, safe, and supportive home environment. Whether you need deep cleaning, **hoarding support, or help settling back home after hospital discharge,** our service is friendly, professional, and completely non-judgemental.

We work at your pace, with dignity, choice, and respect at the heart of every visit. Our fully trained team, including a qualified social worker, specializes in restoring homes to a safe and welcoming space. We have extensive experience supporting people with dementia, confusion, or agitation during challenging times. ✅ DBS-checked staff ✅ Sensitive, efficient approach

Our Services

Specialist Cleaning (Blitz Service):

- Removal of clutter
- Cleansing of all surfaces
- Deep bathroom & shower clean
- Floors, doors, skirting boards & ledges

Resettlement & Moving Home:

- Packing & unpacking possessions
- Support throughout the move
- Ensuring bed is made & first meal arranged

Short Notice, Fast Clean:

- Ideal for hospital discharge
- De-cluttering & deep cleaning
- Clean sheets & bedding provided

We work closely with clients, families, and professionals to achieve the best outcomes. All prices subject to estimates.

📞 Call us today: 07494 151947 email : info@spacemyplace.uk 🌐 Visit: www.spacemyplace.uk

TrustMe Property Services Limited

Member of Association of Professional Declutters and Organisers

Our professional teams are here to support every busy person to take control of their clutter and create warm environments and functioning homes.

We have seen first-hand how creating calmer, more functional homes, can make a great difference. Whether you're overwhelm in clutter, struggling to know where to start, or just need a fresh beginning, our professional staffs are here to help. No judgment, no stress, our target is to give an excellent service

Our teams are here to assist to you to make the decision on what things that can add value to your life and declutter what doesn't. We can also offer practical assistance to help you organise various aspects of your home.

TPSLIMITED can offer professional plan to maintain your new clutter-free life and enjoy your new beautiful environment.

Services providing:

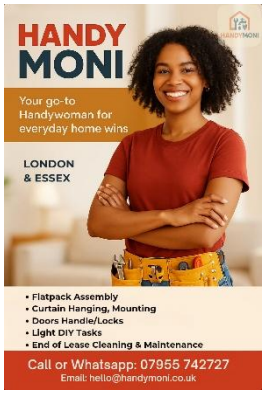
- **Domestic Cleaning**
- **End of Tenancy cleaning**
- **Deep cleaning**

Tel. 07485 590170

Website: www.trustmepropertysl.com
Email: admin@trustmepropertysl.com
info@trustmepropertysl.com

Area covered: All Thurrock

Home Maintenance/Plumbing/Heating/ Gas and Air conditioning /Removals services



HandyMoni Reliable Handywoman - Trusted hands. Tidy jobs.

HandyMoni is a community-centred and safety-focused maintenance and repair service. It was established to support vulnerable adults, older residents, and low-income households by providing minor essential home maintenance, small DIY tasks, and safety improvements. Our services are designed to alleviate hazards and promote safety, independence, and wellbeing in the home.
Across Thurrock, many residents live with minor disrepair that creates trip hazards and safety risks. These issues often go unresolved due to physical limitations, financial constraints, or a lack of trusted support. HandyMoni acts as a preventative, early-intervention service to address these risks before they escalate into accidents or hospital admissions.
Services include:

- DIY and Minor Repairs
- End of Tenancy Cleaning
- Practical DIY confidence workshops (planned for the future, designed to equip women and young adults with basic home maintenance skills)

07955 742727 info@handymoni.com
handymoni50@gmail.com **Area covered : ALL Thurrock**



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: Painting/decorating and handyman service / A Flat Pack Assembly Service

Please visit our website or contact us: **07538448052 / 07535 131467**

Info.helphandz@gmail.com www.helpinghandz.co **Area covered: All Thurrock**

Horndon Services
HEATING, PLUMBING, GAS

I'm Morgan and I run Horndon Services Limited

We are a local **heating, plumbing, gas and air conditioning company** based in Horndon-on-the-Hill, covering Thurrock and the surrounding areas.

I started Horndon Services to provide a reliable, honest and friendly service for local homeowners and landlords. Whether you need a boiler repaired, a new boiler installed, a boiler service, plumbing work or air conditioning fitted, we aim to make everything simple and stress-free.

We take pride in doing things properly, giving honest advice and treating every home with respect. We will always explain the work clearly, keep you updated and offer fair, straightforward pricing.

