

# ACTIVITIES AND CLUBS IN THURROCK

## BATIAS Zero 5 Club

The Zero 5 club is a social club for adults with learning disabilities.

Usually, Zero Five Club meets on Tuesdays 6:30pm - 8:30pm at Belhus Hall, Daiglen Drive, South Ockendon, RM15 5AE.

Check their website for more details on the various other events they run throughout the month at Batias.com.

Telephone: 01375 389869  
Email: [batias.grays@batias.com](mailto:batias.grays@batias.com)

**18+**

## Real Wheel Cycle Training Academy

The Real Wheel Cycle Training Academy of Essex provides: Specialised training to assist those with cognitive disabilities (autism spectrum disorders, dyspraxia, learning delay etc.) to get cycling. We also run mainstream cycle training for children, young people and adults.

Telephone: 07956 276832

**All Ages**

## Special Needs Activity Club - SNAC

SNAC are all about how you can join in the fun. We organize activities, outings and events for children and young people, with all types of special needs, disabilities and learning difficulties, living in the Essex area.

Telephone: 01375 389867  
[www.snac.btik.com/](http://www.snac.btik.com/)

**11-19 Years**

## Autism Friendly Film Showings @ Vue Cinema

These run every last Sunday of the month and have changes like decreased volume to be better suited for people who may find normal screenings too loud and uncomfortable. To see these viewings, check the myvue.com website and filter by ATF.

## Sunshine Centre

Offers weekly activities for varying ages. The Sunshine Centre offers a Monday and Saturday club which offers activities such as cooking, arts, crafts and games for children aged 5 to 10 years and children in school years 2 to 6 depending on the club.

Civic Square, Tilbury, RM18 8AD, 01375 652200,  
[sbos@thurrock.gov.uk](mailto:sbos@thurrock.gov.uk)

## Thurrock Lifestyle Solutions (TLC)

A flexible service that provides help and support to people with disabilities and also runs various activities such as Liam's nightclub.

7th Floor Thameside Complex, Orsett Road, Grays, RM17 5DX.

More details at:  
Telephone: 01375 370 460  
E-mail: [info@choiceandcontrol.co.uk](mailto:info@choiceandcontrol.co.uk)  
[www.choiceandcontrol.co.uk](http://www.choiceandcontrol.co.uk)

## Hardie Park/Friends of Hardie Park

Many volunteering opportunities at Hardie Park ran by other volunteers, alongside social clubs and events.

Hardie Road, Stanford le Hope, Essex, S517 OPB

Telephone: 07803 295374  
Email: [info@friendsofhardiepark.co.uk](mailto:info@friendsofhardiepark.co.uk)

**18+**

## The ACE Group/TAG

The ACE Group is a non-profit organisation creating the social scene for disabled adults 18yrs+. All run by a dedicated team of volunteers.

Telephone: 07934 442854  
Email: [theaceco@hotmail.com](mailto:theaceco@hotmail.com)  
<http://theacegroup1.wixsite.com/acegroup>

## Games and Media Club

PS4, PS3, Xbox One, Xbox 360, pool table, film and music.

Every Thursday 5-7pm

Acorn Community Hub, Headon Hall  
Crawford Avenue, RM16 2AS

Telephone: 07510 319795

**18+**

## Sugarloaf RDA Group

Sugarloaf RDA aims to improve the lives of people with Special Educational Needs (SEN) and other disabilities by providing opportunities that can benefit them through horse riding.

Little Fields Farm, Stifford Clays Road, Orsett, Essex, RM16 3ND.

Contact Carleen for more on 07854 747754 or email [rdasugarloaf@gmail.com](mailto:rdasugarloaf@gmail.com)

<http://www.sugarloafrda.org>

## Disabled Children's Short Breaks & Outreach Service (DCSOS)

Youth clubs weekly (term time only), Saturday clubs, Befriending service, summer play scheme, outreach, Parental advice, signposting and monthly parent Link group.

Telephone: 01375 413525  
E-mail: [sunshinecentre@thurrock.gov.uk](mailto:sunshinecentre@thurrock.gov.uk)

**11-19 Years**

## Thurrock Society for Artists with Disabilities (TSAO)

To provide an Art Society in Thurrock where people who have disabilities can meet to paint and improve their artistic abilities and techniques.

Telephone: 01375 380624  
Email: [pegndel@tiscali.co.uk](mailto:pegndel@tiscali.co.uk)

**18+**

## Footsteps @Gable Hall School

Tuesday Weekly, 7-9pm

Established in 1992 Footsteps is a weekly youth group for people of all ages with learning disabilities encouraging them to socialise and interact with friends through various activities.

Gable Hall School, 456 Southend Road, Corringham, Stanford-le-hope, SS17 8JT

<http://footstepsclub.wixsite.com/footsteps>  
[footstepsyouthgroup@outlook.com](mailto:footstepsyouthgroup@outlook.com)

## Liam's Nightclub

An inclusive event which welcomes all to come and enjoy a night out. Usually runs every other month at Thameside and is organised by Thurrock Lifestyle Solutions.

