



THE GATEWAY ACADEMY

DIRECTORY OF INFORMATION
FOR THE COMMUNITY OF
TILBURY & CHADWELL ST MARY

*A directory of sources of information,
support and guidance for the
community of Thurrock*



First edition published June 2010

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The Gateway Academy Extended Provision Department would like to welcome you to their new edition of the Directory of Information for the Community of Tilbury & Chadwell St Mary.

The Government 'Every Child Matters' (ECM) agenda underpins our work at The Gateway Academy. In producing this directory our aim is to provide local and national sources of information, advice and guidance that support the five desired outcomes for our students and their families: -

- Be Healthy
- Stay Safe
- Enjoy and Achieve
- Make a Positive Contribution
- Achieve Economic Well-being

Please note that that the services listed in this directory are not exhaustive and The Gateway Academy is neither recommending nor endorsing them.

Whilst every care has been taken to provide accurate information, staff, governors and contributors do not undertake liability for any error or omission.

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EDUCATIONAL ESTABLISHMENTS

ADULT EDUCATION:

Grays Adult Education Centre

Richmond Road, Grays, Essex, RM17 6DN
Tel: 01375 372476

Stanford-Le-Hope Adult Education Centre

Hassenbrook School, Hassenbrook Road, Stanford-Le-Hope, Essex, SS17 0NS
Tel: 01375 673616

South Essex College

Main Campus, Woodview, Grays, Essex, RM16 2YR
Tel: 01375 391199

CHILDCARE & NURSERIES

Pier Lodge Day Nursery

Pier Lodge, Argent Street, Grays, Essex, RM17 6JE
Tel: 01375 393055

Little Pirates

Northview Avenue, Tilbury, Essex, RM18 7RT
Tel: 01375 851367

Cherubs First Step

Chadwell Youth Hall, Waterson Road, Chadwell St Mary, Essex, RM16 4NX
Tel: 01375 855134

Busy Bumbles

Manor School, Dickens Avenue, Tilbury, Essex, RM18 8JJ
Tel: 01375 856081

COLLEGES – 16+

The Gateway Academy

Principal: Mr. K. Sadler

Marshfoot Road, Grays, Essex, RM16 4LU

Tel: 01375 489000

Palmers

Chadwell Road, Grays, Essex, RM17 5TD

Tel: 01375 370121

South Essex College

Main Campus, Woodview Grays, Essex, RM16 2YR

Tel: 01375 391199

PRIMARY SCHOOLS:

Chadwell St Mary Primary School

River View, Chadwell St Mary, Grays, Essex, RM16 4DH
Tel: 01375 843280

Chafford Hundred Primary School

Mayflower Road, Chafford Hundred, Grays, Essex, RM16 6SA
Tel: 01375 484490

Deneholm Primary School

Culford Road, Little Thurrock, Grays, Essex, RM16 2SS
Tel: 01375 373405

East Tilbury Junior School

Princess Margaret Road, East Tilbury, Tilbury, Essex, RM18 8SB
Tel: 01375 846181

Herringham Primary School

St Mary's Road, Chadwell St Mary, Grays, Essex, RM16 4JX
Tel: 01375 842407

Lansdowne Primary School

Lansdowne Road, Tilbury, Essex, RM18 7QB
Tel: 01375 844184

Little Thurrock Primary School

Rectory Road, Grays, Essex, RM17 5SW
Tel: 01375 373586

Orsett Church of England Voluntary Aided Primary School

School Lane, Orsett, Grays, Essex, RM16 3JR
Tel: 01375 891383

Quarry Hill Junior School

Bradleigh Avenue, Grays, Essex, RM17 5UT
Tel: 01375 372099

St Mary's Catholic Primary School

Calcutta Road, Tilbury, Essex, RM18 7QH
Tel: 01375 843254

St Thomas of Canterbury Catholic Primary School

Ward Avenue, Grays, Essex, RM17 5RW
Tel: 01375 375826

Stifford Clays Junior School

Whitmore Avenue, Stifford Clays, Grays, Essex, RM16 2ST
Tel: 01375 373866

Stifford Primary School

Parker Road, Grays, Essex, RM17 5YN
Tel: 01375 373601

Thameside Junior School

Manor Road, Grays, Essex, RM17 6EF
Tel: 01375 372677

Tilbury Manor Junior School

Dickens Avenue, Tilbury, Essex, RM18 8HJ
Tel: 01375 842681

Treetops

Buxton Road, Grays, Essex, RM16 2WU
Tel: 01375 372723

Tudor Court Primary School

Bark Burr Road, Chafford Hundred, Grays, Essex, RM16 6PL
Tel: 01375 480662

Warren Primary School

Gilbert Road, Chafford Hundred, Grays, Essex, RM16 6NB
Tel: 01375 482288

Woodside Primary School

Grangewood Avenue, Little Thurrock, Grays, Essex, RM16 2GJ
Tel: 01375 372513

SECONDARY SCHOOLS:

Chafford Hundred Campus Business and Enterprise College

Chafford Hundred Campus, Mayflower Road, Chafford Hundred, Grays, Essex, RM16 6SA
Tel: 01375 484580

St Clere's School

Butts Lane, Stanford-Le-Hope, Essex, SS17 ONW
Tel: 01375 641001

Gable Hall School

Southend Road, Corringham, Essex, SS17 8JT
Tel: 01375 400800

Grays Convent High School

College Avenue, Grays, Essex, RM17 5UX
Tel: 01375 376173

The Gateway Academy

Principal: Mr. K. Sadler
Marshfoot Road, Grays, Essex, RM16 4LU
Tel: 01375 489000

The Grays School Media Arts College

Hathaway Road, Grays, Essex, RM17 5LL
Tel: 01375 371361

Hassenbrook School

Hassenbrook Road, Stanford-Le-Hope, Essex, SS17 ONS
Tel: 01375 671566

The Ockendon School

Erriff Drive, South Ockendon, Essex, RM15 5AY
Tel: 01708 851661

Ormiston Park Academy

Nethan Drive, Aveley, Essex, RM15 4RU
Tel: 01708 865180

William Edwards School and Sports College

Stifford Clays Road, Stifford Clays, Grays, Essex, RM16 3NJ
Tel: 01375 486000

FAMILY & COMMUNITY SPECIALIST SUPPORT

EDUCATION:

ACE (Advisory Centre for Education)

Information, advice and guidance to parents of school age children who want educational advice.

ACE, Unit 1c, Aberdeen Studios, 22 Highbury Grove, London, N5 2DQ

Tel: 020 7354 8318

Website: www.ace-ed.org.uk

Bullying Online

Website: www.bullying.co.uk

Centre for Special Educational Needs

Website: www.dfes.gov.uk/sen

DfES Parent Centre

Website: www.parentcentre.gov.uk

National Grid for Learning

Website: www.ngfl.gov.uk

OFSTED

Website: www.ofsted.gov.uk

Thurrock Parent Partnership Service

Victor Baldock, Thurrock Parent / School Partnership Coordinator, Culver Centre, Daiglen Drive, South Ockendon, Essex. RM15 5RR

Tel: 01708 859692

Email: vbaldock@thurrock.gov.uk

FINANCE:

Benefit Enquiry Line

A confidential telephone service for people with disabilities, their carers and representatives.
Tel: 0800 88 22 00

Benefit Enquiry:

Carers Allowance – 0845 6084321
Child Benefit Centre – 08454 302 1444
Disability Living and Attendance Allowance – 0845 712 3456
Disabled Persons Tax Credit – 0845 605 5858
Working Families Tax Credit – 0845 609 5000
Website: www.dwp.gov.uk

The Child Support Agency

Opening hours Monday-Friday 8.00 a.m. – 8.00 p.m. and Saturday 8.30 a.m. – 5.00 p.m.
Email: csa-nel@dwp.gsi.gov.uk
Website: www.csa.gov.uk
Tel: 0845 713 3133

Job Centre Plus

2 Derby Road, Grays, Essex, RM17 6QQ
Tel: 01375 815114
Website: www.dwp.gov.uk

National Debtline

Open Monday-Friday 9.00 a.m. – 9.00 p.m. and Saturday, 9.30 a.m. – 1.00 p.m.
Tel: 0808 808 4000
Website: www.nationaldebtline.co.uk

HEALTH SUPPORT:

Arthritis Care

Arthritis Care, 18 Stephenson Way, London NW1 2HD
Tel: 020 7380 6500
Helpline: 0808 800 4050 (Available Monday – Friday 12.00 – 4.00 p.m.)
The Source Helpline for young people under 26 years old: 0808 808 2000
(Available Monday – Friday 10.00 a.m. – 2.00 p.m.)
Website: www.arthritiscare.org.uk

The National Asthma Campaign

National Asthma Campaign, Providence House, Providence Place, London, N1 0NT
Helpline: 0845 701 0203
Head Office: 020 7226 2260
Website: www.asthma.org.uk

BATHH (Basildon & Thurrock Healthy Heroes)

Support group for families of children with insulin dependent **diabetes** in the Basildon & Thurrock area.
Tel: 01268 534026

Cystic Fibrosis Trust

Cystic Fibrosis Trust, 11 London Road, Bromley, Kent, BR1 1BY
Tel: 0208464 7211
Email: enquiries@cftrust.org.uk
Website: www.cftrust.org.uk