We are proud to have over 500 5-star reviews from customers who have trusted and recommended Horndon Services.

At Horndon Services, our goal is to be the company people can trust and recommend to their friends, family and neighbours.

Freephone: 0800 062 2560
Mobile: 07891 486 508
www.horndonservices.co.uk



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

Very flexible; no job is too small.

07770515858 **kgshandyservices@yahoo.com**

Area covered: South Ockendon, Grays, Chadwell, Tilbury, Linford, East or West Tilbury area

Man with a Jumbo Van
Rubbish and garden clearance, home clearance.
Family run—friendly, reasonably priced service. Fully insured quotes provided.
Environmental Agency Licence No. CBDU58000
07403 380287 **Adamscott1981@hotmail.com** **www.moveuremovals.co.uk**

Area covered: All Thurrock

Move U Removals and Storage

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

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

01708 404050 **Move_u@icloud.com** **www.moveuremovals.co.uk**

Area covered: All Thurrock

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 /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**

The Chunky Chippy **The Chunky Chippy** **Area covered: All Thurrock**



Gardening Services

Blooming Tidy Gardens

Grass cutting, Hedge trimming, Planting, Pruning, Weeding, Border Design, Holiday Watering.
Local gardener offering one off or regular garden maintenance

07552 668833 **bloomingtidy@outlook.com** **Area covered: South Ockendon**

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

07989 745172 **Faf1905@hotmail.co.uk**
Area covered: East Thurrock – including Stanford & Corringham, Fobbing, Horndon, Bulphan, Tilbury, Linford

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**

Area covered: All Thurrock

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 **prawlings2013@gmail.com** **Area covered: All Thurrock**



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:

Our services include:
Mowing Lawns ,Weeding & Weed Prevention ,General Maintenance, Hedge Trimming ,Leaf Clearing

Tree Pruning , Shed Clearance & Tidy Up, Fence Treatment ,Garden Waste Removal (at an additional cost)

Please visit our website or contact us:

07538448052 / 07535 131467

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

Area covered: All Thurrock



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 **Area covered: All Thurrock**



Opportunities to access training, employment, advocacy

Nyankonton Trust Foundation

Nyankonton Trust Foundation is a UK-based charitable organization committed to fostering social inclusion and uplifting marginalized communities.

Nyankonton Trust Foundation is a charity committed to promoting social inclusion and empowering marginalised individuals. “Nyankonton,” meaning “Rainbow” in Twi, symbolizes hope, diversity, and the promise of brighter days ahead. Our mission is to break down barriers and build pathways to dignity, opportunity, and inclusion.

Our Core Areas of Work:

1. **Education & Skills** – Supporting access to core education (English, maths, science) and vocational training (e.g. beauty, wellness) for personal and professional growth.
2. **Mental Health & Well-being** – Offering resources, workshops, to strengthen emotional resilience and support mental health.
3. **Community Engagement** – Hosting outreach programmes and community projects that promote connection and inclusion.
4. **Advocacy & Awareness** – Raising awareness of social issues and providing guidance to those in need of support, promoting the rights of all individuals and ensuring fair, respectful treatment.
5. **Employment Support** – Delivering career advice, job readiness coaching, and entrepreneurship pathways.
6. **Access to Services** – Assisting individuals in navigating education, healthcare, and social systems.
7. **Economic Participation** – Promoting fair work, and job opportunities.
8. **Social & Cultural Inclusion** – Creating spaces for cultural engagement and a sense of belonging.

We support people experiencing unemployment, discrimination, health struggles, housing issues, family breakdowns, and reintegration from the justice system.

Nyankonton Trust Foundation believes in building a future where everyone feels seen, supported, and valued—like the rainbow, bright and inclusive for all.

Safeguarding individuals' rights and ensuring they are treated with dignity and respect, irrespective of their circumstances.

For the purpose of these programs, the term "socially excluded" refers to individuals excluded from society, or parts of society, as a result of factors such as:

● Unemployment

● Financial hardship

● Youth or old age

● Ill health (physical or mental)

● Substance abuse or dependency, including alcohol and drugs

●Discrimination on the grounds of sex, race, disability, ethnic origin, religion, belief, creed, sexual orientation, or gender reassignment

● Poor educational or skills attainment

● Relationship and family breakdown

● Poor housing (housing that does not meet basic habitable standards)

● Crime (as victims of crime or offenders rehabilitating into society)

At Nyankonton Trust Foundation, we draw inspiration from the rainbow, a symbol of diversity, inclusion, and the hope of a brighter future. Together, we aim to create a society where everyone feels valued, respected, and included.

