

F

FREE activity

LC

Low costing:
£5 or under per session

Developed &
updated by

Thurrock
CVS

FIND
YOUR
ACTIVE

THURROCK

Free & Low Cost Physical Activities in Thurrock



Subscription:

To receive a copy of this booklet to your inbox each month, all you need to do is subscribe [here](#)

Disclaimer:

FYA Thurrock supports access to local providers of physical activities by displaying information about their activities on these pages. To ensure only the most accurate information is displayed, this information comes directly from the providers. Therefore, whilst being up-to-date, we cannot guarantee the accuracy of the information. Moreover we cannot endorse nor in any way be responsible for any of the activities or third party activity providers you see on this site. Please let us know if you see any inaccurate or inappropriate content and we will work with the relevant providers to correct any mistakes.

Changes:

For your booklet content to be added or amended please contact [Mel Huggins](#)

Current:

If you have come across a previous version of the booklet – not to worry, [click here](#) to view the latest booklet online!

For more information and to book please contact:
jtdofperformingarts@hotmail.co.uk

Grays

LC

Children's Dance, Drama and Singing classes



Wednesday
Babies 18 months-3 years
5:00-5:30pm Mixed styles

Sparkle & shine ages 5-11 years
5:00pm-5:45pm
SEND dance class

Junior street Ages 7-11 years
5:00pm-6:15pm

Senior street ages 12-16 years
6.15pm-7:00pm

Saturday
Minis ages 3-6 years
9.30am-11.15am

Street, tap, ballet, singing, drama,
acrobatics and musical theatre

Juniors and seniors acro
Ages 7-16 years
9:30am-10:15am

Junior & Senior ages 7-16 years
10:30am-12:30pm Musical theatre,
tap, ballet and singing



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Girls Wellbeing Hub
Every Thursday 4:30-6pm
(free activity - term time)
Ages 13-18

- ♥ Enhance Social Connections
- ♥ Improve Health, Fitness & Wellbeing
- ♥ Form Life Skills

SPORT | CRAFT | MENTORING
FOOD | EMPLOYABILITY



For Enquiries Contact 07376955460

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FOOTBALL CLUBS

📍 Purfleet Primary Academy,
Tank Hill Rd, RM19 1SX

- 📅 Monday
4.30 - 5.30pm Girls Yr 6-9
- 🕒 Thursday
4pm - 5pm Yr 7 & 8
5pm-6pm Yr 9 - Sixth form
- ☎️ 07376 955460 (Rio)



PFCC
POLICE, FIRE AND CRIME
COMMISSIONER FOR ESSEX

COMMUNITY FUND



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Essex ActivAte

Winter HAF holiday clubs with Essex ActivAte go live to book on Friday 14th November at 12pm midday!

Local club providers will be offering free spaces to eligible children, helping to support their wellbeing through fun and exciting activities!

Keep your eyes peeled for your emailed/text HolidayActivities voucher code, which you will use to book free spaces.

<https://www.activeessex.org/children-young-people/essex-activate/>

Multiple locations



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Arts Outburst

Funded spaces available in their Dance sessions for ages 6-9, 10-13 and 14+ with our industry pro Miss Claudia in their Make Some Noise programme.

Thameside Complex,
2nd Floor, Orsett Road,
Grays, RM17 5DX

<https://www.artsoutburst.co.uk/project/make-some-noise/>

Grays



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Thurrock Libraries

All Libraries offer this class weekly for children and their parents to join them in singing and dancing together for rhyme time!

It is a chance to meet other parents and enjoy sharing nursery rhymes with your child.

<https://www.thurrock.gov.uk/whats-on-at-your-library/rhyme-time>

Multiple locations



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Urban Motion

On 18th September [Arts Outburst](#) is launching Urban Motion, a brand-new youth-led programme for 11–18 year olds, and it kicks off this month!

Urban Motion is all about pushing limits, getting creative, and owning your space. From graffiti and hip hop dance to other exciting urban artforms, this programme will give young people across Thurrock the chance to explore bold, powerful forms of self-expression.

It's more than just workshops—it's a chance to grow in confidence, find your voice, and connect with others in a supportive, creative community.

Facebook post with full info and session dates [here](#)

Grays

LC

B **HIT** *High Intensity Interval Training*
FUNDAMENTALZ **SESSIONS**

TRAIN HARD OR GO HOME

EVERY TUESDAY 7-8PM
TREETOPS SCHOOL

£5 PER SESSION

NEW MEMBERS REGISTER FREE

AGES 11-17

3PT SHOOTING MACHINE

INTERACTIVE HANDLES

SMALL-SIDED GAMES & DRILLS

MID-RANGE SHOOTING

F

CH **SEN**

AFTER SCHOOL SPORTS CLUB

SPONSORED BY

MONDAY & WEDNESDAY
3:30 pm – 5:45 pm
Location: Tilbury

REGISTER TODAY! FOR FREE

www.chosencommunity.org

LC

SEABROOKE RISE COMMUNITY HOUSE YOUTH CLUB

EVERY MONDAY 7:30 - 9 PM
term time only £2 per session
includes food

COME JOIN OUR YOUTH GROUP!

LOOKING FOR A PLACE TO MEET NEW FRIENDS? LEARN NEW SKILLS? OR SIMPLY TO UNWIND AND SPEND TIME WITH OTHER YOUTHS?

COME ALONG, ENJOY A MEAL, GET YOUR HOMEWORK DONE OR PREPARE FOR EXAMS. ALL IN A FUN, RELAXED ENVIRONMENT

WANT TO GROW AS A LEADER?

TAKE ON NEW CHALLENGES, BUILD CONFIDENCE, MAKE MEMORIES AND PUSH YOUR OWN BOUNDARIES.

DEVELOP YOUR LEADERSHIP SKILLS WHILST HAVING FUN AND SHARING OPPORTUNITIES WITH YOUR PEERS!

AGED BETWEEN 10.5 AND 18 YEARS? COME CHAT TO GAV, OUR DBS APPROVED, FULLY REGISTERED YOUTH LEADER TO FIND OUT MORE.