The Eating Disorders Association

Eating Disorders Association, 103 Prince of Wales Road, Norwich, Norfolk, NR1 1DW
Adult Helpline: 0845 634 1414 (Available 8.30 a.m. – 8.30 p.m.)
Youth-line – 18 years and under (0845 634 7650 (Available 4.00 p.m. – 6.30 p.m.)
Email: info@edauk.com
Website: www.edauk.com

The National Eczema Society

National Eczema Society, Hill House, Highgate Hill, London, N19 5NA
Helpline: 0870 241 3604 (Available Monday-Friday 1.00 – 4.00 p.m.)
Tel: 020 7281 3553
Website: www.eczema.org

Epilepsy Action

Epilepsy Action, New Anstey House, Gate Way Drive, Yeadon, Leeds, LS19 7XY
Freephone Helpline: 0808 800 5050
(Available Monday-Thursday 9.00 a.m. – 4.30 p.m. and Friday 9.00 – 4.00 p.m.)
Tel: 01268 478246 / 01375 403572 / 01245 440554
Email: epilepsy@bea.org.uk helpline@epilepsy.or.uk
Website: www.epilepsy.org.uk

ERIC (Enuresis Resource & Information Centre)

Information, advice and guidance on **bedwetting**
Helpline: 0117 960 3060 (Available Monday-Friday 10.00 – 4.00 p.m.)
Email: info@eric.org.uk
Website: www.eric.org.uk

First Steps to Freedom

Information and support for those affected by **obsessive compulsive disorders, anxiety and phobias**.
Helpline: 01926 851608 (Available 10.00 a.m. – 10.00 p.m.)
Tel: 01926 864473
Email: info@first-steps.org
Website: www.first-steps.org

The Association for Children with Heart Disorders

The Association for Children with Heart Disorders, 26 Elizabeth Drive, Helmshore, Rossendale, Lancashire, BB4 4JB
Tel: 01706 213632
Email: information@tachd.org.uk
Website: www.tachd.org.uk

The Lady Hoare Trust for Physically Disabled Children

Lady Hoare Trust, First Floor, 89 Albert Embankment, London, SE1 7TP
Tel: 020 7820 9989
Email: info@lhtchildren.org.uk
Website: www.ladyhoaretrust.org.uk

Macmillan Cancer Relief

Macmillan Cancer Relief UK, 89 Albert Embankment, London, SE1 7UQ
Tel: 020 7840 7840
Email: cancerline@macmillan.org.uk
Website: www.macmillan.org.uk

National ME & Chronic Fatigue Centre

Information, support and guidance for anyone affected by ME
Karen Walsh, Disablement Services Centre, Harold Wood Hospital, Gubbins Lane, Harold Wood, Romford, Essex, RM3 0BE
Tel: 01708 378050
Email: nmecent@aol.com
Website: www.nmec.org.uk

RNIB (The Royal National Institute of the Blind)

National Institute of the Blind, 105 Judd Street, London, WC1H 9NE
Helpline: 0845 766 9999
Office Tel: 020 7388 1266
Email: helpline@rnib.org.uk
Website: www.rnib.org.uk
Website of information on services for children: www.rnib.org/parents

RNID (Royal National Institute for Deaf People)

RNID, 19-23 Featherstone Street, London, EC1Y 8SL
Tel: 020 7296 8000
Helpline: 0808 808 0123
Email: informationline@rnid.org.uk
Website: www.rnid.org.uk

The Scoliosis Association (UK)

The Scoliosis Association (UK), 2 Ivebury Court, 323-327 Latimer Road, London, W10 6RA
Tel: 020 8964 5343
Helpline: 020 8964 1166
Email: info@sauk.org.uk
Website: www.sauk.org.uk

The Sickle Cell Society

The Sickle Cell Society, 54 Station Road, London, NW10 4UA
Tel: 020 8961 7795 / 4006
Email: sicklecellsoc@btinternet.com
Website: www.sickecellsociety.org

Teenage Cancer Trust

Teenage Cancer Trust, 38 Warren Street, London, W1T 6AE
Tel: 020 7387 1000
Email: tct@teencancer.bdx.co.uk
Website: www.teencancer.org

MENTAL HEALTH SUPPORT:

BACP (British Association for Counselling & Psychotherapy)

A list of local counsellors is available on request or from the BACP website.

BACP, 1 Regent Place, Rugby, Warwickshire, CV21 2PJ

Tel: 0870 443 5252

Email: bacp@bacp.co.uk

Website: www.bacp.co.uk

MIND (National Association for Mental Health)

MIND, 160 Bridge Road, Grays, Essex, RM17 6DB

Tel: 01375 380237

Website: www.thurrockmind.org.uk

Interact Ltd

Support, training, education, community and employment opportunities for people with mental health or learning difficulties.

Tel: Julie Wright 01245 608221

Email: Julie.wright@interact.org.uk

Website: www.interact.org.uk

Young Minds

Information, advice and guidance for anyone with concerns about the mental health of a young person.