Check their Facebook for updates and exact timings for future events at <http://www.facebook.com/choiceandcontrol.co.uk/> or contact them at 01375 370560, [info@choiceandcontrol.co.uk](mailto:info@choiceandcontrol.co.uk)

## Yoga with Carine

Yoga sessions for children and adults with SEN

Telephone: 07968 983034  
E-mail: [carine.ries@gmail.com](mailto:carine.ries@gmail.com)

**All Ages**

# PARENT/CARER SUPPORT/INFORMATION & RESOURCES

## Thurrock Sensory Group

[admin@tcil.org.uk](mailto:admin@tcil.org.uk)

01375 389864

## National Autistic Society Thurrock (NAS)

[nasthurrock.group@nas.org.uk](mailto:nasthurrock.group@nas.org.uk)

07795 252480

## Thurrock & District Mencap Society

[thurrock.mencap@gmail.com](mailto:thurrock.mencap@gmail.com)

## Cariads

[advice@cariads.info](mailto:advice@cariads.info)

01375 659172

## Transition support

[community.solutions@thurrock.gov.uk](mailto:community.solutions@thurrock.gov.uk)

Telephone: 01375 652868

## Carers and parents participation groups (CaPa)

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

07508 090200

## Transition support parent group

[transitionsupportgroup@hotmail.co.uk](mailto:transitionsupportgroup@hotmail.co.uk)

07761 975650

## SCOPE

[helpline@scope.uk](mailto:helpline@scope.uk)

07767 111854

## Carers and Parents Participation Groups (CaPa)

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

07508 090200

## Family Information Service (FIS) Helpline

[www.thurrock.gov.uk/.../familyinformation-service](http://www.thurrock.gov.uk/.../familyinformation-service)

01375 652801

## SNAP (special needs and parents)

[info@snapcharity.org](mailto:info@snapcharity.org)

01277 211300

<https://www.snapcharity.org/>

## Parents Support

[sunshinecentre@thurrock.gov.uk](mailto:sunshinecentre@thurrock.gov.uk)

## Thurrock outreach service for hearing impaired students

[h.norford.scs@stcleres.loop](mailto:h.norford.scs@stcleres.loop)

01375 641001

## Shining stars parent support group supporting downs syndrome

07456 658581

## Thurrock mind

[reception@thurrockmind.org.uk](mailto:reception@thurrockmind.org.uk)

01375 391411

## Disabled Children's Short Breaks & Outreach Service (DCSOS)

The sunshine centre/Hannah's place

[sunshinecentre@thurrock.gov.uk](mailto:sunshinecentre@thurrock.gov.uk)

01375 413525

## Thurrock diversity network limited

[ian@thurrockcoalition.co.uk](mailto:ian@thurrockcoalition.co.uk)

01375 389864

## Parent Advisory Team Thurrock (PATT)

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

01375 389894

## Thurrock Coalition

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

01375 389867

## Local Area Coordination

[localareacoordination@thurrock.gov.uk](mailto:localareacoordination@thurrock.gov.uk)

## Thurrock Careers

<https://www.thurrock.gov.uk/career-support-for-young-people/thurrock-careers>

## Short Breaks

<https://www.thurrock.gov.uk/short-breaks-and-time-out-for-carers/breaks-for-carers>

## Other useful contacts...

Options support: [info@optionsgroup.co.uk](mailto:info@optionsgroup.co.uk)

Advocacy services: [info@thurrockadvocacy.org.uk](mailto:info@thurrockadvocacy.org.uk)

Peer mentoring: [peers@thurrockmind.org.uk](mailto:peers@thurrockmind.org.uk)

## NELFT NHS Foundation Trust

[www.nelft.nhs.uk/.../services-thurrock](http://www.nelft.nhs.uk/.../services-thurrock)

## Blue Badge disabled parking scheme

<https://www.thurrock.gov.uk/blue-badge-parking/blue-badge-parking-for-people-with-disabilities>

## Special Education Needs and Disabilities - Local Offer

The purpose of Thurrock's Local Offer is to allow children and young people in the borough, who have Special Educational Needs (SEN) and/or a disability, to be able to find information in one place. The Local Offer aims to provide clear, comprehensive and accessible information about what services and provisions are available in Thurrock for parents and young people. The Local Offer is available via the website, in writing and can be requested in additional languages, translation and interpreter services are available upon request. The Local Offer is also about making services more responsive to local need and aspirations. Contact us if you require more information or have specific access requirements to view the Local Offer.

Telephone: 01375 652801

[fis@thurrock.gov.uk](mailto:fis@thurrock.gov.uk)



## Local Facebook Groups/Pages

### Thurrock Essex special needs network

PATT

Nas Thurrock

Sunshine centre