THE COMMUNITY HOUSE, NEW ROAD, GRAYS, RM17 6DR

LC

AD Youth Clubs

SPORTS EVENTS

Chadwell Youth Group

George Tilbury House Community Room, Godman Road, Chadwell St Mary, Grays, RM16 4TF
 MON: 16:15 - 17:30 (4-10 years old) - £1.50
 MON, WED: 18:00 - 20:00 (10-18 years old) - £2.50

Tilbury Brisbane Group

Brisbane House Community Room, Leicester Road, Tilbury, RM18 7SR
 MON, FRI: 16:00 - 17:30 (4-10 years old) - £1.50
 MON, FRI: 18:00 - 20:00 (10-18 years old) - £2.50

Flowers Community Hall Group

Flowers Community Centre, South Ockendon, Lime Close, RM15 6NN
 WED: 16:00 - 17:30 (4-10 years old) - £1.50
 WED: 18:00 - 20:00 (10-18 years old) - £2.50

Young Leaders Group

Brisbane House Community Room, Leicester Road, Tilbury, RM18 7SR
 THU: 17:00 - 18:30 (14-18 years old) 2 per month

COMPETITIONS

RESIDENTIALS

ARTS EVENTS

If you would like to join, please email: adyouthprovisions@gmail.com

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new Project

arts outburst

CREATIVE EXPRESS

YOUTH MENTAL HEALTH CLUB

THURSDAYS | 4:30PM - 6:30PM

www.artsoutburst.co.uk/youth-express

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PURFLEET YOUTH CLUB

FOOD

SPORT

ARTS & CRAFTS

GAMING

Mentoring Support

TUESDAYS
5pm - 6:30pm
(Year 9 to Sixth Form)

WEDNESDAYS
4:30pm - 6pm (Years 7 & 8)

☎ 07376 955460

St Stephens Parsonage, London Rd, Purfleet, RM19 1QD

LC

KIDZ YOGA at Chafford Hundred

FREE TASTER CLASSES 23rd & 25th JULY!!!

- Weds 23rd July 9.30am - 10.15am (10-15yr olds)
- Fri 25th July 10.30am - 11.15pm (5-10yr olds)
- Weds 6th August 9.30am - 10.15am (10-15yr olds)
- Fri 8th August 10.30am - 11.15pm (5-10yr olds)
- Weds 13th August 9.30am - 10.15am (10-15yr olds)
- Fri 15th August 10.30am - 11.15pm (5-10yr olds)
- Weds 20th August 9.30am - 10.15am (10-15yr olds)
- Fri 22nd August 10.30am - 11.15pm (5-10yr olds)
- Weds 27th August 9.30am - 10.15am (10-15yr olds)
- Fri 29th August 10.30am - 11.15pm (5-10yr olds)

**all classes held at the
Drake Community Centre RM16 6PP**

JUST £5, NO BOOKING NEEDED!

**PARENTS / CARERS TO ACCOMPANY 5-10YR OLDS
COFFEE SHOP WILL BE OPEN ☕ CASH ONLY**

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11.30AM WEDNESDAY 3RD
DECEMBER



LEAPSPROGS IS AT TILBURY LIBRARY



**WALKERS TO 5 YEARS OLD
FREE OF CHARGE**

MESSAGE VICKY ON 07803331345

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Independent Youth Clubs

Youth clubs are free, safe places to drop-in, chill out, socialise, meet new people and join in with what's going on.

The clubs below are not run by Thurrock Council. They are the responsibility of their organisers.

If you run a club or know of a club in Thurrock please let us know so we can get this added to the website.

<https://www.thurrock.gov.uk/whats-on-for-young-people/independent-youth-clubs>

Multiple locations

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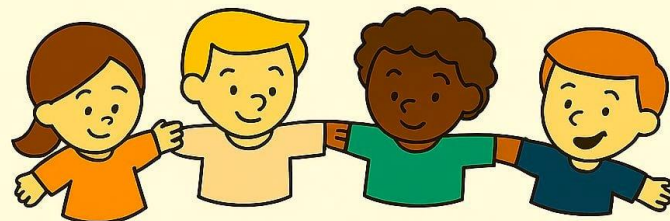
**OPENING THURSDAY
6TH NOVEMBER
6PM-8PM
SEND children 10-18 years.**



**at The United Reformed Church
Bradleigh Avenue Grays RM17 5XD**

Children must be accompanied by a parent/carer at all times during the session.
Tuck shop open during the evening
Admission £4pp parent/carer FREE

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AD YOUTH PROVISIONS AFTERSCHOOL CLUB



**MONDAY &
WEDNESDAY**
16:15-17:30
4-10 YRS £1,50

**MONDAY &
WEDNESDAY**
18:00-20:00
10-18 YRS £2,50

George Tilbury House Community Room
Godman Road, Chadwell-St-Mary, RM16 4TF
adyouthprovisions@gmail.com
+447368481350

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SPONSORED BY
**COMMUNITY
FUND**



CHOSSEN



AFTER SCHOOL CLUB

ACTIVITIES

- TUESDAY
Creative Play & Learning
- THURSDAY:
Dance, Drama & Production
- FRIDAY:
Movie Night

**3:30PM - 6:00PM
LOCATION: TILBURY**

REGISTER FOR FREE www.chosencommunity.org

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Anchor Park Tilbury

Anchor Park, Tilbury, RM18 8AH

Come along and join ATF for a fun-filled afternoon of football, boxing, and refreshments!

**Every Monday
16:00 - 17:00**



Please contact Kelly - kherring@atfcommunity.com for more info

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BLACKSHOTS GRAYS

**EVERY
MONDAY
16:30 - 17:30**

BLACKSHOTS LANE, GRAYS, ESSEX,
RM16 2JU



Come along and join ATF for a fun-filled afternoon of football, boxing, and refreshments!

Please contact Kelly - kherring@atfcommunity.com for more info

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Koala Park Tilbury

Come along and join ATF for a fun-filled afternoon of football, boxing, and refreshments!

**Every Tuesday
Starting 3rd June
16:00 - 17:00**



Please contact Kelly - kherring@atfcommunity.com for more info

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IN PARTNERSHIP WITH
B FUNDAMENTALZ

DRAMA IN MIND PRESENTS

LINES n' LAY UPS

A PROJECT ABOUT YOUTH RESILIENCE AND FINDING YOUR SHOT!

EVERY TUESDAY / 4.30PM - 6.30PM
(TERM TIME ONLY)

FOR UPCOMING PLAYS ABOUT THE CHALLENGES YOUNG PEOPLE FACE TODAY

- EACH PROGRAMME WILL RUN FOR APPROX 12 WEEKS -
FROM 23 SEPTEMBER TO 19 DECEMBER

CASTING FOR AGES 11-16 | BOYS & GIRLS | NO PREP REQUIRED

PARENT/GARER MUST REGISTER THEIR CHILD FOR THEM TO TAKE PART

TREETOPS SCHOOL (VIA TREETOPS APPROACH)
THEATRE HALL

FOR MORE INFORMATION CONTACT: 07822-859-359
OR EMAIL: INFO@DRAMAINMIND.CO.UK

WWW.DRAMAINMIND.CO.UK

MORE INFO OVERLEAF

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JTD ARTS EST 2004

Active Essex Foundation

It's free Youth PROVISION

Every Wednesday 5-6pm, yummy foods included ages 13-17 years

Held at Thurrock Rugby club, Long lane, RM162QH.
we are the first green gate on the left.