Young Minds, 102-108 Clerkenwell Road, London, EC1M 5SA

Helpline: 0800 018 2138 (Available Monday & Friday 10.00 a.m. – 1.00 p.m. and Tuesday, Wednesday and Thursday 1.00 – 4.00 p.m.)

Website: www.youngminds.org.uk

SPECIAL EDUCATIONAL NEEDS SUPPORT:

ADDISS (The National Attention Deficit Disorder Information and Support Service)

Information, training and support for those affected by ADHD.

ADDISS, PO Box 340, Edgware, Middlesex, HA8 9HL

Tel: 020 8906 9068

Email: info@addiss.co.uk

Website: www.addiss.co.uk

AFASIC

Charity representing children and young adults with **communication impairments**

Afasic, 50-52 Great Sutton Street, London, EC1V 9HX

Helpline: 0845 355 5577 (Available Monday – Friday 10.00 a.m. – 4.00 p.m. Charged at local rate)

Email: info@afasic.org.uk

Website: www.afasic.org.uk

SAFE (Supporting Asperger Families in Essex)

Support Group Tel: 01621 842734

Email: safe.essex@hotmail.co.uk

Website: www.safe-online.org.uk

The National Autistic Society (NAS)

Information and support for those affected with autistic spectrum disorders, including Aspergers Syndrome.

The National Autistic Society, 393 City Road, London, EC1V 1NG

Head Office Tel: 0207833 2299

Email: nas@nas.org.uk

Website: www.nas.org.uk

Autism Helpline: 0870 600 8585 (Available Monday – Friday between 10.00 a.m. – 4.00 p.m.)

Email: autismhelpline@nas.org.uk

BATIAS Independent Advocacy Service

Offers services for people with **learning disabilities**.

Nick Grant, Tilbury Resource Centre, Civic Square, Tilbury, RM18 8AD

Email: batiassg@btopenworld.com

Tel: 01375 857068

BILD (British Institute of Learning Disabilities)

BILD, Champion House, Green Street, Kidderminster, Worcestershire, DY10 1JL

Tel: 01562 723010

Email: enquiries@bild.org.uk

Website: www.bild.org.uk

Down Syndrome Information Network

Website: www.down-syndrome.info

British Dyslexics

British Dyslexics, 22 Deeside Enterprise Centre, Deeside, CH5 1PP

Tel: 01352 716656 / 01244 822884

Website: www.britishdyslexics.co.uk

The Dyspraxia Foundation

The Dyspraxia Foundation, 8 West Alley, Hitchin, Hertfordshire, SG5 1EG

Helpline: 01462 454986

Tel: 01462 455016

Email: dyspraxiafoundation@hotmail.com

Website: dyspraxiafoundation.org.uk

MENCAP

Organisation offering support to families affected by learning disabilities.

Mencap, 123 Golden Lane, London, EC1Y 0TJ

Helpline: 0808 808 111

Tel: 020 7454 0454

Email: help@mencap.org.uk

Website: www.mencap.org.uk

Tourette Syndrome Support Group

Sunshine Centre, Tilbury

Tel: 01375 382600 / 01268 285 734

SUPPORT GROUPS AND SERVICES:

Age Concern

Website: www.age.concernessex.co.uk

Al-Anon Family Groups

Support for families and friends of alcoholics

61 Great Dover Street, London, SE1 4YF

Helpline: 0207403 0888 (Available daily 10.00 a.m. – 10.00 p.m.)

Website: www.al-anon.org

Alcoholics Anonymous

PO Box 1, Stonebow House, General Service Office, Stonebow, York, YO1 7NJ

24 hour helpline: 0845 769 7555

Website: www.alcoholics-anonymous.org.uk

Barnardo's

Barnardo's supports young people and their families deal with disability, abuse, homelessness and bereavement.

Dorothy Howes, Information Officer, Barnardo's Tanners Lane, Barkingside, IG6 1QG

Tel: 0208550 8822

Email: Dorothy.howes@barnardos.org.uk

Website: www.barnardos.org.uk

Basildon Youth Offending Team

31 Battleswick, Basildon

Tel: 0128 520612

Carers UK

Information, advice and guidance on all aspects of care for both carers and professionals.

20-25 Glasshouse Yard, London, EC1A 4JT

Helpline: 0808 808 7777 (Monday-Friday)

Email: ino@ukcarers.org.uk

Website: www.carersonline.org.uk

Chadwell Forum

Community support

Email: chair@chadwellcf.org.uk

The Child Bereavement Trust

The Child Bereavement Trust, Aston House, High Street, West Wycombe, HP14 3AG

Tel: 01494 446648

Email: enquiries@childbereavement.org.uk

Website: www.childbereavement.org.uk

Citizens Advice Bureau

Grays / Thurrock Tel: 0870 126 4035

Contact a Family

Information, advice and guidance to parents of disabled children

Tel: 0808 808 3555

Website: www.cafamily.org.uk

National Domestic Violence Helpline

24 hour helpline for victims of domestic abuse.

