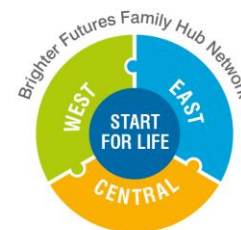


Tilbury Family Hub

London Road, Tilbury, RM18 8EY
Email: tilburycc@thurrock.gov.uk

Phone: 01375 858 243



 thurrock.gov.uk

Mondays

Start	End	Activity	Age groups	How to join in
9am	4pm	Midwife Clinic		Book in advance
9:15am	10:15am	Stay and Play 5th and 26th June 2023	12 to 24 months	All welcome
9:30am	10am	Sensory Room	0 to 60 months	Book in advance
10am	10:30am	Soft Play	0 to 60 months	Book in advance
10am	11am	Essentials Bank		Drop In
10am	Midday	Changing Pathways		Drop In
10:45am	11:45am	Stay and Play 5th and 26th June 2023	24 to 60 months	All welcome
11am	11:30am	Sensory Room	0 to 60 months	Book in advance
1:30pm	2pm	Sensory Room	0 to 60 months	Book in advance
1:30pm	2:15pm	Bookstart Toddler 5th June 2023	12 to 36 months	Book in advance
1:30pm	2:30pm	Baby Massage 5th and 26th June 2023	0 to 12 months	Book in advance
2pm	2:30pm	Soft Play	0 to 60 months	Book in advance
3pm	3:30pm	Sensory Room	0 to 60 months	Book in advance
4pm	4:30pm	Sensory Room – SEND Children	5 to 8 years	Book in advance

Tuesdays

9am	Midday	Antenatal bloods		Book in advance
9am	4pm	Midwife Clinic		Book in advance
9:30am	10am	Sensory Room	0 to 60 months	Book in advance
9:30am	10:30am	Soft and sensory play 27th June 2023	0 to 12 months	Book in advance
9:30am	11am	Chatterbox 6th, 13th and 27th June 2023	24 to 36 months	Referral only
11am	11:30am	Sensory Room	0 to 60 months	Book in advance
Midday	5pm	New Born Screening	5 to day 8	Book in advance

1pm	2pm	SEND – Just for You 6th, 13th and 27th June 2023	0 to 60 months	Please call 01375 858243 for more information
1:30pm	2pm	Sensory Room	0 to 60 months	Book in advance
1:30pm	2:30pm	Soft and sensory play 27th June 2023	12 to 24 months	Book in advance
3pm	3:30pm	Sensory Room	0 to 60 months	Book in advance
4pm	5:30pm	Young Carers Group 6th, 13th and 27th June 2023	4 to 8 years	Referral only

Wednesdays

9am	Midday	Speech and Language Clinic 21st June 2023		Book in advance 0300 300 1544
9am	4pm	Midwife Clinic		Book in advance
9am	4pm	Immunisations 14th and 28th June 2023		Book in advance 01375 364663
9am	1pm	Job Club – Supported Families Employment Adviser		Book in advance 07776 245301
9am	1pm	1 and 2 Year Development Checks	12 to 24 months	Book in advance
9:30am	10am	Sensory Room	0 to 60 months	Book in advance
9:30am	11:30am	Paediatric First Aid Awareness 14th June 2023		Book in advance 01375 372476
9:30am	12:30pm	Strengthening Families, Strengthening Communities 7th, 14th, 21st and 28th June 2023		Referral only
10:00am	11:30am	Parent/Carer Panel 7th June 2023		Referral only
11am	11:30am	Sensory Room	0 to 60 months	Book in advance
1:30pm	2:30pm	Let's Talk with Your Toddler 28th June 2023	12 to 24 months	Book in advance
1:30pm	3pm	Child Health Clinic – Baby Weighing – Drop In	0 to 60 months	All welcome
1:30pm	3pm	Stay and Play - Start for Life	0 to 24 months	All welcome
1:30pm	2pm	Sensory Room	0 to 60 months	Book in advance
3pm	3:30pm	Sensory Room	0 to 60 months	Book in advance
4pm	4:30pm	Sensory Room – SEND Children	5 to 8 years	Book in advance

Thursdays

9am	4pm	Midwife Clinic		Book in advance
9:30am	10am	Sensory Room	0 to 60 months	Book in advance
9:30am	12:30pm	PATT (SEND Parent Advisory Team Thurrock) 1st June 2023		Book in advance 07702 127 252
9:30am	Midday	Housing Advice for Council Tenants 8th June 2023		Book in advance 01375 858243
10am	11am	Stay and Play 1st, 8th, 15th and 29th June 2023	0 to 12 months	All welcome
10am	Midday	EPEC – Living with a Teenager 8th, 15th, 22nd and 29th June 2023		Book in advance

11am	11:30am	Sensory Room	0 to 60 months	Book in advance
1:30pm	2:30pm	Fun with Books and Rhymes for babies 29th June 2023	0 to 12 months	Book in advance
1:30pm	2pm	Sensory Room	0 to 60 months	Book in advance
3pm	3:30pm	Sensory Room	0 to 60 months	Book in advance

Fridays

9am	Midday	Stop Smoking 30th June 2023		Drop In
9am	Midday	Antenatal bloods		Book in advance
9:30am	10am	Sensory Room	0 to 60 months	Book in advance
9:30am	10:30am	Garden Group 2nd, 9th, 23rd and 30th June 2023	24 to 60 months	All welcome
9:30am	11:30am	EPEC – Baby and Us 2nd June 2023	0 to 8 months	Book in advance
10am	10:30am	Soft Play Room	0 to 60 months	Book in advance
10am	10:30am	Sensory Room	0 to 60 months	Book in advance
11:30am	12:30pm	Ready, Steady, Learn 9th, 16th and 30th June 2023	36 to 60 months	All welcome
Midday	4:30pm	New Born Screening	5 to day 8	Book in advance
1pm	2pm	Essentials Bank		Drop In
1:30pm	2pm	Sensory Room	0 to 60 months	Book in advance
1:45pm	2:45pm	Stay and Play 2nd and 23rd June 2023	12 to 24 months	All welcome
1:45pm	2:45pm	Dental Session 9th June 2023	0 to 60 months	Book in advance
1:45pm	2:45pm	Let's Talk Potty Training 30th June 2023	24 to 60 months	Book in advance
1:45pm	2:45pm	Pyjamarama Booktrust Special Event 16th June 2023	12 to 60 months	All welcome
2pm	2:30pm	Soft Play Room	0 to 60 months	Book in advance
3pm	3:30pm	Sensory Room	0 to 60 months	Book in advance

Brighter Futures – Family Hub Offer

Please use this link to see the Family Hub offer and activity details
www.thurrock.gov.uk/childrens-centre-activities

Please see the Thurrock website for details of each Family Hub and what is on offer each month and Facebook for information:

www.facebook.com/groups/thurrockchildrenscentres

Are you registered with the Family Hub? If not, you can do this online
www.thurrock.gov.uk/childrens-centres