

Tilbury Family Hub

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 thurrock.gov.uk

What's on in October 2024

Mondays

Start	End	Activity	Age groups	How to join in
9am	4pm	Midwife Clinic		Book in advance
9:15am	10:15am	Stay and Play 7th and 14th October 2024	12 to 24 months	All welcome
9:30am	10am	Sensory Room	0 to 60 months	Book in advance
9:30am	10:30am	Changing Pathways		Drop in
10am	11am	Essentials Bank		Drop in
10am	4:30pm	Substance Misuse and Support Drop in Service	18+	Drop in Lorraine 07485359896
10:30am	11:30am	Fun with Toys 7th October 2024	0 to 12 months	Book in advance
10:30am	11:30am	Stay and Play – Red theme 14th October 2024	0 to 12 months	Book in advance
10:30am	11:30am	Messy Play Babies - Autumn 21st October 2024	0 to 12 months	Book in advance
10:30am	11:30am	Stay and Play – Autumn 28th October 2024	0 to 12 months	Book in advance
10:30am	12:30pm	Infant Feeding	12 to 24 months	Book in advance 0300 300 1999
10:45am	11:45am	Stay and Play 7th and 14th October 2024	24 to 60 months	All welcome
10:45am	11:45am	REAL – Autumn 21st October 2024	36 to 60 months	Book in advance
11am	11:30am	Sensory Room	0 to 60 months	Book in advance
12:30pm	3pm	Peabody – Budgeting, Benefits and Housing Advice 7th October 2024		Book in advance 01375 858243
1:30pm	2pm	Sensory Room	0 to 60 months	Book in advance
1:30pm	2:30pm	Baby Massage 7th October 2024	0 to 12 months	Book in advance
1:30pm	2:30pm	Changing Pathways		Drop in
1:30pm	2:30pm	Messy Play – Autumn 21st October 2024	12 to 24 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
9am	4:30pm	Child and Mental Health Services (CAMHS)	0-19 Years and up to 25 for SEND	Referral through service only
9:15am	10:15am	Chatterbox	24 to 36 months	Referral only
9:30am	10am	Sensory Room	0 to 60 months	Book in advance
9:30am	11am	Childminder Support Group 8th October 2024		Referral only
9:30am	11:30am	Antenatal Classes 1st, 8th, 15th and 22nd October 2024	From 28 weeks plus	Book in advance
10am	Midday	STOP Parenting Programme		Referral only
10am	Midday	Autumn Crafts 22nd October 2024	0 to 11 years	Book in advance 01375 372476
10:30am	11:30am	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	Talk Together	36 to 48 months	Referral only
1:30pm	2pm	Sensory Room	0 to 60 months	Book in advance
1:30pm	2:30pm	Stay and Play 8th October 2024	24 to 60 months	All welcome
1:30pm	2:30pm	Messy Play 15th October 2024	24 to 60 months	Book in advance
1:30pm	2:30pm	Bring a Story to Life – Owl babies 29th October 2024	24 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 16th October 2024		Book in advance drop-in@nelft.nhs.uk
9am	4pm	Midwife Clinic		Book in advance
9am	4pm	MMR Vaccine 2nd, 16th and 30th October 2024		Referral only
9am	1pm	1 and 2 Year Development Checks	12 to 36 months	Book in advance
9am	5pm	Counselling (Thurrock Inclusion)		Referral only
9:15am	10am	Story time and Rhymes 23rd October 2024	0 to 12 months	All welcome
9:30am	10am	Sensory Room	0 to 60 months	Book in advance
9:30am	11:30am	HENRY Healthy Families Programme	0 to 60 months	Book in advance
10:15am	11am	Story time and Rhymes 23rd October 2024	12 to 24 months	All welcome

11am	11:30am	Sensory Room	0 to 60 months	Book in advance
11am	11:45am	Developmental Play Group	8 months to 3 years	Referral only
11am	Midday	Baby Sign and Communication Treetops Speech and Language 16th October 2024	3 – 18 months	Book in advance
12:15pm	2pm	ONE COMMUNITY - Steps to Success Job Club Opportunity	Parents on Universal Credit	Drop in
1pm	2:30pm	Parent Carer Panel 16th October 2024		Referral only
1:30pm	2pm	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 2nd, 16th, 23rd and 30th October 2024	0 to 24 months	All welcome
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	11:30am	Well Homes - Advice for Home Owners and Private Renting Tenants 10th October 2024		Drop in
10am	11am	Just for Dads Stay and Play 17th October 2024	0 to 60 months	All Dads welcome
10am	Midday	Halloween Crafts 31st October 2024	0 to 11 years	Book in advance 01375 372475
10am	12:30pm	EPEC – Living with a Teenager 3rd, 10th and 18th October 2024	Parents of 11-16 year olds	Book in advance
11am	11:30am	Sensory Room	0 to 60 months	Book in advance
11am	11:30am	Sensory Room	0 to 60 months	Book in advance
11am	1pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0-2 years) and parents to be 31st October 2024		All welcome
1:30pm	2:30pm	Toddlers into Books 17th and 24th October 2024	12 to 36 months	Book in advance
1:30pm	2pm	Sensory Room	0 to 60 months	Book in advance
1:30pm	2:30pm	Stay and Play 3rd, 10th, 17th and 24th October 2024	12 to 24 months	All welcome
3pm	3:30pm	Sensory Room	0 to 60 months	Book in advance
3:15pm	5pm	Come Dine with Me Course Code: FL5021Y24	7 to 11 years	Book in advance 01375 372476
3:30pm	4:30pm	Outdoor Play 10th October 2024	5 to 8 years	All welcome
4pm	5pm	Children's Support Group		Referral Only

Fridays

9am	Midday	Antenatal bloods		Book in advance
9:30am	10am	Sensory Room	0 to 60 months	Book in advance
9:30am	10:30am	Early Words Together Imaginative Play - 4th October 2024 Songs and Rhymes - 11th October 2024 Books and Stories - 18th October 2024	36 to 48 months	Book in advance
10am	11am	Time for you and baby too	Pre-birth to 24 months	All welcome
10am	11am	Soft Play Room	0 to 60 months	Book in advance
11am	11:30am	Sensory Room	0 to 60 months	Book in advance
Midday	1pm	Soft Play Room	0 to 60 months	Book in advance
Midday	2pm	Triple P Baby Parenting Programme	Ante-natal or parents with a child aged 0-12 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	2:30pm	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
3pm	4pm	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

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