

September 2026



Free & Low Cost Physical Activities

in Thurrock



F

LC

FREE activity

Low cost (<£5)



Children & Young People's Activities - 1



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Essex ActivAte

Summer holiday clubs with Essex ActivAte are now live to book! Local providers are offering free places for eligible children, with fun activities, meals and enriching experiences throughout the summer. Families can book using their email/text HolidayActivities voucher code, or through referral or paid options where available. To see what's on, visit the Find Your Active Activity Finder on the Active Essex website, select 'Programmes', choose summer and enter your location.

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

Multiple locations



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Thurrock Libraries

Thurrock Libraries offer a fantastic range of activities for all ages, from children's crafts and family events to walking groups, fitness sessions and reading clubs.

Why not see what's happening at your local library and discover something new? Visit the Thurrock Libraries website to explore what's on this month.

<https://libraries.thurrock.gov.uk/events>

Multiple locations



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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.

Know a club that isn't listed? Get in touch so we can get this added to the site.

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

Multiple locations

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Here's what's on for young people in Purfleet

St Stephen's Church

Senior Youth Club

Tuesdays
5:00 – 6:30pm
School Years 9–11

Junior Youth Club

Wednesdays
4:30 – 6:00pm
School Years 7 & 8

EmpowerHer

Girls wellbeing & support group
Thursdays
Ages 13–17

Memorial Ground

West Thurrock Football

Mondays
4:50 – 5:50pm
Ages 10+

Purfleet Primary School

Junior Football

Thursdays
4:00 – 5:00pm
School Years 7 & 8

Baller League Purfleet

Thursdays
5:00 – 6:00pm
School Years 9–11

All sessions are led by qualified youth workers in a safe and supportive environment.

Contact the Youth Team

Purfleet on Thames | jodeku@riverview.org.uk | 07376955460



Children & Young People's Activities - 2

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ActiveEssex Foundation

Youth EXPLOSION

POWER WITHIN PROJECT

FOR MORE INFORMATION: WHATS APP +44 7956 869296

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

EVERY **WEDNESDAY**

FREE SESSIONS

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



London Gateway Freepoint
Community Investment Fund

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CH³SEN AFTER SCHOOL SPORTS CLUB

SPONSORED BY
ActiveEssex Foundation



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

**REGISTER TODAY!
FOR FREE**

www.chosencommunity.org

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SEABROOKE RISE COMMUNITY HOUSE YOUTH CLUB

EVERY MONDAY 7:30 - 9PM
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

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CHANCE TO SHINE STREET



SOFT BALL CRICKET

BE ACTIVE
MAKE FRIENDS
DEVELOP SKILLS
PAY NOTHING!



WEEKLY INDOOR SESSIONS
FUN, FAST AND FREE
NO EXPERIENCE OR EQUIPMENT NEEDED
WEAR WHAT YOU WANT
QUALIFIED COACHES

FUN INDOOR CRICKET ACTIVITIES AND GAMES
5.00-6.00PM EVERY TUESDAY DURING TERM TIME
FOR AGES 8-16
EVERYBODY IS WELCOME

TREETOPS SCHOOL SPORTS HALL
TREETOPS APPROACH, GRAYS
RM16 2WU

RUN BY ESSEX CRICKET IN THE COMMUNITY, FUNDED BY CHANCE TO SHINE

TO REGISTER YOUR CHILD SCAN THE QR CODE ABOVE OR CONTACT
IAN.GRAY@ESSEXCRICKET.ORG.UK



LC

teamfitness

PLAY GROUND

SATURDAYS

Ages 5 - 16 Boys & Girls 12:30 - 14:30

A space for kids to experience a range of activities while having fun with friends.

• FOOTBALL	• ROLLER SKATING	• HOCKEY
• BASKETBALL	• SKATEBOARDING	• ROUNDEERS
• NETBALL	• ARCHERY	• DODGEBALL
• TAG RUGBY	• BIKING	• BADMINTON
• VOLLEYBALL	• HANDBALL	• TABLE TENNIS

£4ph

Bring siblings/ friends for 10% discount

Harris Academy Riverside London Rd, Purfleet RM19 1QY

TO BOOK CONTACT MIKE WAYANS: 07730 471 131

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ATF

MAISIE FIELD

68 COWPER AVENUE, TILBURY RM18 8AS

COME ALONG AND JOIN ATF FOR AN **AFTERNOON** OF MANY SPORTS

SNACKS & REFRESHMENTS WILL BE PROVIDED

 FOOTBALL	 TENNIS
 BASKETBALL	 AND MORE!