Contact us or just turn up
07856 869296

please note school holidays, days & hours are different, this is term time only

- Football
- Dance
- Chill out
- Cook some dinner
- Bush craft
- and more
- Its your club

LC

Essex Comets YFC Est. 2007 Adfecta Dignitas

Mini COMETS

£4 PER SESSION
FIRST SESSION FREE

AGES 4-6

SATURDAYS 9:00-10:00

WILLIAM EDWARDS SCHOOL STIFFORD CLAYS
ROAD GRAYS ESSEX RM 16 3NJ

FOR MORE INFORMATION CONTACT ADAM
ON 07411198043

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RIVERVIEW FIRST STEPS

An Early Years and Family Wellbeing Programme

Supporting You and Your Baby From the Very Beginning

Join our free weekly sessions for parents and carers with babies aged 0-15 months. Friendly, relaxed, and designed to help you and your baby thrive.

Free
No referral or booking needed!

- Sensory play, music & rhyme
- 1:1 chats and informal support
- Early learning & bonding activities
- Free resources and take-home goodies

Tuesdays, 11:30am - 1pm

- Purfleet
- enquiry@riverview.org.uk
- 01708 935478

BEST START IN LIFE
Supporting Communities - Empowering People

FREE

Baller League PURFLEET TOURNAMENT

VS VS

TURN UP & PLAY

WEEKLY THURSDAYS 5.00PM-6.00PM

AGE YEAR 9- YEAR 10 - YEAR 11

PURFLEET PRIMARY ACADEMY, TANK HILL RD, RM19 1SX

WhatsApp R10 07376955460

JOIN OUR YOUTH GROUP

What's youth group?

Join us for a whirlwind of new pals, epic skill-building sessions, and loads of laughs!

Come hungry for our study and dine hour where you can have delicious dinners with friends whilst completing homework or studying for exams. Who knew academic success tasted this good?

Ready to level up your leadership skills? Earn your stripes and become a young leader with us.

Buckle up for thrilling trips and unforgettable getaways. It's a rollercoaster of fun and growth on our residential!

EVERY TUESDAY 5PM - 8PM

£2.50 PER SESSION

FOR AGES: 10 and a half to 18.

Our youth group is run by two fantastic registered youth workers, both DBS checked and have completed safe-guarding training.

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GIRLS ACTIVE and SAFE

ARE YOU A GIRL AGED 11-15, LOOKING FOR A SAFE, FUN SPACE TO DANCE, MOVE, LEARN AND RELAX?

JOIN OUR GIRLS ACTIVE & SAFE PROGRAMME:

- Every Monday & Wednesday (during half terms and school holidays)
- Welcome to the UK, UNIT18. Grays Shopping Centre, RM176QE
- 2:00 PM to 3:30PM

Register now via QR code and enjoy Mindful Movement, Zumba, dancing, wellbeing, and fun with friends!

FOR MORE INFORMATION

- 07342469277
- grays@welcome2theuk.com

SCAN ME!



Community Investment Fund

WELCOME TO THE UK GRAYS

ActiveEssex Foundation

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YOUTH GROUP

MONDAYS

4PM-5.30PM

TERM TIME ONLY

£1.50 INCLUDES SNACK

ARTS & CRAFTS, GAMES, LOTS OF FUN

AGES 4-11

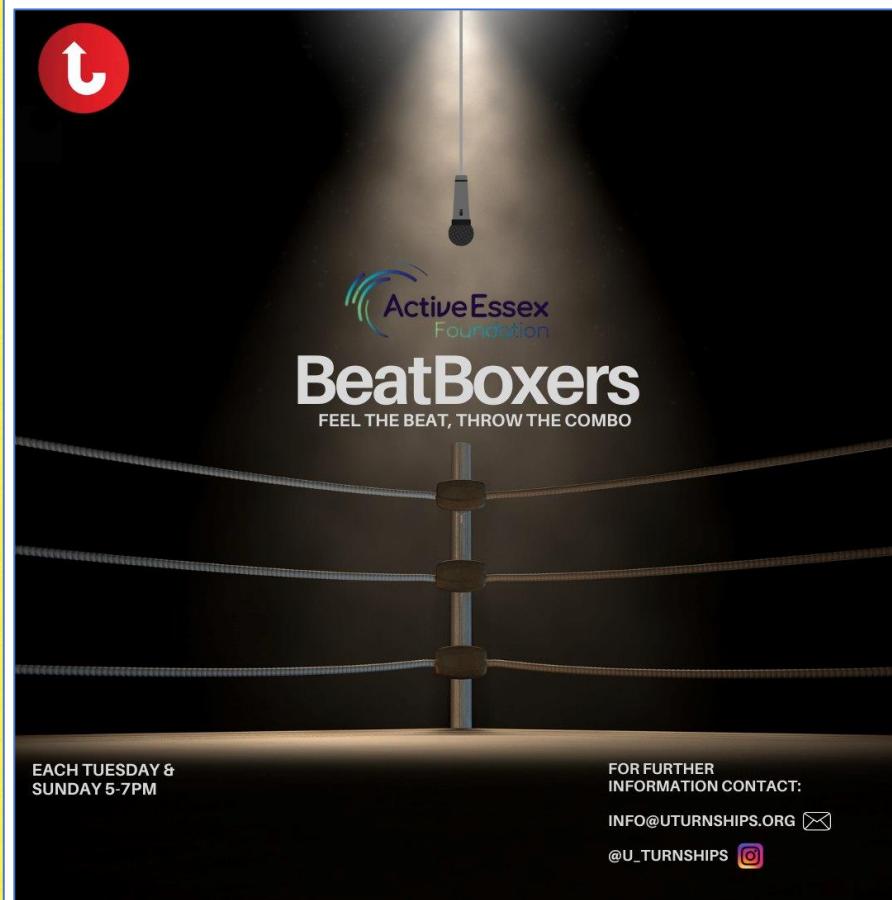
ALL LEADERS ARE DBS CHECKED AND HAVE COMPLETED SAFE-GUARDING TRAINING.

@ THE COMMUNITY HOUSE, NEW ROAD, GRAYS RM17 6DR






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ActiveEssex Foundation

BeatBoxers

FEEL THE BEAT, THROW THE COMBO

EACH TUESDAY & SUNDAY 5-7PM

FOR FURTHER INFORMATION CONTACT: INFO@UTURNSHIPS.ORG @U_TURNSHIPS

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JTD ARTS
EST 2004

Active Essex Foundation

Youth EXPLOSION

POWER WITHIN PROJECT

FOR MORE INFORMATION: WHATS APP +44 7856 869296

TRAINING OPPORTUNITIES YOUR OWN SPACE TO CHILL FUN, GAMES, GIVEAWAYS & MORE!
SPORTS & DANCE

EVERY **WEDNESDAY**

AGES 13-18 YEARS
4.30PM-6PM
TERM TIME ONLY

FREE SESSIONS

London Gateway Freepport **Community Investment Fund**



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NHS Inclusion

Inclusion Thurrock Recovery College provides a relaxed educational environment for people who experience difficulties with, or have an interest in, mental health and wellbeing. A safe place where people can come together to learn ways to live healthier, happier and more fulfilling life.

