



Newsletter

27th January 2023

Dear Parents and Carers,

Aspirations week

All this week children have had the opportunity to meet members of the community and learn about their jobs and lives. From Paralympian Athletes to engineers, it has been great to see the children so engaged and excited by the work of the visitors. It has been such an exciting and brilliant way to spend the week! Please check out the rest of the newsletter and our Facebook page for more 'Aspirations Week' highlights. A special thank you goes to the volunteers who came to speak to the children, we had:

Gemma – Paralympian athlete

Claire – lifeguard

Rosie&David- Ballroom dancers

Lisa and Mark – engineers

Tracey and Hayley -Barehams Kennel owners

Yr6 SATs information for parents

Next Thursday (2.2.23) at 5pm, we have our yr6 parents and carers meeting at school to discuss the process for this year's SATs testing in May. Please refer to the letter you would have received via email with all the details.

Punctuality

Children starting the day right and on time is so important for how they settle into the routines of the school day. With that in mind, please remember that children should be in school between 8.40 and 8.50, our gates are opened from 8.35 -9am to give parents and carers time to walk through to drop off at the different zones around the school. Thank you for your support in this.

We wish you and your family a relaxing weekend

The Leadership Team

PARKING

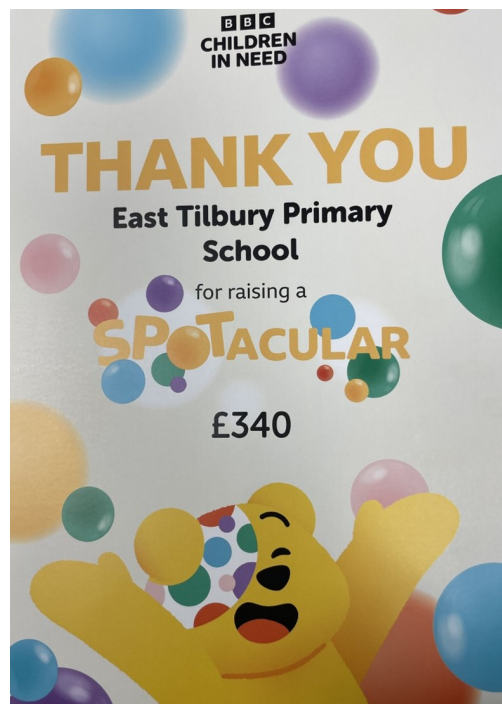
Could you please be vigilant and courteous if you bring your vehicle onto the school grounds and refrain from parking on any zig zag lines or on the zebra crossing.

The children's safety is of paramount importance.

PE KIT

Could all children please have a PE kit in school **everyday**. If you are unable to provide your child with a PE kit please use our uniform shop as we will donate them to any families that cannot provide a PE kit for their child. Please ensure the PE kit is labelled and is in a bag labelled with your child's name.

Thank you



Thank you

We would like to say a huge thank you to all of the volunteers that gave up their time to support our Aspirations Week.



Absence

If your child is too ill to attend school, this must be reported to us by no later than **9.00am**. Please Telephone the school, press one and leave a message on the voicemail box stating your child's full name, class, the reason for absence and when we can expect them to return to school (if known).