Tel: 0808 2000 247

National Drugs Helpline

Free 24 hour confidential advice

Tel: 0800 77 66 00

Website: ndh.org.uk

Essex Family Information Service

Information on childcare, family support groups and out of school activities for children.
Helpline: Monday-Friday 0800 055 68 74
Email: fis@essex.gov.uk

Families InFocus (Essex)

Supports families of children with disabilities and special needs aged 0 – 19 years.
Families InFocus, Lancaster House, 140 Mildmay Road, Chelmsford, CM2 OEB
Tel: 01245 353575
Email: infocus-@fish.co.uk

FRANK

Drugs and alcohol helpline.
Tel: 0800 776600
Website: www.talktofrank.com

Gingerbread

Offers support, help and advice to lone parents and their children.
Freephone Advice Line: 0800 018 4318
Website: www.gingerbread.org.uk

HELP (Holiday Endeavour for Lone Parents)

HELP, 57 Owston Road, Carcroft, Doncaster, South Yorks, DN6 8DA
Tel: 01302 728791

Home Start

National charity which uses volunteers to support families in their own homes.
Helpline: 0800 068 63 68
Tel: 01268 550 300
Email: home-start.basildon@ukgateway.net
Website: www.home-start.org.uk

Meet-a-Mum Association (MAMA)

Local self-help groups for pregnant women and those with young children.
376 Bideford Green, Linslade, Leighton Buzzard, Beds LU7 2TY
Tel: 01525 217 064
Email: meet-a-mum.assoc@blueyonder.co.uk
Website: www.MAMA.org.uk

Missing People Helpline

Tel: 0500 700 700

Motability

Charity which helps disabled people and their families become more mobile
Motability, Goodman House, Station Approach, Harlow, Essex, CM20 2ET
Tel: 02279 635666
Website: www.motability.co.uk

National Childbirth Trust

Information and support on all aspects of pregnancy and childbirth.
Alexandra House, Oldham Terrace, London W3 1BE
Tel: 0870 444 8707
Website: www.nct.pregnancyandbabycare.com

The Network

Support and information on drugs
The Connexions Centre, Grays, Essex, RM16
Tel: 01375 376111

NSPCC

24 hour child protection helpline
Tel: 0800 800 5000

OAASIS (Office for Advice, Assistance, Support & Information on Special Needs)

Information and advice for families with children and young adults who have special educational needs as a result of development disorder such as autism, Asperger Syndrome, dyspraxia or Tourette syndrome.

Lesley Durston, Brock House, Grigg Lane, Brockenhurst, Hampshire SO42 7RE

Helpline: 09068 633201 (Available Monday – Friday between 2.00 – 5.00 p.m. – calls cost 60p per minute).

Email: info-pact-uk@btconnect.com

Website: www.pact-uk.co.uk

One Community Trust

Bringing together local people and groups to maximize the potential of Chadwell and Tilbury

Tel: Rob Groves 01375 768289

Email: info@onecommunity.org.uk

Website: www.onecommunity.org.uk

Parentline Plus

Offers support to anyone parenting a child

Endway House, Hadleigh, Essex, SS7 2AN

Free 24 hour helpline: 0808 800 2222

Tel: 0808 800 4444

Website: www.parentlineplus.org.uk

RELATE

Offers relationship counselling

Helpline: 0845 130 4010 (Available Monday-Friday 9.30 a.m. – 4.30 p.m.)

4, Cherrydown West, Basildon, SS16 5AT

Tel: 01268 286888

Samaritans

24 hour service: 0845 790 9090

Email: jo@samaritans.org

Website: www.samaritans.org.uk

SCOPE

National and local information and support services for families affected by Cerebral Palsy

Cerebral Palsy Helpline: 0808 800 3333 (Available Monday – Friday 9.00 a.m. – 9.00 p.m. / Saturday – Sunday 2.00 – 6.00 p.m.)

Scope, Cerebral Palsy Helpline, PO Box 833, Milton Keynes, MK12 5NY

Email: cphelpline@scope.org.uk

Website: www.scope.org.uk

Shelterline

24 hour free helpline for anyone with housing related problems.

Helpline: 0808 800 4444

Email: info@shelter.org.uk

Website: www.shelternet.org.uk

SNAC (Thurrock Special Needs Activity Club)

Tel: 01268 583181

Email: pudney@tinyworld.co.uk

THE SNAP CENTRE (Special Needs Young People and Parents)

Pastoral Way, Warley, Brentwood, Essex, CM14 5WF

Tel: 01277 211300

Email: info@snapcharity.org

Website: www.snapcharity.org

South Essex Rape and Incest Crisis Centre

Tel: 01375 380609

Website: www.thurrock-community.org.uk/sericc

The Sunshine Centre

Centre for disabled children aged 0-18 and their families.