If you are interested in wellbeing courses, or would like to learn more on mental health, register today using the link below

<https://recoverycollege.inclusionthurrock.org/online-registration-form/>

Multiple locations

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Community Gardens

There are many Community Gardens, Allotments & Sensory Gardens you can visit & get involved with in Thurrock.

Enjoy being within your community growing, enjoying the green spaces learning new skills and knowledge about outdoor education.

At the community gardens you can go along to enjoy the views and being within nature and also you can volunteer your time to help develop the grounds working together with other volunteers.

<https://strongertogetherthurrock.org.uk/community-allotments-gardens/>

Multiple locations

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Men's Shed

Men's Sheds are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending.

Many Sheds get involved in community projects – restoring village features, helping maintain parks and green spaces, and building things for schools, libraries and individuals in need.

Activities in Sheds vary greatly, but you can usually find woodworking, metalworking, repairing and restoring, electronics, model buildings or even car building in a typical Shed.

<https://menssheds.org.uk/find-a-shed/>

Aveley

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Start Thurrock

Start Thurrock is about listening to your creative ideas and interests, and what you need and want. Letting our communities have a say. We don't present you with cultural events we 'think you might like' – we include you so that you have an impact on all decisions. We're here to give more people the opportunity to be creative, and for you to decide what creative activities you want to see, experience or take part in.

Find out more and get involved in their upcoming events and activities!

<https://www.startthurrock.org/whats-on/>

Multiple locations



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Volunteer Centre

Volunteering can be a stepping stone to employment, a way to make new friends, a chance to learn new skills and give you the opportunity to try something new!

Active volunteering is a great way to get moving in your community whilst helping others at the same time!

<https://thurrockcvs.org/volunteer-thurrock/>

Multiple locations



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Outdoor Gyms

Spending time outdoors to exercise is beneficial for physical and mental health. Outdoor fitness equipment helps communities create outdoor gyms and workout areas in local parks. These outdoor fitness spaces allow people of all ages and abilities to exercise and enjoy the outdoors.

Find the locations of the outdoor gyms in Thurrock which are free to use 365 days a year!

<https://www.thurrock.gov.uk/play-sites/outdoor-gyms>

Multiple locations



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Conservation Volunteers

To get involved with one of their day projects, all you need to do is book a place and turn up – with suitable clothing, footwear, lunch and enthusiasm!

Trained leaders provide all the necessary tools and guidance, from complete beginners to those with more experience. They even provide hot drinks and biscuits!

Tasks will be varied in nature depending on the location and time of year. It's an ideal way to make new friends, learn new skills and feel you are giving something back to the community.

Thurrock location listed:
Davy Down in South Ockendon

See their August programme [here](#)

<https://www.tcv.org.uk/eastern/tcv-essex/volunteer-essex/>

South Ockendon



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Elm Road Open Space

Jim run's a Community Shed at Elm Road Open Space.

The session is open every Tuesday between 10 – 11am, free for anyone to go and get involved!

Get in touch with Jim if you have questions or drop by to see what it is all about!

Contact Jim if you have any questions:
07951 457745

Grays



LC

Strollercise

Strollercise is a Dance / Fitness programme which takes its name from the girls 'strolling' in R&R clubs in the '50's, and, as we do 6,000-7,000 steps in our 1 hour class, it became a form of exercise, hence 'Strollercise' (6,000 steps is equal to walking 3 miles.)

Monday's & Wednesday's
in Grays with Geri

Tuesday's & Wednesday's
In Corringham with Samantha

Friday's in Stanford-le-Hope with
Samantha

£5 per class

<https://www.strollercise.co.uk/our-classes>

Multiple locations



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Zumba

South Ockendon @ The Royal British Legion
- Monday's 6.30am
- Wednesday's 9.30am
- Thursday's 6.30pm
& in Aveley @ Aveley Band Hall
- Saturday's 9am

Vicky's classes are suitable for everyone, all ages and abilities are welcome to this fun class which is also a great way to meet new people, to get fit and have fun!

No contracts no booking scheme, just pay as you go for £5 a session, also with a loyalty scheme to achieve free classes

Just turn up or contact Vicky ahead if you have questions: 07753216009

Multiple locations



LC

Regency Dance Academy

Zumba Fit Class

All abilities welcome

Class is split beginner to intermediate

Thursdays
East Tilbury Village Hall
7:00 - 7.30pm

£3.50 per class

To book call: 07960755774

East Tilbury



LC

Elite Twirlers

Elite Twirlers is a baton twirling team

Open for 4-16 year olds on a Saturday morning 10am-1pm.


Members: £3 an hour or 2 hours at £5

Non members £4 an hour

Contact for more info:
elitetwirlers11@gmail.com

South Ockendon

LC



Twinkletoes
School of Dance

**FUN LESSONS
NO EXAMS**

Ballet Tap Modern Street

Monday Adult Classes

Adult Tap £5
7pm – 7.45pm

Adult Modern / Street £4
7.45pm – 8.15pm

Adult Advanced Tap £4
8.15pm - 8.45pm

Adult Ballet £4
8.45pm – 9.15pm

Saturday Kids Classes

Primary class
9.30am – 9.50am Ballet
9.50-10.10am Street
10.10am – 10.30am Tap
£4 per class or £10 for all 3

Junior Tap £5
10.30am – 11am

Junior Ballet £5
11am – 11.30am

Junior Modern / Street £5
11.30am – 12pm

Primitives aged: 2 ½ yrs – 6 yrs Juniors aged: 7yrs – 12yrs

Venue:
1st Corringham Scout Hall
15 Herd Lane
Corryingham
SS17 9BQ

For more information and to book your place contact Miss Tammy:
☎ 07921070248
@ Twinkletoes268@hotmail.co.uk
f Find us on Facebook
@Twinkletoes school of dance

LC

CLASS SCHEDULE


MONDAY
6pm
CHADWELL VILLAGE HALL
RM16 4NX
Fortnightly additional class "Sweat'n'Smile" - ask for info!

WEDNESDAY
9.30am
CHADWELL SOCIAL CLUB
RM16 4DH

THURSDAY
6.45pm
CHADWELL SOCIAL CLUB
RM16 4DH

£5 PAY AS YOU GO

WE LOOK FORWARD TO STEPPING WITH YOU!
SARAH & RONNIE



@STEPNSMILEFITNESS

LC


LINE DANCING WITH DREW

JOIN US AS WE ROUND UP FOR SOME KEEP FIT FUN!