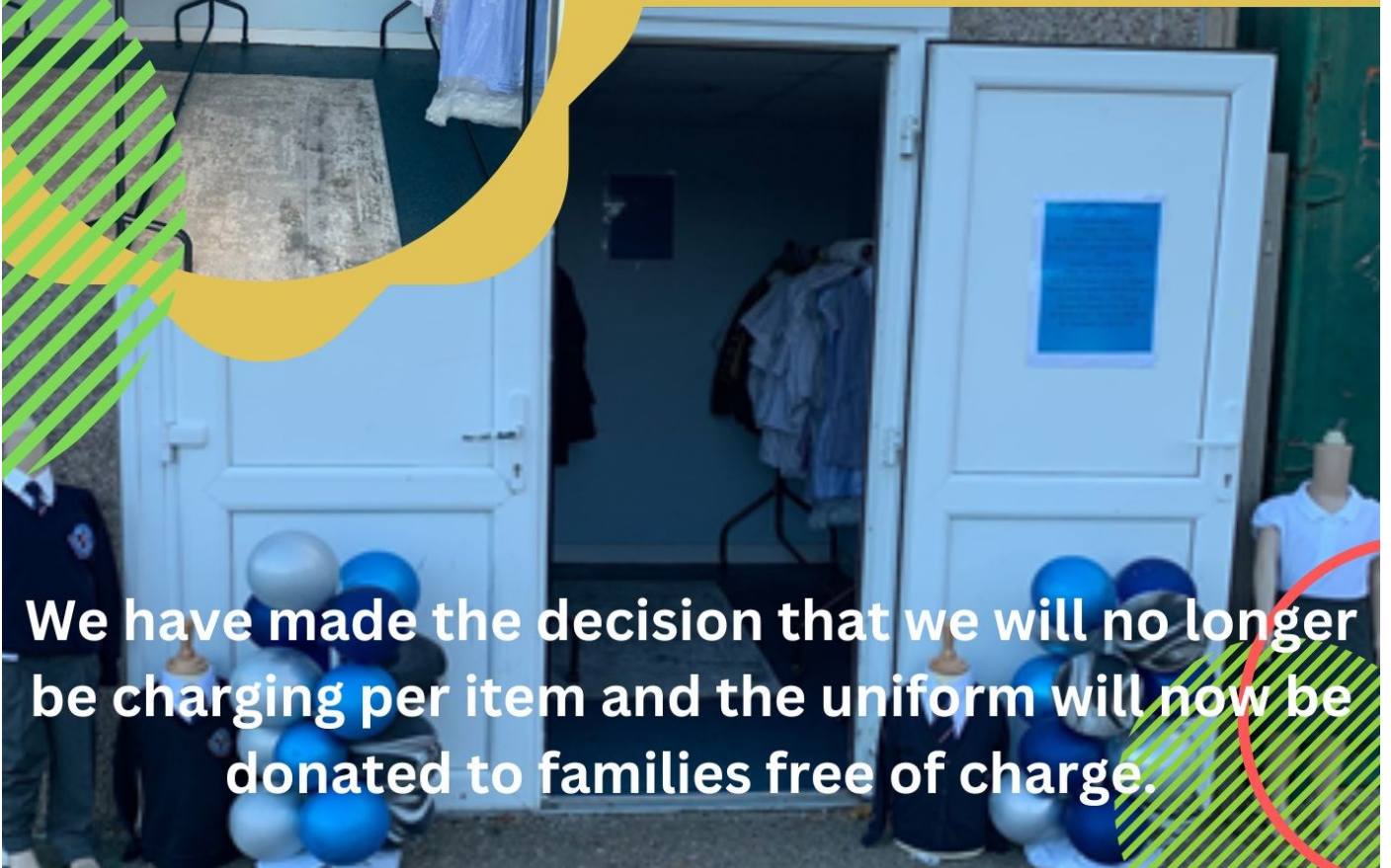
Home Visits will be carried out for any child that is absent for 3 or more school days without reason.



East Tilbury Primary School Uniform Shop

New Opening Times

Tuesdays - 8:40-9:00
Fridays - 15:00-15:30



We have made the decision that we will no longer be charging per item and the uniform will now be donated to families free of charge.

Important dates:

Tuesday 7th February 2023 and Wednesday 8th February 2023	Rising 5's Hearing and vision checks
Friday 10th February 2023	Non-Uniform Day
Monday 13th February 2023—Friday 17th February 2023	February Half Term
Friday 17th March 2023	Red Nose Day
Thursday 30th March 2023	Non-Uniform Day
Friday 31st March 2023	Trust Conference Day—Non-Pupil Day
Monday 3rd April 2023— Friday 14th April 2023	Easter Holidays
Monday 17th April 2023	Pupils return to school
Monday 1st May 2023	May day—School Closed
Monday 8th May 2023	Bank Holiday—School Closed
Friday 26th May 2023	Non-Uniform Day
Monday 29th May 2023 —Friday 2nd June 2023	May Half Term
Monday 5th June 2023	Pupils return to school
Thursday 20th and Friday 21st July 2023	INSET days—school closed to pupils
Monday 24th July 2023	First day of summer holidays



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How are you?

Sad? Stressed? Anxious?

Worried? Tearful? Overwhelmed?

Want help?



Your Mental Health First Aider is

Miss. Mills

Training provided by



There are plenty of different types of support out there, and a Mental Health First Aider can help you access the support you need to feel better.

Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a Mental Health issue or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to appropriate help if required.