Sue Rimmer, Manager, Sunshine Centre, Civic Square, Tilbury, Essex, RM18 8AD

Tel: 01375 844961

Thurrock Trans-Vol (Voluntary Community Transport Project)

Minibus service for people in Thurrock who are unable to use conventional transport because of a disability.

Tel: 01375 652014 / 01375 652114

Thurrock Volunteer Services

Website: www.volunteeringinthurrock.org

Tilbury Forum

Community support

Email: stephenquick10@btinternet.com

Tilbury Police Station

Civic Square, Tilbury, Essex, RM18 8AD

Tel: 01375 391212

Tilbury Riverside Project

Tilbury Riverside Arts and Activity Centre

Tilbury, Essex, RM18 7NL

Tel: 01268 695301

Email: ianheffron@fsmail.net

TRUST – Thurrock Racial Unity Support Task Group

www.thurrock-trust.org.uk/

Victim Support

Tel: 0845 3030900

Vitality

Working with local families to promote health and well-being through programmes such as smoking cessation, weight management and exercise.

Tel: 0800 077 8000

Website: www.lovevitality.org

Women's Aid Federation

Support, advice, information and refuge for women experiencing domestic violence.

PO Box 391, Bristol, BS99 7WS

24 hour helpline: 08457 023 468

Website: www.womensaid.org.uk

The YMCA

YMCA England, 640 Forest Road, London, E17 3DZ

Tel: 020 8520 5599

Email: enquiries@ymca.org.uk

Website: www.ymca.org.uk

SUPPORT FOR YOUNG PEOPLE:

Chadwell Children's Centre

Claudia Way, Chadwell St Mary, Essex, RM16 4QZ
Tel: 01375 842276

Childline

Childline, Studd Street, London, N1 0QW
24-hour Freephone 0800 1111
Tel: 020 7239 1000
Email: info@childline.org.uk
Website: www.childline.org.uk

Connexions

Connexions offers free information, advice and guidance for all 13 – 19 year olds.
24-28 Orsett Road, Grays, RM17 5EB
Tel: 01375 413735
Email: Thurrock@estconnexions.co.uk

The National Association for Gifted Children

The National Association for Gifted Children, Suite 14, Challenge House, Sherwood Drive, Bletchley, Milton Keynes, MK3 6DP
Tel: 01908 673677
Email: amazingchildren@nagcbrtain.org.uk
Website: www.nagcbrtain.org.uk

Kidscape

Charity committed to keeping children safe from harm or abuse
Kidscape, 2 Grosvenor Gardens, London, SW1W 0DH
Helpline: 0845 120 5204
Tel: 020 7730 3300
Email: info@kidscape.org.uk
Website: www.kidscape.org.uk

Open Door Youth Information

24-28 Orsett Road, Grays, Essex, RM17 5EB
Tel: 01375 396038

Tilbury Children's Centre

London Road, Tilbury, Essex, RM18 8EY
Tel: 01375 858243

Winston's Wish

A charity that supports bereaved young people following the death of a parent or sibling.
Winston's Wish, The Clara Burgess Centre, Glos Royal Hospital, Great Western Road, Gloucester, GL1 3NN
Tel: 01452 394377
Family Line (Available Monday-Friday 9.30 a.m. – 5.00 p.m.): 0845 203 0405
Email: info@winstonswish.org.uk
Website: www.winstonswish.org.uk

HEALTH CARE

CLINICS:

Chadwell Clinic

Riverview, Grays, Essex, RM16 4BD
Tel: 01375 843111

Tilbury Health Centre

London Road, Tilbury, Essex, RM18 8EB
Tel: 01375 843241

Grays Health Centre

Brooke Road, Grays, Essex, Rm17 5BY
Tel: 01375 372555

NHS Direct

Tel: 0845 4647
www.nhsdirect.nhs.uk

Thurrock Primary Care Trust

Thurrock Primary Care Trust, PO Box 83, New Road, Grays, Essex, RM17 6FD
Tel: 01375 406400
Website: www.thurrock-pct.nhs.uk

JOB OPPORTUNITIES

First Personnel

1 Cromwell Road, Grays, Essex, RM17 5HF
Tel: 01375 391111
Email: contactus@firstpersonnel.co.uk

JobCentre Plus

2 Derby Road, Grays, Essex, RM17 6QQ
Tel: 01375 815114
Website: dwp.gov.uk

Manpower UK

63 Orsett Road, Grays, Essex, RM17 5HJ
Tel: 01375 394120
Email: grays.branch@manpower.co.uk

Take 4 Personnel

51 Lodge Lane, Grays, Essex, RM17 5RZ
Tel: 01375 391337
Website: www.take4personnel.co.uk

SURGERIES:

