

# Tilbury Family Hub

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 [thurrock.gov.uk](http://thurrock.gov.uk)

## What's on in November 2023

### Mondays

Start	End	Activity	Age groups	How to join in
9am	4pm	Midwife Clinic		Book in advance
9:15am	10:15am	Stay and Play <b>6<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> November 2023</b>	12 to 24 months	All welcome
9:15am	10:15am	Children in Need Event <b>13<sup>th</sup> November 2023</b>	12 to 24 months	All welcome
9:30am	10am	Sensory Room	0 to 60 months	Book in advance
10am	11am	Essentials Bank		Drop In
10am	Midday	EPEC – Being a Parent <b>6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> November 2023</b>		Book in advance
10:30am	12:30pm	Infant Feeding		Book in advance 0300 300 1999
10:45am	11:45am	Stay and Play <b>6<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> November 2023</b>	24 to 60 months	All welcome
10:45am	11:45am	Children in Need Event <b>13<sup>th</sup> November 2023</b>	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	2:30pm	Baby Massage <b>13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> November 2023</b>	0 to 12 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	Childminder Support Group <b>28<sup>th</sup> November 2023</b>		Referral only
9:30am	10:30am	Chatterbox	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	0 to 60 months	Please call 01375 858243 for more information

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	5:30pm	Young Carers Group	4 to 8 years	Referral only

### Wednesdays

9am	Midday	Speech and Language Clinic <b>15<sup>th</sup> November 2023</b>		Book in advance drop-in@nelft.nhs.uk
9am	4pm	Midwife Clinic		Book in advance
9am	4pm	Immunisations <b>22<sup>nd</sup> November 2023</b>		Book in advance 01375 364663
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	10:30am	Talk Together	36 to 48 months	Referral only
10am	11:30am	Parent/Carer Panel <b>8<sup>th</sup> November 2023</b>		Referral only
11am	11:30am	Sensory Room	0 to 60 months	Book in advance
1:30pm	3pm	Baby Weighing Clinic	0 to 60 months	Drop in
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) <b>2<sup>nd</sup> November 2023</b>		Book in advance 07702 127 252
9:30am	11:30am	Paediatric First Aid Awareness Run by the Adult Community College <b>23<sup>rd</sup> November 2023</b>	Adults only	Book in advance
9:30am	11:30am	Well Homes - Advice for Private Renting Tenants		Drop in
9:30am	Midday	Housing advice for Council Tenants		Drop in
10am	11:30am	B3 – Birth, Bumps and Belonging Peer Support Community for Black and mixed Black women/parents (0-2 years) and parents to be <b>30<sup>th</sup> November 2023</b>		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
3pm	3:30pm	Sensory Room	0 to 60 months	Book in advance

### Fridays

9am	Midday	Stop Smoking <b>24<sup>th</sup> November 2023</b>		Drop In
9am	Midday	Antenatal bloods		Book in advance

9:30am	10am	Sensory Room	0 to 60 months	Book in advance
9:30am	11:30am	Triple P Baby Parenting Programme <b>24<sup>th</sup> November 2023</b>	Ante-natal or parents with a child aged 0-12 months	Book in advance
9:45am	11:45am	ESOL Conversation Café		Book in advance 01375 372476
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
Midday	12:30pm	Soft Play Room	0 to 60 months	Book in advance
Midday	4:30pm	New Born Screening	5 to day 8	Book in advance
1pm	2pm	Essentials Bank		Drop In
1:30pm	2pm	Soft Play Room	0 to 60 months	Book in advance
1:30pm	2pm	Sensory Room	0 to 60 months	Book in advance
1:30pm	2:30pm	Bring a Story to Life – Little Moon <b>3<sup>rd</sup> November 2023</b>	24 to 60 months	Book in advance
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
3pm	3:30pm	Soft Play	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/family-hub-activities](http://www.thurrock.gov.uk/family-hub-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](https://www.facebook.com/groups/thurrockchildrenscentres)

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

[www.thurrock.gov.uk/family-hubs](http://www.thurrock.gov.uk/family-hubs)