To arrange a meeting, please contact me via email: mhfa.etp@osborne.coop

STAR WRITER

My day at school

I go to school every day,
When really, in bed I want to stay.
It can be loud when everyone's speaking
But quiets down when they are eating.
I love the smell of roast dinner when it cooks.
I also like reading lots of books.
I really love playing with my friends,
But I'm ready to go home when the day ends.

By Ella

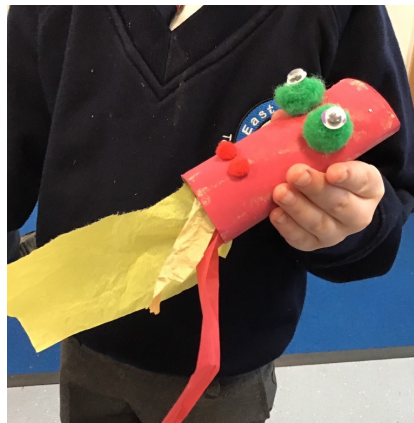
This amazing poem was written by Ella in 2MR

Reception

This week in Reception we have been looking at the story 'Zog' by Julia Donaldson. We have been working on writing a range of different lists to help Zog. We have learnt about what a bullet point is and how to lay out a list as well as practising using our phonics skills within our writing.

In maths we have started to look at the numbers 6, 7 and 8 and thinking about different ways we can show and make up each number. We have been using ten frames to help us show each of our numbers.

This week has been Aspirations week and we have been discussing what we would like to be when we are older and what we might need to do to get there! We had the privilege of watching professional ball-room dancers and we were amazed by their dancing. We all agreed they must have practised really hard to be so good!



Year One



Maths

0 + 20 = 20	10 + 10 = 20
1 + 19 = 20	11 + 9 = 20
2 + 18 = 20	12 + 8 = 20
3 + 17 = 20	13 + 7 = 20
4 + 16 = 20	14 + 6 = 20
5 + 15 = 20	15 + 5 = 20
6 + 14 = 20	16 + 4 = 20
7 + 13 = 20	17 + 3 = 20
8 + 12 = 20	18 + 2 = 20
9 + 11 = 20	19 + 1 = 20

In Maths this week, we have been using number bonds and related facts to add numbers within 20. We used ten frames, counters, part whole model and base 10 to enable us to make links between fact families. We also enjoyed working out doubles by focusing on adding two equal quantities together. To build our knowledge of doubles, we used concrete objects to build numbers using pair-wise patterns on ten frames.



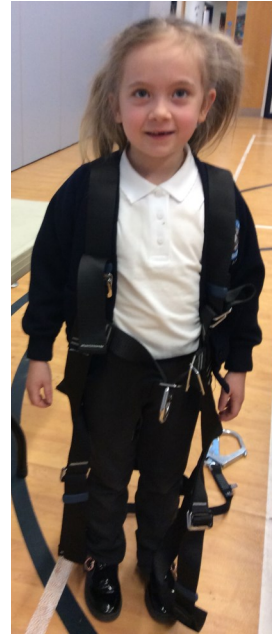
Computing

In Computing this week, we discussed the language used to give direction and the importance of being precise when giving direction. We enjoyed practicing giving our friends directions to follow as well as following instruction. We were able to apply our understanding of instructions and direction and give our bee-bots directions to follow by using the buttons on the bee-bots. We enjoyed watching our bee-bots follow our instruction and move to each direction.



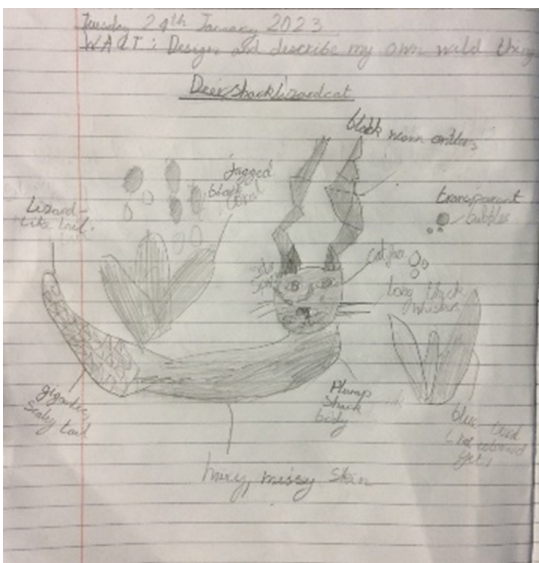
Year 2 - Aspirations Day

Year 2 were visited by two Zurich Insurance inspectors who perform Health and Safety inspections on machinery such as cranes and elevators to make sure they are safe to be used. We had the chance to try on the harnesses they wear for going up on high buildings and also rewired a plug to make it safe for use.