For more information, please visit our website: www.nyankontontrustfoundation.org.uk Contact us: +44 (0) 7403745783 | info@nyankontontrustfoundation.org.uk

Area covered: All Thurrock

One Community Trust

Community Trust supporting people of Tilbury and South Thurrock with:

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

See website for more information 01375 768233

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

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

Area covered: All Thurrock

Thurrock Centre for Independent Living

Registered charity and limited company offering people with a disability a range of services and supports including general advice, benefits advice, advice with equipment, advocacy. Support with becoming work ready is offered as are a variety of work experiences through volunteering.

Also offers equipment and wheelchair hire and mountain trike hire.

01375 389864 admin@tcil.org.uk www.tcil.org.uk

Area covered: All Thurrock



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**
Area covered: All Thurrock

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**

Area covered: Stanford le Hope

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**

Area covered: Corringham

Craft Club

Craft group

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

01375 389889

Area covered: Grays

Exercise classes/sport/activities to support well-being

Alternative Movement

The creation of Alt Movement came about around 3 years ago when I discovered a hidden issue. Part of my on-boarding process when working with a new client includes asking about their previous experience exercising. With almost all of my clients with disabilities, the same unfortunate scenarios were described where the fitness setting, be that a gym, class or just another personal trainer lacked the knowledge or equipment to be able to adapt the activity to allow my client to exercise effectively and even, in many cases, exclude them. Our mission is to help educate, inspire and help those in the adaptive community reach their full potential. Using Strength and conditioning we aim to work on your strength, conditioning and rehabilitation.

We at Alt Movement are a multidisciplinary team of fitness and health care professionals that offer a range of services, from one to one, Personal Training, Group classes to individual support. We also have on- site massage therapist that offers a range of services.

We have everything to support your rehabilitation and training needs.

At Alternative Movement we work with adaptive athletes to help them achieve their full potential, rather than looking at those with impairments and disabilities and what they can't do, we explore the things they can. Our aim was to create a truly inclusive space to train and educate others around disability fitness, and that's exactly what we have done. Adaptive training uses a method of constantly varied functional movements patterns performed at high intensity but in an unconventional way.

Is this just for high level athletes? No, we refer to all of our community as Adaptive athletes. Whether you have just started training or you're a Paralympian, there is a space for you here. All levels welcome.

Group Adaptive classes

Mondays- 7pm till 8 pm

Thursday-7pm till 8 pm

Saturday-11 am till 12 pm

Wide range of times for 1-2-1 personal training sessions and small group sessions

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

Please contact me for further information 07740 546413 craig@altmovement.co.uk
www.altmovement.co.uk

Specialisms: PD , LDA , MH, YA,

Area covered: Area covered: All Thurrock

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

Email: info@animatedphysio.co.uk **Phone: 07478719439**

Area covered: All Thurrock

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.

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.

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.

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** **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 mlaschair@gmail.com

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 www.sugarloafrda.org

Area covered: All Thurrock

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

Area covered: All Thurrock

Music, Singing and Drama

Creative Blast / Arts Outburst

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

01375 386247 / 07545 009830 info@creativeblastcompany.com - mandy@creativeblastcompany.com

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

Area covered: Grays

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** **www.questmusicservices.com**

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

Instagram https://www.instagram.com/wacthurrock/?hl=en
Facebook https://www.facebook.com/WACThurrock
Twitter https://twitter.com/WACThurrock

Area covered: Grays



Community Cafes/ Lunch Clubs /Afternoon Tea/Drop-ins

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

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 fb: https://www.facebook.com/chaffordknitnnatter

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 fb: https://www.facebook.com/Pigletstoddlergroup

office@mycommunitychurch.org.uk www.mycommunitychurch.org.uk

Community House Lunch Club

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

2 course meal—tea and coffee. **contactus@thecommunityhouse.uk**

Coffee Break - Corringham Community 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:

https://www.corringhamchurch.co.uk/clubs-groups/coffee-break/ info@corringhamchurch.co.uk

Community Café

The community café runs every Wednesday 10am-12 noon at The united Reformed Church Bradleigh Avenue Grays. We are an all-inclusive, dementia friendly group and everyone is welcome.

