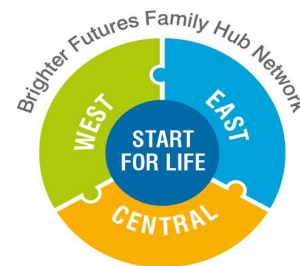


Ockendon Family Hub

2a Afton Drive, South Ockendon, RM15 5PA
 Email: ockendoncc@thurrock.gov.uk Phone: 01375 413 936



 thurrock.gov.uk

What's on in November 2023

Mondays

Start	End	Activity	Age groups	How to join in
9:30am	10:30am	Chatterbox Term time only	24 to 36 months	Referral only
11:30am	12:30pm	Let's talk with your Baby 6th, 13th, 20th and 27th November (Need to attend all 4 sessions)	0 to 12 months only – no older siblings	Book in advance
2pm	3pm	Rhyme Time 6th, 13th, 20th and 27th November	12 to 60 months	All welcome

Tuesdays

9am	5pm	Midwife Appointments		Book with your midwife
9:15am	10:15am	Baby Massage 7th, 14th, 21st and 28th November (Need to attend all 4 sessions)	0 to 12 months only – no older siblings	Book in advance
11am	Midday	Messy Play 7th, 14th, 21st and 28th November	12 to 60 months	All welcome
1:30pm	2:30pm	SEND – Just for You Term time only	0 to 60 months	Book in advance

Wednesdays

9am	12pm	Infant Feeding Advice and Support		Book in advance 07534227974 or 0300 300 1999
9:30am	4pm	1- and 2-year-old Developmental Assessment Checks	Parents/Carers	Book in advance 0300 300 1999
10am	11:30am	Parent/Carer Panel 6th November	Parents/Carers	Referral only
10am	12:30pm	Job Club – Supported Families Employment Adviser	Parents/Carers	Book in advance 07776245301

1pm	4pm	Speech and Language Clinic 22nd November (4 th Wednesday in each month)	18 to 60 months	Appointment only email: drop-in@nelft.nhs.uk
1pm	4:30pm	Domestic abuse and violence support with Changing Pathways	Parents/Carers	Call 07494167408
1.30pm	2.30pm	8 th Fun with Instruments 15 th Fun with Gluing and Sticking 29 th Fun with Painting	24 to 60 months	All welcome
4pm	5:30pm	Young Carers Group Term time only	4 to 8 year olds	Referral only

Thursdays

9am	5pm	Midwife Appointments		Book with your midwife
9am	11:30am	Antenatal Bloods		Book with your midwife
9am	Midday	Stop Smoking with Thurrock Healthy Lifestyle – Drop In 30th November	Parents/Carers	All welcome
9am	11am	Baby Weighing Clinic - Drop In held at OCKENDON HEALTH CENTRE Darenth Lane, South Ockendon (Opposite the Police Station)	0 to 60 months	All welcome
9:15am	10:15am	Stay and Play 16th, 23rd and 30th November	12 to 24 months	All welcome
11am	Midday	Stay and Play 16th, 23rd and 30th November	24 to 60 months	All welcome
1:30pm	2:30pm	Stay and Play 16th, 23rd and 30th November	0 to 12 months only – no older siblings	All welcome
1pm	5pm	Newborn Screening	Day 5 to Day 8	Book with your midwife

Fridays

9:30am	10:30am	0 – 12 months Sensory play 17th and 24th November	0 to 12 months only – no older siblings	Book in advance
10am	Midday	Parental Outreach Advice Session 24th November	Parents/Carers	Book in advance
10am	Midday	EPEC - Being a Parent, Parenting Programme 3rd, 10th, 17th and 24th November	Parents/Carers only – no creche facilities	Book in advance
11am	Midday	Bring a story to life 17th and 24th November	12 to 60 months	All welcome
1:30pm	2:30pm	Let's talk with your Toddler 17th and 24th November	12 to 24 months	Book in advance

Brighter Futures – Family Hub Offer

Please use this link to see the Family Hubs 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 Face Book for information:

www.facebook.com/groups/thurrockchildrenscentres www.facebook.com/thurrockcouncil

Are you registered with the Family Hub? If not, you can do this online.

Visit: www.thurrock.gov.uk/childrens-centres