Year 3

This week in Maths we have been learning how to scale up measurements, using visual representations and our knowledge of multiplication facts.



We have been using comparative language in English to compare characters from our story 'Where The Wild Things Are'. We also designed our own wild things and labelled them using powerful adjectives.

In Science, Zinnia the alien has been pleased that our research on finding the best growing condition for a plant is going well. We have reported back to her on this week's results by measuring the growth of our seedlings.



Year 4

This week in Year 4, we have been incredibly busy learning what a debate is and engaged in a balanced argument on whether zoos are harmful to animals. Pupils were having various discussions, where they critically considered both sides of the argument. In maths, pupils continue to revise multiplying and dividing using the column method and the bus stop method. In French pupils learned how to say their date of birth and ask the question 'when is your birthday?' and in PSHE, the pupils discussed the British value of tolerance and the importance of not discriminating against others. As always, the children are encouraged to revise and practice their timetable knowledge in preparation for the statutory year 4 times table test in the summer term. Pupils are familiar with the times table links posted in the 'Timetable' folder on Google classrooms. The Year 4 team wish you all a lovely weekend.

Year 5

This week, Year 5 have enjoyed a plethora of aspirations themed experiences which has inspired and engaged pupils.

On Monday, our pupils joined with other year groups and classes from across our academy trust to hear from our Trust Computing

Consultant, a DJ, a digital artist and our Trust CEO, Paul Griffiths, about the opportunities that they have enjoyed through embracing learning. Pupils particularly enjoyed the chance to participate in an interactive quiz using the Quizizz.com platform.

Additionally, our pupils enjoyed the opportunity to hear from the owner and manager of Bareham Kennels and watch as one of their dogs demonstrated their training. After listening attentively to the presentation about how pets are looked after, how the business has been run as a family enterprise, and the skills needed to manage it, our pupils asked many thoughtful questions.

On Thursday, our pupils enjoyed a dance demonstration by Rosie and David, Latin and Ballroom dancers who have trained together, travelled and performed all over the world. Many of the pupils were enthralled by listening, watching and learning how our one of our former LSA's has utilised their interest and special skills with this terrific opportunity.

Finally on Friday lunchtime, our pupils had a drop in visit by Gemma Prescott, four-time Paralympic athlete, who challenged the pupils in last year's Aspiration's Week that "there is no such thing as can't" when it comes to learning new skills.

As this week comes to an end, we have reflected on all that we have heard and contemplate our interests, opportunities that we may have, and skills that we learn. Fittingly therefore, the Year 5 Team wish to say an enormous congratulations to the nine Year 5 pupils who have had their work selected for publication following our recent Young Writers Competition homework. Certificates are on their way home this evening!





Year 6 News

Another busy week for Year Six; here's what we have been up to!

English

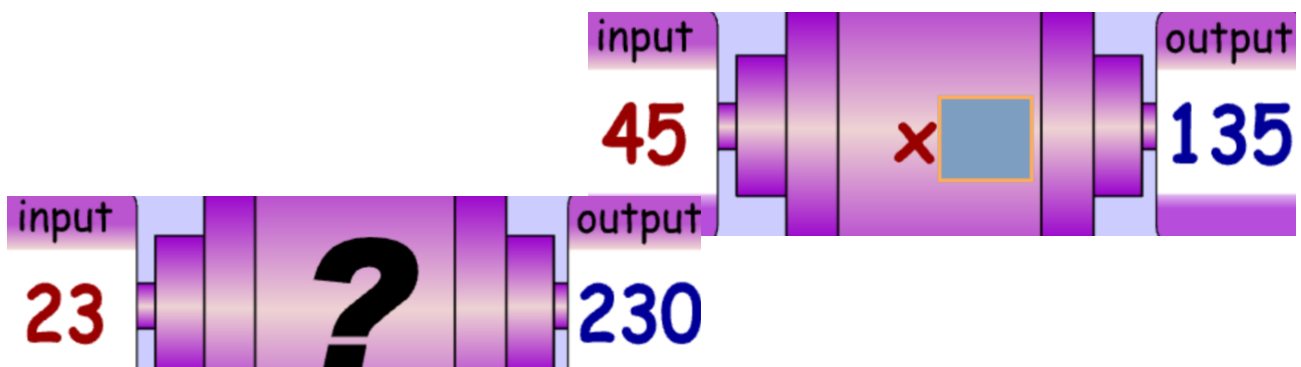
In English pupils have been finishing up their letter to a German Newspaper attempting to persuade them to reveal the truth behind what the Nazis have been doing during the Jewish persecution of WWII. After finishing that, we have moved onto looking at warning stories and Pie Corbett's 'The Caravan' and we have started creating our own story-map in preparation for creating our own version later on this week.

