

Age Concern Thurrock is a small independent charity that is based at the Beehive in Grays. It is an associate member of the Age England Association and a Friend of Age UK Essex.

We aim to make our service accessible and friendly, and to signpost clients in a professional manner to agencies and services which may fulfil their need. We try to explain options in a particular situation and give a range of information so that the client can make their own choice.

Call us on 01375 389872 or visit us at our office 10am – 1pm, Mon - Thurs in Grays or 10am-12noon Friday at the South Ockendon Centre. We also have a presence in the Chadwell Centre 10.30am – 12.30 on the third Monday each month.

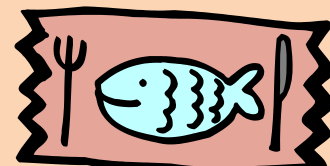


We are always happy to visit clubs and complexes to give a talk about services available to older people. Call or email our office to discuss with us your particular requirements.



Age Concern Thurrock is your local Age Concern. It offers advice and information on many different topics including financial, disability, social activities and staying safe and healthy. There is a wealth of information in our office and we will be pleased to discuss with you your own particular concerns.

We run a fish and chips lunch club in South Ockendon twice a month for those who would normally eat alone. We ask you to book beforehand for catering purposes. For more details call 01375 389872



We offer help with completing Attendance Allowance forms. These forms are complex so an appointment is always necessary and if the client is unable to get to our office we can offer a home visit. This is a free service although if successful in your application we ask you to consider making a donation to help us to keep the service running.

If anyone has a few hours to spare and would like to know more about volunteer opportunities that exist within our group please contact us on 01375 389872.



Age Concern Thurrock is a registered charity no 1000274

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