


# Tilbury Family Hub

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

## What's on in February 2025

### Start for Life – 0 to 2 years

#### 0 to 12 months

Days of the week	Start	End	Activity	How to join in
Mondays	10:30am	11:30am	Start for Life - Celebrate Chinese New Year <b>3<sup>rd</sup> February 2025</b>	Book in advance
	10:30am	11:30am	Start for Life - Stay and Play – Red Theme <b>10<sup>th</sup> February 2025</b>	Book in advance
	10:30am	11:30am	Start for Life – Stay and Play - Shiny Theme <b>17<sup>th</sup> February 2025</b>	Book in advance
	10:30am	11:30am	Start for Life – Soft Play <b>24<sup>th</sup> February 2025</b>	Book in advance
	10:30am	12:30pm	Infant Feeding	Book in advance 0300 300 1999
	1:30pm	2:30pm	Baby Massage	Book in advance
Tuesdays	1:30pm	2:30pm	Start for Life - Messy Play Babies <b>11<sup>th</sup> February 2025</b>	Book in advance
	1:30pm	2:30pm	Start for Life - World of animals <b>25<sup>th</sup> February 2025</b>	Book in advance
Wednesdays	9:15am	10am	Story time and rhymes <b>12<sup>th</sup> and 19<sup>th</sup> February 2025</b>	All welcome
	Midday	2pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0 to 2 years) and parents to be Valentine's Day Special <b>12<sup>th</sup> February 2025</b>	All welcome
	1:30pm	3pm	Baby Weighing Clinic	Drop in
	1:30pm	3pm	Start for Life - Stay and Play (0 to 2 years)	All welcome

Thursdays	10:30am	11:30am	Start for Life - Stay and Play <b>27<sup>th</sup> February 2025</b>	All welcome
	11am	1pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0 to 2 years) and parents to be <b>27<sup>th</sup> February 2025</b>	All welcome
Fridays	10am	11am	Time for you and baby too	All welcome
	11:30am	1:30pm	Triple P Baby - Ante-natal or parents with a child aged 0-12 months <b>14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> February 2025</b>	Book in advance
	1:30pm	2:30pm	Start for Life - Let's Talk with Your Baby <b>7<sup>th</sup> February 2025</b>	Book in advance

## 12 to 24 months

Mondays	9:15am	10:15am	Stay and Play	All welcome
	1:30pm	2:30pm	Start for Life - Soft Play Session <b>24<sup>th</sup> February 2025</b>	Book in advance
Tuesdays	1:30pm	2:30pm	Let's Talk with Your Toddler <b>4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> February 2025</b>	Book in advance
Wednesdays	9am	1pm	Development Checks	Book in advance
	9:15am	10:15am	Start for Life – Sand and Water Play <b>5<sup>th</sup> February 2025</b>	Book in advance
	9:15am	10:15am	Start for Life – Messy Play <b>12<sup>th</sup> February 2025</b>	Book in advance
	9:15am	10:15am	Start for Life – Junk modelling and natural play <b>19<sup>th</sup> February 2025</b>	Book in advance
	9:15am	10:15am	Start for Life - Outdoor play <b>26<sup>th</sup> February 2025</b>	All welcome
	10:15am	11am	Story time and rhymes <b>12<sup>th</sup> and 19<sup>th</sup> February 2025</b>	All welcome
	11am	Midday	Sing and Sign (18 to 36 months) <b>26<sup>th</sup> February 2025</b>	Book in advance
	Midday	2pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0 to 2 years) and parents to be Valentine's Day Special <b>12<sup>th</sup> February 2025</b>	All welcome
	1:30pm	3pm	Baby Weighing Clinic	Drop in
	1:30pm	3pm	Start for Life - Stay and Play (0 to 2 years)	All welcome
Thursdays	11am	1pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0 to 2 years) and parents to be <b>27<sup>th</sup> February 2025</b>	All welcome
	1:30pm	2:30pm	Start for Life - Stay and Play	All welcome

Fridays	9:15am	10:15am	Start for Life – Valentine Crafts <b>14<sup>th</sup> February 2025</b>	Book in advance
	10am	11am	Time for you and baby too	All welcome
	10:30am	11:30am	Start for Life – Music and Movement <b>7<sup>th</sup> February 2025</b>	Book in advance
	10:30am	11:30am	Start for Life – Outdoor Play <b>21<sup>st</sup> February 2025</b>	All welcome
	10:30am	11:30am	Bookstart Toddler (12 to 36 month) <b>28<sup>th</sup> February 2025</b>	Book in advance

