Dementia Friendly Groups & Support in Thurrock

**Grays**

**Carers Support Group** at Thurrock Carers Hub, Grays Shopping Centre   
Every Tuesday 10am - 12pm   
Contact: 01375 391411 / [carers@tbmind.org.uk](mailto:carers@tbmind.org.uk)

Cost: Free

**Support Group for those living with dementia & their carers** at Grays Library   
First Thursday of the month 10am – 12pm

Contact: 01375 391411 / [carers@tbmind.org.uk](mailto:carers@tbmind.org.uk)

Cost: Free

**Coffee Morning** in St John’s Grays North porch, 8A Victoria Avenue   
Every other Friday 10am – 12pm.

NB. *After 31st May 2024 they are taking a short break, future dates tbc – call for information*  
Contact: Brian [Pgflt44@yahoo.com](mailto:Pgflt44@yahoo.com) / 07811459855  
Cost: Free/ voluntary contribution box

**Friday Men’s Club** at St John’s Grays North Hall, 8A Victoria AvenueRelaxed group that play pool, table tennis, card games and get together for a chat.

If a carer attend’s they must be male due to this being a men’s group.  
First Friday of the month 7.30pm – 9.30pm   
Contact: Kevin 01375 382417 / 07850 585763 / [mrkspring@hotmail.com](mailto:mrkspring@hotmail.com)   
Cost: Free (no booking necessary)

**Community Café** at Grays United Reformed Church, Bradleigh Avenue  
It is inclusive of people living with dementia and their carers. Over a drink and cake come along to enjoy meeting new people in a friendly and welcoming environment.   
Every Wednesday 10am – 12pm   
Contact: David Coaker 07378348191 / [drcoaker@gmail.com](mailto:drcoaker@gmail.com)Cost: Free

**Mature Movers Gentle Exercise Class** at Grays United Reformed Church, Bradleigh Avenue  
Every Tuesday 1.45pm – 2.45pm  
Contact: Denise 07806 739959 / [densplayden@gmail.com](mailto:densplayden@gmail.com)Cost: £4 per session, first one free (Can book via telephone or just turn up on the day)

**Carers Café** at Headon Hall, Crawford Avenue   
Every Thursday 1pm – 2.30pm   
Contact: Sylvia 01375 384826  
Cost: Free

**Feel Good Fridays** at Thameside Theatre, Arts Outburst   
Open to adults in Thurrock who would like to enjoy an afternoon of activity - starts with a low impact dance fitness session - suitable for everyone to take part in including use of a chair. Followed by refreshments and chat and rounded up with a creative activity.  
Every Friday 12pm – 2pm – Booking essential   
Contact: 01375 386247 / [mandy@artsoutburst.co.uk](mailto:mandy@artsoutburst.co.uk)  
Cost: Free   
*NB. these sessions are funded until 21 June 2024 then will take a break. They are looking at funding again after the summer. Call for more information.*

**Happy Days Creative Group** at Tyrrells Hall, 67 Dock Rd  
For those with memory loss accompanied by their carer. Enjoy gentle dance, singing, art and other fun activities.   
Every other Tuesday 4pm – 6pm  
Contact: Claire after 4pm 07903 963601  
Cost: £6.50 annual fee for venue/ membership. £1 for tea/ coffee

**Coffee Group** for over 65’s at Grays Park Café, Grays RM17 6QZ  
A friendly social space with the opportunity to taste coffee from around the world – they serve tea too!   
Every Wednesday 2-3pm   
Contact: Ray 07796 145922Cost: Free

**Chadwell St Mary**

**Knit and Natter Group** at the Community Church, Chadwell St Mary, Defoe Parade, RM16 4QR Wheelchair accessible and carers welcome. Some knitting and more nattering!  
Every Wednesday 9.30am – 11.30am   
Contact: 01375 484101 / [office@mycommunitychurch.org.uk](mailto:office@mycommunitychurch.org.uk)Cost: Free (No booking necessary)

**Coffee Corner** at Community Church, Chadwell St Mary, Defoe Parade, RM16 4QR   
Open to everyone   
Every Wednesday 12pm-3pm during term time  
Contact: 01375 484101 / [office@mycommunitychurch.org.uk](mailto:office@mycommunitychurch.org.uk)Cost: Free of charge (No booking necessary)

**Chafford Hundred**

**Knit and Natter Group** at The Beacon Centre (All Saints Church) Drake Road, Chafford Hundred RM16 6RW

This is in a room upstairs. Lift available and accessible toilets. Carers welcome. Some knitting and more nattering!