NORTH STIFFORD VILLAGE HALL
HIGH RD.
RM16 5UG

MONDAYS 10.30AM - 11.30AM

£5.00 PER SESSION



TO BOOK YOUR PLACE CALL DREW ON
07951 509930
OR E MAIL

Exercise classes - 1

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"Balance your body and mind"

FITNESS CLASSES FOR 50+

SUITABLE FOR ALL FITNESS LEVELS!

MONDAYS 10.30 - 12.00
FOLLOWED BY TEA & COFFEE

GRANSJEAN HALL IMPROVE
Long Lane POSTURE
Grays RM16 2PJ MOBILITY
Suitable for all levels CARDIO
BALANCE
FLEXABILITY
FITNESS & WELLBEING

CONTACT
MARK ADAMS
EMAIL: MARHADS01@ICLOUD.COM
TEL: 07711 817253

£5.00 PAYG

Floor Toning

These classes take place at The Royal British Legion

- Monday's 7.30am
- Thursday's 7.30am

No contracts no booking scheme, just pay as you go for £5 a session, also with a loyalty scheme to achieve free classes

Just turn up or contact Vicky ahead if you have questions: 07753216009

South Ockendon

HIIT class

This runs every Friday at 5am for a 1 hour, free HIIT session.

07950804808
info@ego-free.club

To take part, you will need a membership with Everlast Thurrock or to purchase a guest pass

<https://www.ego-free.club/service-page/hiit-fridays>

West Thurrock

to booking needed Just turn up!

CLASS TIMETABLE

MONDAY	TUESDAY
Castlemayne Pub Basildon SS165RZ	KMD Centre Corringham Park SS177QZ
7pm	Zumba
7.45pm	Tone & Stretch

All classes £5

All ages and abilities are welcome!
New members 1st class FREE

LC



MAMA ZUMBA GOLD

NO CHILDCARE NO PROBLEM
BRING BABY WITH YOU

MONDAYS

Horndon village hall
Orsett Road, SS17 8LB
1 - 1:45pm

PREBOOK VIA

@affitness15
 @amyszumbaessex

Class aimed for new mums looking to get back into fitness!



Classes £5

LC

Join us every Friday for a Rockout Workout...

JOIN THE BAND

Bring: Your Rockstar attitude, mat & water

Where:

Aveley Community Hub
RM15 4BX
Time: 18:15 registration
18:30 start

Investment : £6.00 PAYG
£20.00 upfront (4 classes to be used within 6 weeks)

Message 07487558233 to book

your spot (Alternating weeks with Pound & Pound Unplugged)



LC

Outdoors circuits class

Every Tuesday

6.15am Sign in

6.30am - 7.15am Class



WATERFRONT WORKOUT

TICK OFF YOUR DAILY EXERCISE EARLY

TRAIN OUT IN THE FRESH AIR

EXERCISE OPTIONS TO SUIT YOU



£5 PAYG

Location:
Grays Riverfront Adult Fitness Zone
RM17 6SZ
what 3 words
[///good.gain.coast](http://good.gain.coast)

SPACES LIMITED

USE THE QR CODE TO BOOK YOUR SPACE



CATCH THURROCKS BEST SUNRISE VIEW BY THE THAMES TOO!



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Brighter Futures

The Thurrock 0-19 Brighter Futures Healthy Families Service is an integrated service encompassing Health Visiting, School Health (historically School Nursing), targeted support and a range of health interventions for children, young people and their families.

<https://www.nelft.nhs.uk/services-thurrock-brighter-futures-healthy-families/>

Online



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Family Hubs

8 Family Hubs in Thurrock which offer a wide range of free activities:

Information and advice for families, regular drop-in sessions and activities, family health services, parenting support including support for young people with SEND.

<https://www.thurrock.gov.uk/family-hubs>

Multiple locations



LC

Grangewaters Outdoor Education Centre

Grangewaters is a year-round outdoor education centre set in Thurrock's countryside. Covering more than 70 acres, we have natural woodland, open grassland, 2 lakes, activity areas and accommodation.

They try to make sure that all our activity areas are accessible. A range of specialist equipment is on hand, such as hoists and activity equipment designed for people with mobility issues. Accessible accommodation is available for residential visits.

Buckles Lane, South Ockendon

<https://www.thurrock.gov.uk/grangewaters-outdoor-education-centre/grangewaters>

South Ockendon



F



WHAT WE OFFER:

- 1 Whatsapp community with other local families
- 2 Regular nutritional tips & tricks for individuals and families
- 3 Weekly walking group for free and effective exercise to get the family moving
- 4 Family workshops to teach you how to get fit together and build healthier lifestyles as a family
- 5 FREE introductory 1-1 lifestyle coaching session to support busy families
- 6 Individual/family wellbeing assessment to see where lifestyle improvements and changes can be made
- 7 Virtual home exercise calls
- 8 Support groups

JOIN A COMMUNITY OF FAMILIES WORKING TOWARDS A HEALTHIER FUTURE

CONTACT US TODAY TO FIND OUT MORE INFO@BEREVITALISE.CO.UK 07923918949

For more information and to book please contact: 07923 918949

Thurrock-wide

Health and Weight Loss Programmes



LC

Health Referral

Impulse Leisure offer an extensive Health Referral programme to help prevent, maintain and cure illness, injury and mental health conditions throughout their sites

Belhus: Belhus Park, Aveley, South Ockendon RM15 4PX

Blackshots: Blackshots Ln, Grays RM16 2JU

Corringham: Springhouse Rd, Corringham, Stanford-le-Hope SS17 7NB

<https://www.impulseleisure.co.uk/wellbeing/health-referral-schemes>

Multiple locations



F

THLS

Thurrock Healthy Lifestyle Service offers an initial assessment of your health.

Depending on the results of the assessment, you can get free help to improve your health.

This includes supporting you to have a healthy weight and also with access to physical activity programmes.

0800 292 2299
thls@thurrock.gov.uk

<https://www.thurrock.gov.uk/public-health/thurrock-healthy-lifestyle-service>

Online

Waders

LC

W.A.D.E.R.S.

Waders offers exercise in water for Adults with physical difficulties.

Corringham Pool
Fridays 11.30-12.10pm / 12.20pm-1pm

Blackshots Teaching Pool
Tuesdays 7.15-8.30pm / 8.30-9pm

£5 including pool entry

<https://www.waders.org.uk/>

Corringham & Grays

F

Funded by UK Government

FROM QUIT TO FIT

Give up smoking with Thurrock Council's Stop Smoking Service

And receive a **2-Month** Membership with Impulse Leisure!

QUIT SMOKING. GET FIT. FEEL GREAT.

Limited Spots Available!
Call us on 0800 292 2299 to register today!



LC

Sugarloaf RDA

Sugarloaf riding for the Disabled meet at Little Fields Farm, Stifford Clays Road Orsett RM16 3ND.