**NEWS
ALERTS**

Maths

We have completed our topic of ratio and have started looking at algebra. For the first couple of lessons during the week, we have looked at function machines and how different functions can impact the input or output of an algebraic expression.

Here's some examples of their starter activity for the third lesson:



Aspirations Week

Pupils participated in some activities for Aspirations Week. This morning we attended a virtual session hosted by Mr Chagger from St Cleres. The children heard from a character concept artist and illustrator, a DJ, and our CEO: Mr Griffiths. This afternoon we were visited by Barehams Kennels who spoke about their careers, and the children got to meet a very special guest...



Maths Marvels



23rd January - 27th January 2023

5NB 240

5JP 94

5AB 8

23rd January - 27th January 2023

4SA 132

4BG 71

4TH 53

23rd January - 27th January 2023

3NM 471

3EC 174

3LD 3

23rd January - 27th January 2023

6LC 348

6JM 307

6VP 65

6CP 64



Well done to everyone who has accessed TTRS this week! Keep logging on and getting more points for your class.

Who will be our TT Rock Stars leaders next week?

All classes	Activity points	Skill Quests points	Points - Live	Total points
3NM	13440	200	1683	15323
5NB	9030	0	0	9030
5JP	5270	0	1292	6562
5AB	2550	0	263	2813
RMB	1720	0	0	1720
1CH	1300	0	0	1300
1BA	1020	0	0	1020
3LD	880	0	973	1853
1GC	580	0	0	580
4TH	500	50	46	596
6LC	340	0	82	422
2RS	160	0	121	281
RFC	100	0	213	313

REACH!! FOR THE STARS

Our 'Stars of the Week' are the children that have gone over and above in their efforts. We are very proud of them for their achievements and thought they deserved an extra-special mention!

RJG	Demi-Rae	For writing the initial sounds in cvc words
RMB	Olushayo	For showing such determination and improvement in his handwriting.
RFC	Alex	For his positive attitude coming into school this week.
RES	Archie L	For being resilient and learning to put his coat his coat on.
1CH	Daisy-Dolly	For writing her name independently.
1GC	Dilreet	For being a kind and caring member of 1GC.
1FK	Anton	For writing an amazing non-chronological report all about Tigers.
1BA	Zidane	For his improved focus and commitment to complete tasks within the lesson.
2MR	Greta	For showing determination and self-responsibility to improve her maths work.
2RS	Davey	For his great effort in writing this week.
2NL	Stanley H	For his consistent effort and positive attitude to all areas of his learning.
2RM	Charlotte	For writing a brilliant biography in English.
3EC	James C	For his excellent ideas on the carpet.
3LD	Eden	For being helpful, positive and kind
3NM	Nathan	For his focused commitment in phonics and reading; building his reading fluency and knowledge of spellings
4TH	Anna	Settling well into life at ETP and responding to feedback in a positive manner
4BG	Quinn H	For her improvement in her handwriting and maintaining consistency.
4SA	Micah	Participating and contributing great ideas in PSHE
5AB	Ellie M	For amazing effort with her reading
5JP	Sienna W-C	For being positive and proactive with all learning activities, taking part in lessons and sharing her ideas with others.
5NB	Ruth	For being an outstanding role model to her peers
6CP	Stanley K	For always being polite and hard-working.
6LC	Henry J	For impressive understanding of and knowledge of coding in computing
6VP	Harrison M	For spotting patterns in maths; amazing effort
6JM	Summer S	For excellent effort in maths.

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, Password and Keeper are all excellent password managers.

4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version - by saving it to a removable USB drive or similar device, for example.

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' - such as your birthplace or a pet's name - in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task harder.

7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency - even if they appear to come from someone you know.

11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates - so by ensuring each device is running the latest version, you're making them more secure.