Come along for a cuppa and some homemade treats and meet new people.

On the 1st Wednesday of each month, we have a short church service followed by a pie lunch – everyone is welcome.

A warm welcome awaits you.

Email: outreachGB@urceastern.org.uk **Address:** 31 Bradleigh Ave, Grays RM17 5XD

DeliverEat
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 for our Monthly Wise & Wonderful Events

BOOKINGS ONLY via email Annette.carmody@hotmail.com or text to 07545839126

Transport can also be provided to pick up and return. Area covered: All Thurrock

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**

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 Area covered: All Thurrock**

Lunch Club at The Swan Inn
Horndon-On-the Hill
Lunch club offering: 2 courses- £17, 3 courses - £19

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

Bingo £1.50 per ticket with Alec.

Alex 07715373348 or **Jodie – 07508 794395** **or** 01375 673707 **Booking essential**

Play Den parent and toddler group

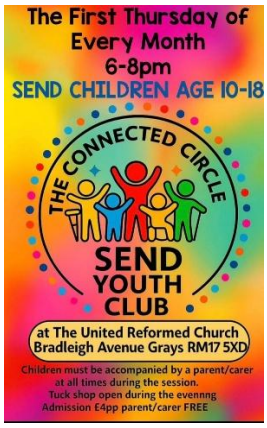
PlayDen parent and toddler group which runs every Tuesday 10am-11:30am at The united reformed church Grays.

Everyone welcome, children of all ages are more than welcome to join us for play time, craft, songs, stories whilst the parents and carers enjoy and a hot drink and meet some new parents.

Admission is a donation of £1 per child.

Email: outreachGB@urceastern.org.uk

Address: 31 Bradleigh Ave, Grays RM17 5XD



Youth club

Starting on Thursday 6th November we have a brand-new youth club starting for children and young people aged 10-18 years old.

This youth club will run on the first Thursday of each month at The united reformed church Bradleigh Avenue Grays from 6pm-8pm

Any young person with Special Educational Needs and Disabilities is welcome.

Admission is £4 per person, and parents/carers must stay with their young person throughout the



Animal Care/Respite

Bundles of Fluff

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

- Solo and group dog walking
- Sitting and home visits

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

Please contact me to discuss your requirements: I look forward to hearing from you **07834 993946**

Bundlesoffluffpetcare@gmail.com **Bundles of Fluff** **Area covered: All Thurrock**



Pato's Pet Care

At Pato's Pet Care, we understand that your pets are part of the family, and their happiness and well-being are a top priority.

We offer Check-Up and Pet-Sitting services for cats, dogs, and small pets in Grays and surrounding areas, providing the love, care, and attention they need while you're away.

To ensure we build trust between you and your pet, we offer a complimentary meet-and-greet visit. This allows us to gather essential information on any special needs your pet may have.

To schedule a meet-and-greet or enquire about our services, please contact us via

WhatsApp or via phone at **07916632522** or message us at **patospetcare@gmail.com**

Stay connected with us on Facebook and Instagram for tips, adorable photos, and more!

Pato's Pet Care | Facebook
Pato's Pet Care | Instagram
Pato's Pet Care | WhatsApp

Area covered: All Thurrock

Other services

Thurrock Re-Use Project (TRUP)

Social Enterprise that collects and refurbishes unwanted furniture, household goods and electrical items and resells them at a small profit to the local community. Also has a paint store.

Also offers back to work training, tailored supported volunteering for people with learning disabilities and other volunteer opportunities.

01375 846702 trup.org@gmail.com **Area covered: All Thurrock**



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/thepyramidcentrethurrock

Email info@thurrockplaynetwork.co.uk Address: Heath road, **Chadwell St Mary** ,RM164XH ,01375387783

Opening hours Wednesday12pm-6pm

Thursday/Friday9.30am-3.30pm

Saturday 9.30am-1.30p

Thursday drops 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 t it to be mended.

Everyone is welcome!

07798 527667 demuslee@talktalk.net





Find services at:

Supporting local people | Community enterprises for care and support | Thurrock Council

Online Directories:

Frontline Home (essexfrontline.org.uk)

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

Interested to become a Microenterprises:
please see the below link or send an e-mail to Communitybusiness@thurrock.gov.uk

Running a community micro-enterprise | Community enterprises for care and support | Thurrock Council