Volunteering opportunity on Tuesdays, Thursdays & Saturday mornings 9.15-12.30. Their volunteers help children and adults with physical and/or learning difficulties to ride for therapy, achievement and fun. Whatever your skills, you have something to offer. No experience necessary. Age 12+

“Tea with a Pony” is for people that would be unable to ride but would like to come and see the horse or pony being worked, enjoy a cup of tea and slice of cake and meet the pony before going home. This costs £5 per person and they can take up to around 6 people including their carers or relatives at 10:30 on Friday mornings

<http://www.sugarloafrda.org/>

Orsett

F



ALL DISABILITIES WELCOME
AGES 12 - 25
FREE INCLUSIVE CRICKET SESSIONS
GET ACTIVE AND MAKE NEW FRIENDS!

WHEN:
WEDNESDAYS
5-6PM
STARTING

10th
September
2025

WHERE:

Treetops Free School,
Treetops Approach,
Grays,
Essex RM16 2WU



CONTACT:

BRADLEY DONOVAN
BRADLEY.DONOVAN@ESSEXCRICKET.ORG.UK



LORD'S TAVERNERS
Empowering young people through cricket

www.lordstaverners.org/super1s
Registered Charity No. 306054 | OSCR No. SCO46238

LC

SEN YOGA

at Chafford Hundred

FREE TASTER CLASSES 23rd & 25th JULY!!!

- Weds 23rd July 10.30am - 11.15am (13yrs plus)
- Fri 25th July 11.30am - 12.15pm (5-12yr olds)
- Weds 6th August 10.30am - 11.15am (13yrs plus)
- Fri 8th August 11.30am - 12.15pm (5-12yr olds)
- Weds 13th August 10.30am - 11.15am (13yrs plus)
- Fri 15th August 11.30am - 12.15pm (5-12yr olds)
- Weds 20th August 10.30am - 11.15am (13yrs plus)
- Fri 22nd August 11.30am - 12.15pm (5-12yr olds)
- Weds 27th August 10.30am - 11.15am (13yrs plus)
- Fri 29th August 11.30am - 12.15pm (5-12yr olds)

**all classes held at the
Drake Community Centre RM16 6PP**

JUST £5, NO BOOKING NEEDED!

PARENTS / CARERS TO ACCOMPANY AT ALL TIMES
COFFEE SHOP WILL BE OPEN ☕ CASH ONLY

LC

specialising in children with CP (Cerebral Palsy)

DISABILITY FOOTBALL ST CLERES COMETS

OPEN TO GIRLS AND BOYS AGED 6-11
FIRST CENTRE IN SOUTH ESSEX!!

Coming soon to Thurrock at St Cleres FC

CONTACT PAUL
07944 956291

St Cleres School
Stanford Le Hope
Essex

*Comets is the disability pathway name with the FA

£5 per session

Waiting list may apply

LC

JTD ARTS LTD

Music man sessions
Held every Monday
10:00am-11.30am
11:30am-12:30pm
learn how to play the drums, Tamborine, bells and guitars. carers welcome, care homes welcome, school sessions delivered and individuals welcome.

Funky Feet
Performing arts classes
For adults age 19 plus
An independently lead, fun dance, drama and singing classes
Held every Friday
9.30am-2.30pm

Wats app
07856 869296
email: activejtd@hotmail.com

LC

PINEAPPLE CARE SERVICES LTD

'Club Pineapple'

Social Inclusion Hub

Pineapple Care Services would like to invite you to 'Club Pineapple'.

EVERY WEDNESDAY 10:30-12:30

Headon Hall,
Crawford Avenue
Stifford Clays
RM16 2AS

Welcome to Club Pineapple, a Social Inclusion Hub based at Headon Hall, Stifford Clays. We are inviting the residents of Thurrock to get together, have a chat over a cup of tea and biscuits, play games and other organised activities, or to simply enjoy a change of scenery. Follow our Facebook (@Pineapple Care Services LTD) for further details and events OR call our office to book your space.

www.pineapple.care CALL US: 01375 808303



F

Oomph Sessions

Low impact exercise class, open to all abilities and free for all, in 29 locations across Thurrock!

Get active and make friends, reduce social isolation and improve mental, physical and emotional well-being regardless of age, gender or mobility.

Timetables for Stanford, Grays, Chadwell, South Ockendon & Purfleet on the link below

<https://thurrockcvs.org/2024/11/29/improve-your-mental-physical-and-emotional-wellbeing-with-oomph/>

Multiple locations

LC

U3A

U3A' aim is to keep their bodies, brains and other faculties fully functional, through activities (both physical and mental) that involve others of a like mind.

Various movement sessions including: Aqua Aerobics, Boules/Petanque, Rambling, Strollers, Short Mat Bowls & Table Tennis

£20 annual membership

<https://thurrock.u3asite.uk/groups/>

Multiple locations

LC

Happy Days

Happy Days Creative Group at Tyrrells Hall, 67 Dock Rd

For those with memory loss accompanied by their carer. Enjoy gentle dance, singing, art and other fun activities.

Every other Tuesday 4pm – 6pm

Cost: £9.00 annual fee for venue/ membership. £1 for tea/ coffee

Contact: Claire after 4pm
07903 963601

Grays

F

Friday Men's Club

Relaxed group that play pool, table tennis, card games and get together for a chat.

If a carer attend's they must be male due to this being a men's group.

First Friday of the month
7.30pm – 9.30pm
Cost: Free (no booking necessary)

Venue: St John's Grays North Hall, 8A Victoria Avenue

Contact: Kevin 01375 382417 / 07850 585763 / mrkspring@hotmail.com

Grays



F

Zumba® Gold

Monday's at 11am, £4.50 per session

The session is a low impact dance fitness session – suitable for everyone to take part in – even if you need a chair, the routines are totally adaptable to do seated so you can still enjoy the session.

Followed by the option of relaxing in a warm space with a tea. An opportunity to get active and meet new people – all in a friendly space.

<https://www.artsoutburst.co.uk/project/feelgood/>

Grays

F

Hardie Park

Hardie Park Weekly Groups at Hardie Road, SS17 0PB

Such as SS17 Walkers, Adult Craft Club, Hardie Gardeners, Pétanque, Knit and Natter.

Contact Hardie Park for more information: 07732 086162 / info@friendsofhardiepark.co.uk

Or visit their website:

<https://www.friendsofhardiepark.co.uk/weekly-clubs/>

Stanford-le-Hope

LC

Mindful Movement

Move to Thrive: Weekly Online Mindful Movement Sessions

Join Aditi, a Purfleet-based wellbeing facilitator, for gentle online sessions blending mindful movement, breathwork, and joyful dance. These classes are designed to release stress, reconnect with your body, and leave you feeling lighter and more grounded.

📅 Every Wednesday, 7–8 PM

💻 Online via Zoom

🔪 Thurrock participants: £5 per class
Sessions are open to all bodies, all abilities, no dance experience needed — just come as you are.