10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure - criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (yes, that spelling is correct!). It's useful if you're worried about a possible attack - or simply as motivation to review your account security.

8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun - so as long as you keep safety and security in mind, don't stop enjoying your tech.

Meet Our Expert

Gary Henderson is the Director of a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



NOS
National Online Safety®
#WakeUpWednesday

Source: www.ncsc.gov.uk/collective/ncsc-tips-for-staying-secure-online/three-random-word | <https://haveibeenpwned.com>



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.01.2023



Although there are children accessing speech and language services within school, there are currently staffing issues within the NHS and therefore they are unable to receive new referrals. However, this organisation now offers a support network in relation to Speech, Language and Communication Needs.

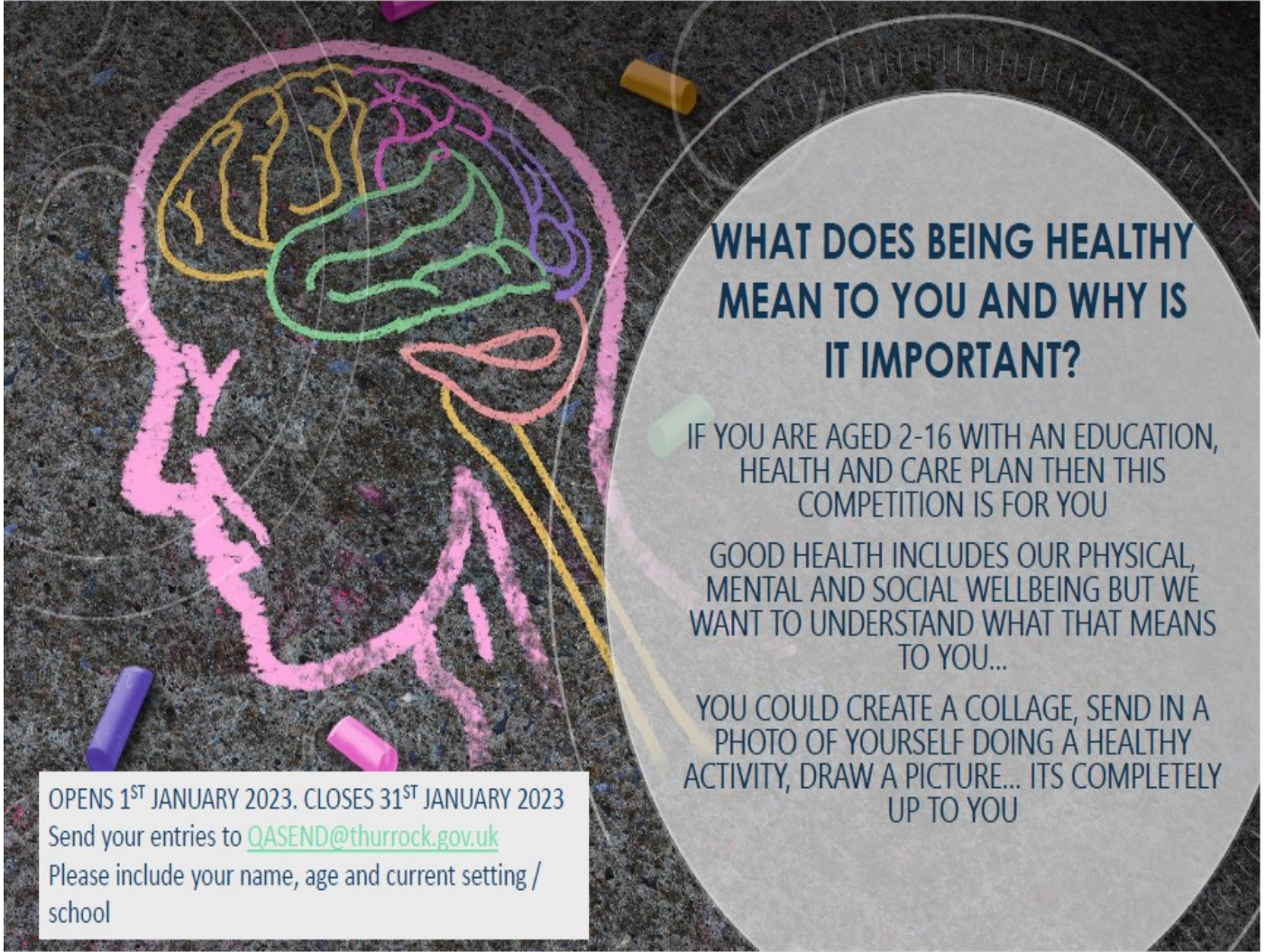
Are you worried that child is not talking or not saying as much as other children of their age? Would you like some advice? Then please contact the Afasic Helpline. They also offer a 'listening ear' if you just want to talk to someone who understands.