## Services and activities for parents and children aged 2-19 years

### 24 to 60 months

Mondays	10:45am	11:45am	Stay and Play	All welcome
Tuesdays	9:15am	10:15am	Chatterbox	Referral only
	10:30am	11:30am	Chatterbox	Referral only
	1:30pm	2:30pm	Messy Play <b>4<sup>th</sup> February 2025</b>	All welcome
	1:30pm	2:30pm	Junk modelling natural play <b>11<sup>th</sup> February 2025</b>	All welcome
	1:30pm	2:30pm	Messy Play <b>25<sup>th</sup> February 2025</b>	All welcome
Wednesdays	9am	1pm	Development Checks (24 to 36 months)	Book in advance
	10:15am	11am	Story time and rhymes <b>12<sup>th</sup> and 19<sup>th</sup> February 2025</b>	All welcome
	11am	Midday	Sing and Sign (18 to 36 months) <b>26<sup>th</sup> February 2025</b>	Book in advance
	1:30pm	3pm	Baby Weighing Clinic	Drop in
Thursdays	10am	11am	Soft Play <b>6<sup>th</sup> February 2025</b>	Book in advance
	1:30pm	2:30pm	Bookstart Preschool (36 to 60 months) <b>13<sup>th</sup> February 2025</b>	Book in advance
	1:30pm	2:30pm	Soft Play <b>6<sup>th</sup> February 2025</b>	Book in advance
Fridays	10:30am	11:30am	Valentine Crafts <b>14<sup>th</sup> February 2025</b>	Book in advance
	10:30am	11:30am	Bookstart Toddler (12 to 36 months) <b>28<sup>th</sup> February 2025</b>	Book in advance
	1:30pm	2:30pm	SEND – Just for You <b>SNAP will be attending on 7<sup>th</sup> February 2025</b>	All welcome

### 5 to 19 years

Mondays	3:30pm	4:30pm	After School Valentine Crafts (3 to 8 years) <b>10<sup>th</sup> February 2025</b>	All welcome
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Tuesdays	9:30am	4:30am	Child and Mental Health Services (CAMHS) 0-19 Years and up to 25 for SEND	Referral through service only
	4pm	5:30pm	Young Carers (4-8 years)	Referral only
Thursdays	4pm	5pm	Children's Support Group	Referral Only

## General Family Hub Support Services

Mondays	9am	11am	Parental Outreach Advice Service <b>3<sup>rd</sup> February 2025</b>	Drop in
	9am	4:30pm	Children's Continence Advisor <b>10<sup>th</sup> February 2025</b>	Referral only
	9:30am	4pm	Sensory Room	Book in advance
	9:30am	10:30am	Changing Pathways	Drop in
	10am	11am	Essentials Bank	Drop in
	10am	Midday	Thurrock Virtual School: Information, advice and guidance on education matters and supporting children in education (Parents of 2 to 18 year olds) <b>24<sup>th</sup> February 2025</b>	Drop in
	10am	4:30pm	Substance Misuse Drop in service 18+ years	Drop in Lorraine 07485359896
	4pm	4:30pm	SEND – Sensory Room 5 to 8 years	Book in advance
Tuesdays	9am	Midday	Antenatal Bloods	Book in advance
	9am	4pm	Midwife	Book in advance
	9:30am	11:30am	Antenatal sessions (from 28+ weeks) <b>4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> February 2025</b>	Book in advance
	9:30am	4pm	Sensory Room	Book in advance
	9:30am	11am	Childminder Support Group <b>11<sup>th</sup> February 2025</b>	Referral only
	10am	Midday	STOP Parenting	Referral only
	Midday	4:30pm	New Born Screening	Book in advance
Wednesdays	9am	Midday	Speech and Language Clinic <b>19<sup>th</sup> February 2025</b>	Book in advance Drop-in@nelft.nhs.uk
	9am	11am	Parental Conflict advice session <b>5<sup>th</sup> February 2025</b>	Drop in
	9am	4pm	Midwife	Book in advance
	9am	4pm	BCG Immunisations <b>19<sup>th</sup> February 2025</b>	Referral only
	9am	4pm	MMR Immunisations <b>12<sup>th</sup> and 26<sup>th</sup> February</b>	Referral only
	9am	4pm	Counselling (Thurrock Inclusion)	Referral only
	9:30am	4pm	Sensory Room	Book in advance
	10am	11:30am	Parent Carer Panel <b>12<sup>th</sup> February 2025</b>	Referral only
	12:15pm	2pm	One Community Steps to Success Job Club Opportunity	Drop in

	4pm	4:30pm	SEND – Sensory Room 5 to 8 years	Book in advance
Thursdays	9am	4pm	Midwife	Book in advance
	9:30am	4pm	Sensory Room	Book in advance
	9:30am	11:30am	Well Homes - Advice for Home Owners and Private Renting Tenants <b>13<sup>th</sup> February 2025</b>	Drop in
	9:30am	12:30pm	Strengthening Families Strengthening Communities	Referral only
	10am	11am	Just for Dads – Stay and Play (0 to 60 months) <b>13<sup>th</sup> February 2025</b>	All Dads welcome
Fridays	9am	Midday	Antenatal Bloods	Book in advance
	9:30am	4pm	Sensory Room	Book in advance
	10am	Midday	Brook C-card collection drop-in for young people (13 – 24 years) <b>14<sup>th</sup> and 28<sup>th</sup> February 2025</b>	Drop in
	10am	4pm	Soft Play Room	Book in advance
	Midday	4:30pm	New Born Screening	Book in advance
	1pm	2pm	Essentials Bank	Drop in

### 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)