Usually £8 – complete the form below to attend the class using the booklet discount

<https://www.move-to-thrive.com/weekly-online-sessions>

Online

LC

Essex Wildlife Trust

Various adults & children's activities to book onto, and opportunities to learn about their beautiful site!
Dates and times vary.

Thameside Nature
Discovery Park
Mucking Wharf Road,
Stanford-le-Hope,
SS17 0RN

https://www.essexwt.org.uk/events?location_term=494

Stanford-le-Hope

LC

Zumba Gold with Amy

ZUMBA gold

FIT FOR THE YOUNG AT HEART

GET ACTIVE WITH GREAT PEOPLE AT THE DANCE PARTY WORKOUT THAT MOVES AT YOUR PACE.

MONDAYS 12-12.45pm

Hordon on the Hill Village hall

ONLY £5

F

AGEING WELL-BEING & DEMENTIA CLUB

EVERY THURSDAY

WHOLENESS HAVEN

We offer enriching activities for dementia well-being, supported by caring volunteers. Creating a safe, joyful space for all.

SESSIONS
EVERY THURSDAY 11 - 3:30

LOCATION
BEACONSFIELD PLACE
CALCUTTA ROAD,
TILBURY, ESSEX RM18 7EN.

FOR MORE INFORMATION CONTACT 07428697038

LC

STAY ACTIVE STAY WELL

POWERED BY IMPULSE LEISURE!

WE ARE EXCITED TO ANNOUNCE WE ARE NOW AT THE FOLLOWING VENUES:

- Aveley Library & Community Hub
Fridays from 1:00pm to 2:00pm
- Lansbury Gardens Sheltered Housing Complex Tilbury
Mondays from 1:00pm to 2:00pm
- The Flowers Community Hall Lime Close
Wednesdays from 1:30pm to 2:30pm

WHAT TO EXPECT:
Weekly Sessions: 45-minute gentle exercise, perfect for all abilities.

ONLY £2.00 PER CLASS!

STARTING WEEK COMMENCING 10TH NOVEMBER 2025 ENDS 31ST OCTOBER 2026

NO BOOKING REQUIRED

impulse LEISURE

thurrock.gov.uk

SPORT ENGLAND

impulseleisure.co.uk

Charity number: Thurrock Community Leisure 1080186

25 YEARS OF Impulse LEISURE

WALK WITH US!

WEEKLY 5K WALK

Join us for a **FREE** group walk with personalised nutritional advice for weight-management and wellness

SIGN UP NOW!

For more information please contact lead - Fola

Phone: 07985 421 726
Email: folaf@nafhealth.org
Website: www.nafhealth.org

NUTRITION WORKSHOPS:
EVERY THURSDAY
6:30PM - 7:30PM

GROUP WALKS:
EVERY SATURDAY
8:30AM - 9:30AM

@NAFHEALTH.ORG
@NAFHEALTH
@NAFHEALTH



F

Please contact us for further information and enrolment by email at: info@nafhealth.org

Multiple locations

F

Contact Jim for more information or just turn up & attend, no booking required: jimworking@mail.com

Grays

Big Local JOG GONERS

FREE

SATURDAY

Complete beginners welcome

Family friendly walking/OR jogging

Train for your first 3km/5km/10km

Elm Road Open Space RM17 6LB

(only 2 REAL reasons you can't do this) 9--10 AM



LC

Purfleet Heritage and Military Centre

They currently offer two walks and tours of Purfleet-on-Thames starting from the Heritage Centre.

The Heritage Walk explores the landmarks of the town, Long Reach and remnants of the Garrison.

They also offer a [Ghost and Folklore Walk](#) four times a year exploring the ghoulish side of the town including it's links with Dracula. Both these must be pre-booked.

£5 adults, £3 under 16s

<https://purfleet-hmc.org/groups>

Purfleet



F

Running club

Join their invigorating weekly 5K runs, where you'll experience a friendly and EGO-FREE community atmosphere! They meet every Saturday morning at 7 AM to enjoy the fresh air and camaraderie.

The starting location alternates weekly between the beautiful Chafford Gorge, scenic Lakeside, and Harvester Grays. They will send out a confirmation each week detailing the location and any other updates, so you'll always know where to find them.

<https://www.ego-free.club/service-page/run-club>

Chafford Hundred



F

Parkrun

Free 5km timed weekly walk, jog or running event.

Taking place every Saturday Morning at 9am over:

Pyramid Centre,
Heath Road,
Chadwell St Mary,
Essex,
RM16 4XH

<https://www.parkrun.org.uk/thurrock/>

Chadwell St Mary's



F

Thurrock Ramblers

We arrange walks most Sundays as well as Wednesday evenings during the summer months. Sunday walks are typically from 8 to 10 miles and include a pub stop where possible.

<https://www.ramblers.org.uk/go-walking/ramblers-groups/thurrock-group>

Multiple locations



F

Thurrock Nomads

A very friendly running and walking group meeting on Tuesdays at 7pm and Thursday at 6pm at:

Thurrock Rugby Club,
Oakfield, Long Lane,
Grays,
Essex,
RM16 2QH

The group advise you email (thurrocknomads@gmail.com) before turning up in case they are starting elsewhere that day

<http://www.thurrocknomads.org.uk/>

Grays



F

The Walkie Talkies

Parent's 1st offer Walkie Talkie sessions and also online fitness sessions for mums completely free of charge!

These outdoor talk and walk sessions are for both pregnant and new parents. Enjoy some light outdoor exercise whilst meeting other local parents. Walks will last 1 hour and will be followed by a hot drink and a chat.

A fun and friendly weekly online exercise group that helps expectant mums to keep healthy. Exercise sessions are adapted to suit all stages of pregnancy and all fitness levels.

<https://parents1st.org.uk/activity/walkie-talkies-thurrock-november>

Multiple Locations



F

Mummy's Day Out

Move, connect, and enjoy the fresh air together on a fun and relaxing walk. Whether you're looking to meet new friends, stay active, or enjoy some well-deserved "me time," this is the perfect opportunity to recharge and build connections.

What to Expect:

- A gentle, family-friendly walk in a scenic location.
- Opportunities to chat and connect with other local mums.
- Supportive and welcoming vibes for mamas of all fitness levels.
 - FREE light refreshments

<https://www.eventbrite.co.uk/o/mummy-s-day-out-9906857944#events>

South Ockendon



F

T100

Meandering Monday walks with T100 on the second Monday of every month.

Each month with a different meeting point and always an opportunity for a sit down with a cuppa and a biscuit for a chat with the group.

Come along to enjoy a stroll and free refreshments as you explore the local area alongside other community members.

<https://t100festival.co.uk/regularwalks/>

Multiple locations



F

MSA

Every Thursday MSA host free Nordic Walks 10:00-11:00am for 16yrs+

These take place at Thames Chase Forest Centre

Parking costs £2

<https://muslimahsports.org.uk/msa-nordic-walks/>

Upminster



F

SS17 Walkers

SS17 Walkers established in 2014. Tuesday morning walks established 2018.