9.30am - 11.30am every Tuesday.

Contact: 01375 484101/ [office@mycommunitychurch.org.uk](mailto:office@mycommunitychurch.org.uk)

Cost: Free (No booking necessary)

**Stanford-le-Hope**

**Lunch Club** at The Swan Inn, Horndon on the Hill   
First Monday of the month, 12pm – 4pm  
Contact: Jodie 07540 315925

**Tilbury**

**New Beginnings** at Tilbury Community Association, RM18 8AA  
For those who are living with dementia, are isolated or lonely together with their carers.   
Live entertainment, tea/coffee, sandwiches, cakes to enjoy in a friendly space.   
Note this is a very popular group.  
Every 6 weeks approx. 2pm – 4pm, contact Pauline for dates  
Contact: Pauline 07970 640876  
Cost: Free

**South Ockendon**

**Social Lunch Club** at Thurrock Garden Centre, Woody’s Café  
Every Friday 11am – 1pm   
Contact: Sylvia 07889239014  
Cost: Free to attend. Buy own lunch

**Wellbeing Wednesdays** at The Flowers Community Hall, Lime Close   
This is a multi-support surgery with other organisations present to offer support. A chance to have a cuppa & chat to combat isolation & obtain support if needed. Every Wednesday 10.30am – 12.30pm. Started 5th June 2024 An Oomph class is on at 1.30pm that people can stay for if they wish.Contact: Carolyne, Secretary of The Flowers Community Group [c.a.waghorn@gmail.com](mailto:c.a.waghorn@gmail.com)

**Stifford Clays**

**St Cedd’s Coffee Pot** at St Cedd’s Church Hall, Crammavill Street, RM16 2AP  
A friendly social space to meet others in the community.   
First Saturday of the month 10am – 12pm   
Contact: June England 01375 372225   
Cost: Donations optional

**Bulphan**

**Carers Monthly Well Being Group** at St Luke’s Hospice Thurrock, Farrier Way   
Contact: Lita Walpole [lita.walpole@stlukeshospice.co.uk](mailto:lita.walpole@stlukeshospice.co.uk)  / 07775439108 *NB. This is moving to St Luke’s Basildon from June 2024.* *More groups at St Luke’s Hospice Thurrock coming soon. Call for more information.*

**Orsett**

**Club Pineapple**, Orsett Hall  
A social hub for elderly residents of Thurrock. An opportunity to meet other local people and enjoy a light lunch, tea/coffee and biscuits and a good old natter.   
Every other Friday 10am – 2pm   
Contact: 01375 808303 / [mail@pineapple.care](mailto:mail@pineapple.care)   
Cost: Free. Bring own lunch or contribute towards fish & chips

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**Re-engage** work within communities to end social isolation and loneliness in older people. They run Tea Parties in and around Essex and offer a call companion service.   
[www.reengage.org.uk/about-us/](http://www.reengage.org.uk/about-us/)   
Contact: [0800 716543](tel:0800716543)

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Day Centres in and around Thurrock

**Cromwell Road Friendship Club** in Grays  
Run by Thurrock Council.   
Referrals through a Social Worker or through Thurrock First.  
<https://www.thurrock.gov.uk/adult-social-care-help-and-advice/thurrock-first>  
Contact: 01375 511000

**The Ark Day Centre** in Laindon  
A dementia friendly adult day care service providing stimulating activities for seniors to reduce isolation and increase interaction with others.   
Monday to Saturday 10.30- 3.30pm.  
Free taster day. Contact directly for cost thereafter.   
Transport option available at extra cost.  
Can support with personal care for individuals that can weight bear as no hoist.   
Contact: <https://www.thearkessexltd.co.uk/contact/> / 07708 398310

**Silver Birch Day Centre** in Benfleet  
Specialist dementia day centres providing cognitive stimulation therapy, socialisation   
and reminiscence  
9.30am to 3.30pm  
Free taster day. Contact directly for cost thereafter.  
Transport option available at extra cost.   
Contact: <https://carerschoices.org/> / 0300 3021212

**Peaceful Place** in Basildon  
For people of working age diagnosed with dementia and older people in the early stages of dementia. Aim is to develop new friendships through shared experiences and support each other to continue using skills and talents.  
9.30am to 3.15pm  
Contact directly for cost.  
Transport available.   
Do not provide personal care.   
Contact: <https://www.peacefulplace.co.uk/> / 01702 546476