Brighter Futures

Thameside Family Hub

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Brighter Futures Family Hub Network
WEST EAST CENTRAL START FOR LIFE

thurrock.gov.uk

What's on in June 2024

Mondays

Start	End	Activity	Age groups	How to join in
8.30am	12.00pm	Housing Advice for Council Tenants		
9:30am	10:30am	Start For Life - Baby Rhyme Time	0 to 12 Months	All welcome
9.30am	10.30am	Early Words Together	36 to 60 months	**Book in advance**
11:00am	12:00pm	Start For Life - Baby Massage	0 to 12 Months	**Book in advance**
11.00am	12.00pm	Bring a Story to Life **3rd June – Dear Zoo** **10th June – Little Red Riding Hood** **17th June – Mog the Forgetful Cat**	24 to 60 months	All welcome
1.30pm	2.30pm	Let's Talk Potty Training **10th June**	24 to 60 months	**Book in advance**
1.30pm	2.30pm	Dental Event **17th June**	0 to 60 months	**Book in advance**
2:00pm	3:00pm	Stay and Play	24 to 60 Months	All Welcome

Tuesdays

9:30am	10:30am	Start For Life - Stay and Play **4th, 18th and 25th June**	12 to 24 Months	All Welcome
10.00am	12.00pm	EPEC – Empowering Parents, Empowering Communities. Being a Parent Group Find out new ideas to build better relationships with your child.	For parents and carers only with children aged 2-11 years old	**Book in advance**
11:00am	12:00pm	Fun with Stickers - **4th June** Fun with Books – **18th June** Fun with Mark Making - **25th June**	12 to 60 Months	All Welcome
2:00pm	3:00pm	Sensory Play **4th June – 0 to 12 months** **11th June – 12 to 24 months** **18th June – 24 to 60 months**		All Welcome
3.00pm	5.00pm	Help Me to Stay Safe Programme	6 to 16 years	**Referral Only**

Wednesdays

9:00am	4:00pm	Midwife	Ante Natal	**Book in advance**
9.00am	11.00am	Children's Continence Advisor **5th June**	18months +	**Drop In**
9.30am	10.30am	Parents 1st Coffee Morning/Drop In **12th June**	This is an opportunity for you to meet other expectant mums in your area and get information on local groups available to you.	All welcome
1.00pm	4.00pm	Children's Continence Advisor **5th June**	18months +	**Referral only**
10:30am	11:30am	SEND - Just For You **26th June**	0 to 60 Months	All welcome
11:00am	12:00pm	Start for Life - Stay and Play **19th and 26th June**	0 to 12 Months	All welcome
1.30pm	2.30pm	Start for Life - Let's Talk to your Toddler	12 to 24 Months	**Book in advance**
1.30pm	2.30pm	Fussy Eating **26th June**	12 to 60 Months	**Book in advance**
4.00pm	5.30pm	Young Carers		**Referral only**

Thursdays

9:00am	4:00pm	Midwife	Ante Natal	**Book in advance**
9.30am	11.00am	Chatterbox	24 to 60 Months	**Referral only**
9.30am	11.00am	Parental Outreach Advice Session **27th June**		**Book in advance**
11.00am	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	**Book in advance** **Tilbury Family Hub** **01375 858243**
1.30pm	2.30pm	Start for Life - Let's Talk to your Toddler	12 to 24 Months	**Book in advance**
1.30pm	2.45pm	Baby Weighing Clinic– Drop In	0 to 60 Months	All Welcome
2.45pm	3.45pm	Start For Life - Baby Massage Acorns Community Centre Headon Hall, Crawford Avenue, Stifford Clays. RM16 2AS	0 to 12 months	**Book in advance**

Fridays

9.00am	1.00pm	Speech and Language Drop- In **7th June**		**Referral Only**
9:00am	1:00pm	Early Interaction Advice Sessions	24 to 60 Months	**Referral Only**
9.30am	10.30am	Garden Group	24 to 60 Months	All welcome
10.00am	11.00am	Start For Life -Time for you and baby too	Pre-birth to 24 months	Tilbury Family Hub - All welcome
10:00am	12:30pm	Job Club – Supported Families Employment Adviser		**Book in advance** 07776245301
11.15am	12.15pm	Start For Life - Let's Talk to Your Baby	0 to 12 Months	**Book in advance**
1.30pm	2.30pm	Start for Life - Stay and Play	0 to 12 Months	All welcome

Brighter Futures – Family Hub Offer

Please use this link to see the Family Hub's 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 Face Book for information:

www.facebook.com/groups/thurrockschildrenscentres

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

Visit:www.thurrock.gov.uk/family-hubs