They are now meeting each Tuesday morning at 10.30am for a walk. This usually lasts an hour and they usually walk around 5k.

Open to all and completely free.

Like their Facebook page to see regular updates for their weekly walks.

<https://www.facebook.com/SS17Walkers>

Stanford-le-Hope

F

BELHUS WALKING GROUP

Every Thursday 10:30am to 11:30am
Meet at Belhus Library
South Ockendon RM15 5DX

01708 851212
belhus.library@thurrock.gov.uk

Come join in with our weekly walking group, have a gentle stroll and meet new friends .
All abilities welcome.

thurrock.gov.uk

F

TILBURY WALKING GROUP

Every Thursday
10:30am to 11:30am

First Thursday of the month will include community Litter pick
Meet at Tilbury Library and hub
Civic Square Tilbury RM18 8AD
Tel: 01375 842612

Come join in with our weekly walking group, meet new friends, increase fitness and have a complimentary hot drink when the walk finishes at Tilbury Library and Hub.

All abilities welcome.

thurrock.gov.uk

F

CHADWELL WALKING GROUP

Every Tuesday Starting 18th November
10:30am to 11:30am

Meet at Chadwell Library
Brentwood Road Chadwell St Mary RM16 4JP
Tel: 01375 842511

Join our new weekly walking group — open to all abilities! It's a great way to get some fresh air, explore your local area, and meet new friends. No booking required — just turn up and take part!

thurrock.gov.uk

LC



Purfleet-on-Thames Heritage Walk

Meeting Point: Purfleet Heritage and Military Centre, Magazine No5, Centurion Way, Purfleet-on-Thames, Essex, RM19 1ZZ

When: Wednesdays, Thursdays and Sundays. 1 p.m.

Price: Adults £5, under 16's £3

Includes: Tea/Coffee and Biscuits

Booking contact:
paulhounsell64@outlook.com

Purfleet-on-Thames



LC

Grays Judo Club

Grays Judo Club provide a safe and inspiring environment where children and their families can achieve a healthier lifestyle by taking part in physical activity on a regular basis, whilst also learning new skills.

Wednesday Evenings
17:15 – 18:30pm

Socketts Heath Baptist Church,
Premier Avenue, Grays,
RM16 2SB

One Session: £5
A Month: £25

<https://sites.google.com/view/graysjudoclub/home/judo-schedule>

Grays



LC

Thurrock Hockey Club

First training session is free (come and try hockey to see if you like the game and setup)

Any session attended after that is £4 per session and on a pay as you play basis

Hockey stick and equipment are available for the session

<https://www.facebook.com/ThurrockHockeyClub>

Grays



LC

Grays Athletic Fitness FC

Join Grays Athletic Fitness & Football at Palmers College Astro to get fit through football!

They play twice a week, Monday and Wednesday at 7pm.

Age range is 18+

First game is free! Then costs £20 per month or £5 per session if you prefer pay as you play.

<https://www.facebook.com/profile.php?id=100095363793655>

Grays



LC

Grays Athletic Walking FC

Over 50's Men's Football Club

Address: Lakeside Sports Ground,
A1306 Arterial Rd West Thurrock,
Chafford Hundred, Grays RM16
6DN

Train on Monday and Friday
Mornings between 10am and
11.30am.

First game is free then £6.50 per
session.

Use special booklet discount code
to pay £5 per session: FYAT5

<https://www.gawfc.co.uk/>

Grays

LC

KARATE

SELF DEFENCE & FITNESS

New beginners class

All ages welcome

Your child will learn the old ways of Karate that will improve and develop their strength, confidence and health.

Martial Arts and fitness are also great for the brain, improving memory, combating stress and anxiety, which will carry over into your child's school work and home life.

ENROL NOW

limited spaces available

WEDNESDAYS 4 -5pm

The Aveley Community Hub,
High Street Recreation ground car park,
AVELEY, RM15 4BX

07810 186820

£5 per class

Aveley

LC



tekio.cempa@yahoo.com
www.tekio-cempa.weebly.com
Facebook/tekiocempamartialarts

DON'T BE A VICTIM

St Johns Church Hall,
Victoria Avenue,
Grays
Essex RM16 2RP

Practical Martial Arts & Personal Safety for
children and adults

Thursday
JUNIORS: 5pm - 6pm
CADETS: 6pm - 7pm
ADULTS: 7pm - 8pm

Phone: 07757 689557



£5 per class

Grays



LC

Group badminton

Join the EGO-FREE team for a fun and lighthearted game of badminton! Whether you're a seasoned player or a beginner, everyone is welcome to participate and enjoy a stimulating environment.

Bring your friends, and let's make some great memories on the court!

This 1 hour session at Storm Fitness and Leisure, Chadwell Rd, Grays RM17 5TD costs £5 for hire of the space & entrance to the gym.

If you need one, rackets can be hired at the center for £1.

<https://www.ego-free.club/service-page/badminton>

Grays

Upcoming Low Cost & Free Events

Santa Fun Run

Saturday 6th December

Thames Chase Community Forest

Weekend Trail: Tilbury Town

Friday 5th December

Tilbury

Meandering Monday Walk

Monday 8 December

East Tilbury

Men's Mental Health Walk

Saturday 29th November

Corringham

Essex ActivAte Winter Clubs & Events

December School Holidays

Multiple locations

Free & low cost
Christmas events



F

FYA Thurrock Facebook

Follow our page for activities, events and news!

A wide range of physical activity opportunities across Thurrock so you can get out moving in the community in a way you enjoy!!

<https://essexfrontline.org.uk/>

Online



F

Activity Finder

Here you will find lots of clubs and activities listed on the Active Essex Activity Finder.

Also if you run a session you can add your activities to promote for free!

<https://www.activeessex.org/activity-finder/>

Online



F

Essex Youth Map

There are over 7000 groups/activities in Essex, with over 290,000 places for young people to join in! Find out about youth groups / activities near you.

Use the Essex youth map by searching Thurrock to find a group/activity near you!

<https://ecvys.org.uk/youth-groups/>

Multiple locations



F

Physical Activity

Thurrock Council understand that there are many health benefits to being active every day and they want to help you to do just that!

For more information on keeping active and what is available locally, follow the link below.

<https://www.thurrock.gov.uk/help-to-get-active/physical-activity>

Multiple locations

Other support / resources

[Local Wellbeing Services](#)
Frontline

[Getting Started Guide](#)
Activity Alliance

[Better Health](#)
NHS

[Cycling Routes](#)
Forward Motion South Essex

[Couch to 5K app](#)
NHS

[Active 10 app](#)
NHS

[Weight management support](#)
Thurrock Council

[Instagram Blog](#)
Find Your Active Thurrock

[Your Essex Community Learning Series](#)
Active Essex