Take a look at their website to see what is on offer:

<https://www.afasic.org.uk/the-afasic-helpline/>

Call: 0300 666 9410

Hotline opening hours: Monday and Wednesday, 10:30am to 4pm.



WHAT DOES BEING HEALTHY MEAN TO YOU AND WHY IS IT IMPORTANT?

IF YOU ARE AGED 2-16 WITH AN EDUCATION,
HEALTH AND CARE PLAN THEN THIS
COMPETITION IS FOR YOU

GOOD HEALTH INCLUDES OUR PHYSICAL,
MENTAL AND SOCIAL WELLBEING BUT WE
WANT TO UNDERSTAND WHAT THAT MEANS
TO YOU...

YOU COULD CREATE A COLLAGE, SEND IN A
PHOTO OF YOURSELF DOING A HEALTHY
ACTIVITY, DRAW A PICTURE... ITS COMPLETELY
UP TO YOU

OPENS 1ST JANUARY 2023. CLOSES 31ST JANUARY 2023

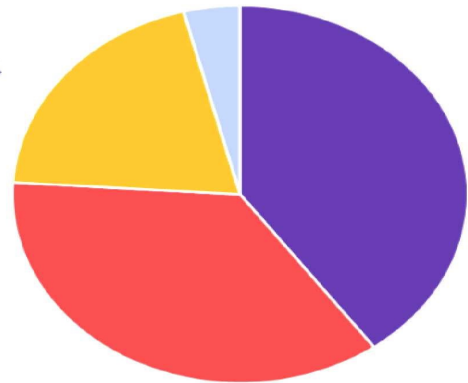
Send your entries to QASEND@thurrock.gov.uk

Please include your name, age and current setting /
school

ETPS PFA Update



Splitting the £1.00



- **40p** goes to our school
- **36p** goes to cash prizes
- **20p** goes to admin costs
- **4p** goes to VAT

How it works...

It's simple—choose 6 numbers between 0-9 and if they match the weekly lottery draw, you win great prizes. One of our players will win a cash prize every week, maybe even the £25k jackpot! Tickets cost just £1 per week and the proceeds are donated to East Tilbury Primary School

Every Saturday at 8pm the numbers are drawn and posted online. Winners are notified by email and winnings paid into the account of your choice.

The easiest way to join our lottery is online at YourSchoolLottery.co.uk by direct debit or debit card.

It's so easy to join and will make a real difference to East Tilbury Primary School

The Maths... 100 tickets sold a week means
= £30 weekly cash prize
= £2,080 a year for our school



To start supporting, visit:
yourschoollottery.co.uk
and search for: **East Tilbury Primary**

Supporters must be 16 years of age or older





Do you receive any of the following?

- Income support
- Employment Support Allowance (Income Related)
- Income based Job Seekers Allowance
- Guaranteed Pension Credit
- Child Tax Credit and your income (as calculated by the Inland Revenue) is less than £16,190
- Universal Credit
- Receiving support under Part VI of the Immigration and Asylum Act of 1999
- In the Armed Forces

If you can answer yes to any of the above you may qualify for free school meals/Pupil Premium

The school office will help with your application. If your application is successful not only will your child receive free school meals, but our school will receive £1,300 additional funding (per child). This is called Pupil Premium.

All applications are confidential.





Thurrock
Teacher Training

Get into Teaching

St Clere's School

Lead ITT provider in the TTSA and in partnership with the TES institute are pleased to announce that trainee places are available for the academic year 2022/2023.

'Our trainees success rate

Securing QTS = 100%
Employed = 100%



Our partner schools for

2022/2023 include:

Primary

Chadwell St. Mary, Deneholm, East Tilbury,
Thameside, Stifford Clays, Hornidon-on-the-hill,
Stanford-le-Hope, Dodinghurst, Little Thurrock,
Arthur Bugler, Warren Primary, Bonneygate,
Woodside.

