



What's on in June 2024

Corringham Integrated Medical and Wellbeing Centre (IMWC)



105 The Sorrells, Stanford Le Hope, Essex SS17 7ES Tel 01375 840 433

Tuesdays

Start	End	Activity	Age groups	How to join in
9:30am	11am	Meet Ros our Specialist Health Visitor for Perinatal Mental Health 11th June 2024		Drop in

Orsett Village Hall

Orsett Village Hall, Mill Lane, High Road, Orsett, Grays, Essex RM16 3HB Tel 01375 840 433

Wednesdays

Start	End	Activity	Age groups	How to join in
Midday	1pm	Start for Life Stay and Play 5th, 12th, 19th and 26th June 2024	0 to 24 months	All welcome

East Tilbury Village Hall

East Tilbury Village Hall, Princess Margaret Road, RM18 8SB tel 01375 858243

Thursdays

Start	End	Activity	Age groups	How to join in
9am	11am	Infant Feeding 6th June 2024		Book in advance 0300 300 1999
9am	10am	Parent Outreach Advice Session 6th June 2024		Drop in
9:15am	10:15am	Stay and Play 20th June 2024	0 to 12 months	All welcome
10am	11am	Early Years Oral Health Workshop 13th June 2024	0 to 8 years	Book in advance 01375 858243
11am	12:30pm	Pre and post-natal exercise classes Face to Face – For all fitness levels. You could improve your fitness, bladder control, posture, core strength, wellbeing and mood	Mothers with a 0 to 6 month child	Contact Tilbury Family Hub for more information 01375 858243

1pm	2:30pm	Baby Weighing 6th June 2024		Drop in
1pm	2:30pm	Stay and Play – Start for Life 6th June 2024	0 to 24 months	All welcome
1:30pm	2:30pm	Stay and Play 20th June 2024	12 to 24 months	Book in advance 01375 858243

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

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/family-hubs