Chafford Hundred Medical Centre

Drake Road, Chafford Hundred, RM16 6RS
Tel: 01375 480000

Acorns Surgery

Queensgate Centre, Orsett Road, RM17 5DF
Tel: 01375 397470

The Dilip Sabnis Medical Centre

Linford Road, Chadwell St Mary, RM16 4JW
Tel: 01375 851578

Balfour Medical Centre

2 Balfour Road, Grays, RM17 5NS
Tel: 01375 373366

The Surgery

63 Rowley Road, Orsett, RM16 3ET
Tel: 01375 892082

The Health Centre

Crammavill Street, Stifford Clays, RM16 2AP
Tel: 08444 778705

New Road Medical Centre

22 New Road, Grays, RM17 6NG
Tel: 01375 390717

East Tilbury Medical Centre

85 Coronation Avenue, East Tilbury, RM18 8SN
Tel: 01375 846232

The Surgery

12 Milton Road, Grays, RM17 5EZ
Tel: 01375 381612

Chadwell Medical Centre

1 Brentwood Road, Chadwell St Mary, RM16 4JD
Tel: 01375 842289

The Doctor's Surgery

57 Calcutta Road, Tilbury, RM18 7QZ
Tel: 01375 859535

Sai Medical Centre

105 Calcutta Road, Tilbury, RM18 7QA
Tel: 01375 855643

Medic House

Ottawa Road, Tilbury, RM18 7RJ
Tel: 01375 855288

Tilbury Surgery

4 Commonwealth House, Montreal Road, RM18 7QX
Tel: 01375 855755

Grays Health Centre (Shehadeh)

Oddfellows Hall, Dell Road, Grays, RM17 5JY
Tel: 01375 388070

DENTISTS:

Chadwell Dental Practice

30 Riverview, Chadwell St Mary, Essex, RM16 4BJ
Tel: 01375 842620

Grays Health Centre

Orthodontic service only, Brooke Road, Grays, Essex, RM17 5BY
Tel: 01375 898321

Ice White Dental Practice

87 Orsett Road, Grays, RM17 5EH
Tel: 01375 372111

Mrs. S.L. Brown

279 Rectory Road, Grays, Essex, RM17 5SW
Tel: 01375 373409

Patient First Dental Practice

28 London Road, Grays, Essex, RM17 5XY
Tel: 01375 396264

Mr Datta & Associates

63/67 High Street, Grays, RM17 6NX
Tel: 01375 382166

Mr I Gibbons & Partner

154 Dock Road, Tilbury, Essex, RM18 7BS
Tel: 01375 858478

Elite Dental Studio

14 Civic Square, Tilbury, Essex, RM18 8AD
Tel: 01375 852044

SHOPS & SERVICES

All One Solutions

IT solutions
14 Civic Square, Tilbury, Essex, RM18 8AD
Tel: 01375 852040
Email: sujit@allonesolutions.co.uk
Website: www.allonesolutions.co.uk

Asda Superstore

Thurrock Park, Tilbury, Essex, RM18 7HJ
Tel: 01375 855454

Asset Chemist

128 Dock Road, Tilbury, Essex, RM18 7BJ
Tel: 01375 846316
Email: customerservices@assetchemist.co.uk

Barclays Bank

24-26 Calcutta Road, Tilbury, Essex, RM18 7QU
Tel: 0845 755 5555

Chandler Clarke Opticians

83 Riverview, Chadwell St Mary, Essex, RM16 4BD
Tel: 01375 842103

Chapharm Ltd – Pharmacy & Chemist

2 Civic Square, Tilbury, Essex, RM18 8AD
Tel: 01375 851055
Email: chapharm@hotmail.com

Classics Hair Salon

5-6 Commonwealth House, Montreal Road, Tilbury, Essex, RM18 7QX
Tel: 01375 842568

Dip's Chemist

12 Defoe Parade, Chadwell St Mary, RM16 4QR
Tel: 01375 8343051

Low Carbon Business

Improving your business resource efficiency
Rob Robinson
Tel: 01268 758423
Mobile: 07726 580063
Email: rob.robinson@lowcarbonbusiness.org.uk
Website: www.lowcarbonbusiness.org.uk

Pyramid Resource Centre

The Pyramid Resource Centre sells new and recycled items for craft use.
Heath Road, Chadwell St Mary
Tel: 01375 387738

Tesco Express

Calcutta Road, Tilbury, Essex RM18 7QW
Tel: 01375 844732

Thurrock Re-Use Project (TRUP)

THRUP collect, refurbish and sell affordable items for homemaking.
Unit 34, Thames Industrial Park, East Tilbury, Essex, RM18 8RH
Tel: 01375 842962