Secondary

Grays Convent, Marshalls Park, Ormiston Park
Academy, St. Clere's School, William
Edwards The Gateway Academy, Brentwood
County High, Hathaway Academy, Thames Park

"The Tes course was brilliant, and I would definitely recommend it to others who are thinking of entering a career in teaching."

- 2022 Trainee

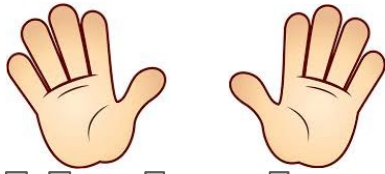


For all enquiries, please contact
thurrockteachertraining@osborne.coop

2022-2023 SCHOOL TERM DATES

September 2022							October 2022							November 2022							December 2022							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
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January 2023							February 2023							March 2023							April 2023							
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30	31																											
May 2023							June 2023							July 2023							August 2023							
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8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27	
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31				
														31														

	School Holiday
	Bank Holiday
	Additional Autumn Half Term (currently Thurrock schools only)
	Inset days, schools closed to students (20 th /21 st July payback for Twilight sessions)
	Trust Conference, schools closed to students



Help is at hand

Keep in touch!

We are missing being in contact but do not forget we are still here to help where we can.



Our school office is open to receive calls between 8:30am and 3pm.

Tel: 01375 846181

Email: office.etp@osborne.coop



East Tilbury Primary School
Princess Margaret Road
East Tilbury, Essex, RM18 8SB



We are also regularly updating our Facebook page and Twitter feed.

Log on and have a look!



Twitter: @EastTPrimary

At East Tilbury Primary School our Designated Safeguarding Leads (DSL) are:

- ◇ Mrs Bates
- ◇ Mrs Dawson

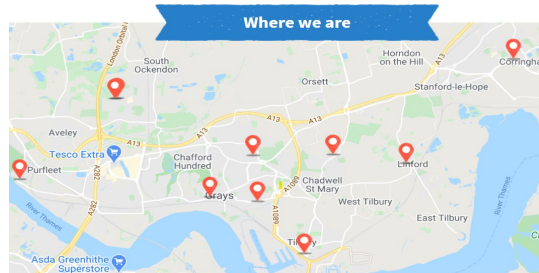
Due to the size of the school, we have the following designated staff who can deputise in the Head of School's absence:

- ◇ Mr Gowland
- ◇ Mr Bennett
- ◇ Mrs Jarvis
- ◇ Mrs Mylam
- ◇ Mrs Allen

Pupils can contact any of our Safeguarding Team during the school day.

Worried about a child? You can phone or write to MASH about your concerns. Phone **immediately** if you believe it is urgent.

[Thurrock MASH \(Multi Agency Safeguarding hub\), Civic Offices, New Road, Grays, Essex, RM17 6SL, Tel: 01375 652802. Emergency Duty Team \(for out of hours\) 01375 372468. · Police Child Abuse Investigation Team 01277 266822 or call 999 if you are concerned a child needs immediate protection. · Childline 0800 11 11 \[www.childline.org.uk\]\(http://www.childline.org.uk\) · NSPCC 0808 800 5000 \[www.nspcc.org.uk\]\(http://www.nspcc.org.uk\); \[www.facebook.com/nspcc\]\(http://www.facebook.com/nspcc\)](#)



LOCATIONS

Here are the opening times and locations for our foodbank centres. Everyone who comes to the foodbank for emergency food needs to have a valid foodbank voucher.

Tues 14:00-16:00: St. Mary's Church hall, St. Mary's Church, Dock Rd, Grays, RM17 6EX.

Weds 09:30-12:00: Thurrock Christian Fellowship, 2-4 Chase Rd, Corringham, S17 7QH

Weds 13:30-15:00: Sockets Heath Baptist Church, Premier Avenue, Grays, RM16 2SB

Thurs 11:00-13:00: St. Francis Centre, Somerset Rd, Linford, SS17 0QA

Thurs 11:00-13:00: All Saints Church of England, Foyle Drive, Sth Ockendon, RM15 5HF

Fri 10:12:00: St. Stephen's Church of England, London Rd, Purfleet, RM19 1QD

Sat 09:30-11:30: Emmanuel Church of England, Sleepers Farm Rd, Chadwell St. Mary, RM16 4TP

Sat 10:00-12:00: All Saints Church of England, Foyle Drive, Sth Ockendon, RM15 5HF

Sat 10:00-12:00: Christian Gates of Praise International Christian Centre, 79-83 London Rd, Grays, RM 17 5YF