

## Thurrock Council Adult Social Care

### Community Led Support Team

If you or someone you know is aged 18 or over and you would like advice or information about care and support, or other issues that matter to you, we would like to invite you to attend one of our **Talking Shop** drop in sessions where you can talk in **confidence to a member of the team.**

Day	Time	Venue	Frequency
Mondays	10:00 to 12:00	Community Hub / Library Brentwood Road Chadwell-St-Mary Essex RM16 4JP	Weekly  In conjunction with Helen Local area coordinator for Chadwell St Mary
Wednesdays	10:00 to 12:00	Community Hub / Library Civic Square Tilbury Essex RM18 8AD	Weekly  In conjunction with Heather Local area coordinator for Tilbury
	10.30 to 12.30	St. Francis Church Hall 1 Somerset Road Linford SS17 0PZ	3 <sup>rd</sup> Wednesday of every month
Thursdays	10:00 to 12:00	East Tilbury Village Hall East Tilbury, Tilbury Essex RM18 8ST	1 <sup>st</sup> Thursday of every month