SPORTS & LEISURE

Boxing & Kickboxing

Tilbury:

Athlone House, Dock Road, Tilbury, Essex, RM18 7BL

Tel: 01375 405412

Chadwell St Mary:

St Mary's Hall, Long House Road, Chadwell St Mary

Tel: 01375 840247

Chadwell Information Centre

Brentwood Road, Chadwell St Mary, Essex

Tel: 01375 413810

Website: www.thurrock.gov.uk/

Chelsea

Free sports and football coaching on astro turf with Chelsea FC (aged 11-19)

Wednesday 4.00 – 5.00 p.m. at The Gateway Academy, Marshfoot Road, Essex, RM16 4LU

Thursday 4.00 – 6.00 p.m. at Palmer's College, Grays

Tel: 07734 994340

Email: zwooster@thurrock.gov.uk

Coalhouse Fort

East Tilbury, Essex, RM18 8PB

Website: www.coalhousefort.co.uk

The Gateway Academy Extended Provision Team

Supporting and engaging students, families and the community

Tel: Mrs. Bacon / Mrs Fugl 01375 489000 ext 231

The Gateway Academy

Facilities for hire, including Sports Hall, Gym, Multi-Purpose Hall (Theatre), Astro Pitch and Outdoor Pitches

Marshfoot Road, Grays, Essex, RM16 4LU

Tel: Mrs Wright 01375 489000 ext 270

Grangewaters Outdoor Education Centre

Buckles Lane, South Ockendon, Essex, RM15 6RS

Tel: 01708 855 228

Email: grangewaters@thurrock.gov.uk

Grays Beach

Website: www.thurrock.gov.uk/graysbeach

Impulse Leisure

Blackshots Lane, Grays, Essex, RM16 2JU

Tel: 01375 375533

Website: www.impulseleisure.co.uk/blackshots

Karate

Ryu Kyu Karate Jitsu BMAKG

Riverside Youth Development Centre

Quebec Road, Tilbury, Essex, RM18 7RA

Monday & Friday 6.30 – 8.30 p.m.

Tel: 07968 982672

Musclemania

Tilbury, RM18 7QU
Tel: 01375 856676

Riverside Youth Development Centre

Open Monday 4.00 – 6.00 p.m.
Quebec Road, Tilbury, Essex, RM18 7RA
Tel: 01375 842339

Scouts

Tilbury & Chadwell St Mary
Website: www.thurrockscouts.org.uk

Slender You

Gym
110 Dock Road, Tilbury, Essex, RM18 7BT
Tel: 01375 845 792

Thameside Theatre

Orsett Road, Grays, RM17 5DX
Website: www.thurrock.gov.uk/theatre

Thurrock Sea Cadet Corp

Bridge Road, Grays, Essex, RM17 6DB
Tel: 01375 382045

Thurrock Harriers Athletic Club

Grays, Essex, RM16 2QT
Tel: 01375 377599

Thurrock Rugby Club

Oakfield, Grays, Essex, RM16 2QH
Tel: 01375 374877
Email: mrowls@blueyonder.co.uk

Tilbury Football Club

Chadfield's, Tilbury, Essex, RM18 8NL
Tel: 01375 843093
Email: enquiries@tilburyfc.com

Tilbury Library

Civic Square, Tilbury, Essex, RM18 8AD
Tel: 01375 85647
Email: Tilbury.library@thurrock.gov.uk

Tilbury Sports & Social Association

Athlone House, Dock Road, Tilbury, Essex, RM18 7BT
Tel: 01375 845955

Youth Theatre

Hathaway Road, Grays, Essex, RM17 5LL
Tel: 01375 371361
Website: www.graysyouththeatre.uk.org/learnnewskills

PLACES OF WORSHIP

Christ Gospel Ministry

The Light House, 164 Dock Road, Tilbury, Essex, RM18 7BS
Tel: 01375 844355

Church of Jesus Christ of Latter Day Saints

Blackshots Lane, Grays, RM16 2JU
Tel: 01375 376537

Grays Pentacostal Church

PO Box 164, Tilbury, Essex, RM18 7WA
Tel: 01375 843261

St John (Church of England) Church

Dock Road, Tilbury, Essex, RM18 7PP
Tel: 01375 842417

Kingdom Hall of Jehova's Witness

Bond Street, Grays, Essex, RM17 6ET
Tel: 01375 383022

St Mary's Church

Linford Road, Chadwell St Mary, Essex, RM16 4JW
Tel: 01375 842176

Our Lady Star of the Sea Roman Catholic Church

96 Dock Road, Tilbury, Essex, RM18 7BT
Tel: 01375 842309

Sikh Temple

6 Maidstone Road, Grays, Essex, RM17 6NF
Tel: 01375 376086



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