EVERY THURSDAY 4-5PM

PLEASE CONTACT KELLY:
KHERRING@ATFCOMMUNITY.COM
FOR MORE INFORMATION 😊

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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

ActiveEssex Foundation

Funded by UK Government

ESSEX ELITE GYMNASTICS CLUB

BRAND NEW CLASS

TeenieElites

An exciting introduction into the world of Gymnastics

Tuesday 4:00pm - 4:45pm

See Why Parents Love Us - Read Our Google Reviews
Highest Rated Established Club in Grays

Contact:
Website:
www.essexelitegymnasticsclub.com
Email:
eegcbooking@gmail.com
Whatsapp Message:
07399290534

AGE 4 years

Address:
St Peter & St Pauls Church Hall
Grays
Thurrock
RM17 6LN

Only £5.00 per gymnast

We invite You & Your Teddy to Join us!

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LEAP PATHWAYS

CHILDREN'S FITNESS CLASSES

Leap Sprogs

ATF

12.30-1.30 EVERY THURSDAY

LEAPSPROGS IS AT TILBURY LIBRARY

WALKERS TO 5 YEARS OLD
FREE OF CHARGE

MESSAGE VICKY ON 07803331345



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

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

FOR AGES: 10 and a half to 18.

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ATF COMMUNITY SESSIONS TILBURY

We are lucky to be able to provide a variety of sessions across Tilbury.

All sessions are completely free!

Anchor Park - Every Monday 4pm - 5pm
Koala Park - Every Tuesday 4pm - 5pm
Blackshots Grays - Every Monday 4:30pm - 5:30pm



FOR MORE INFORMATION PLEASE CONTACT
KHERRING@ATFCOMMUNITY.COM

 www.facebook.com/ATFcommunity/



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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

LC



CHOSEN 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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ATF **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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ATF **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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ATF **Koala Park
Tilbury**

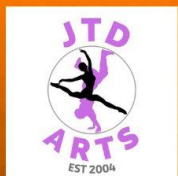
Come along and join ATF for a fun-filled afternoon of football, boxing, and refreshments!

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



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

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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



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IN PARTNERSHIP WITH
BO
FUNDAMENTALZ

DRAMA
IN MIND...
DRAMA IN MIND CIC

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 -

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

PARENT/CARER 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](mailto:info@drainmind.co.uk)

WWW.DRAMAINMIND.CO.UK

MORE INFO
OVERLEAF

LC

Essex Comets YFC Mini COMETS

Est. 2007
Adfecta Dignitas

£4
PER SESSION
FIRST SESSION FREE

AGES 4-6

SATURDAYS 9:00-10:00

WILLIAM EDWARDS SCHOOL STIFFORD CLAYS
ROAD GRAYS ESSEX RM16 3NJ

FOR MORE INFORMATION CONTACT ADAM
ON 07411198043

© 2023

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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

WELCOME TO THE UK
GIRLS

ActiveEssex
Foundation

Community
Investment Fund

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YOUTH GROUP
MONDAYS
4PM-5.30PM
TERM TIME ONLY

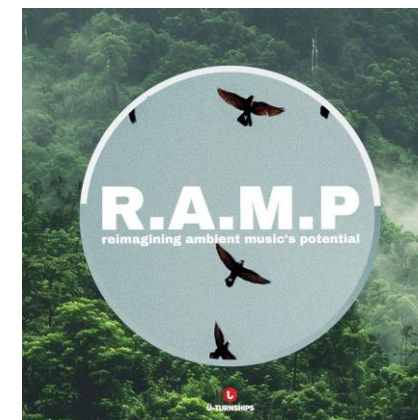
£1.50 INCLUDES SNACK

ARTS & CRAFTS, GAMES, LOTS OF FUN

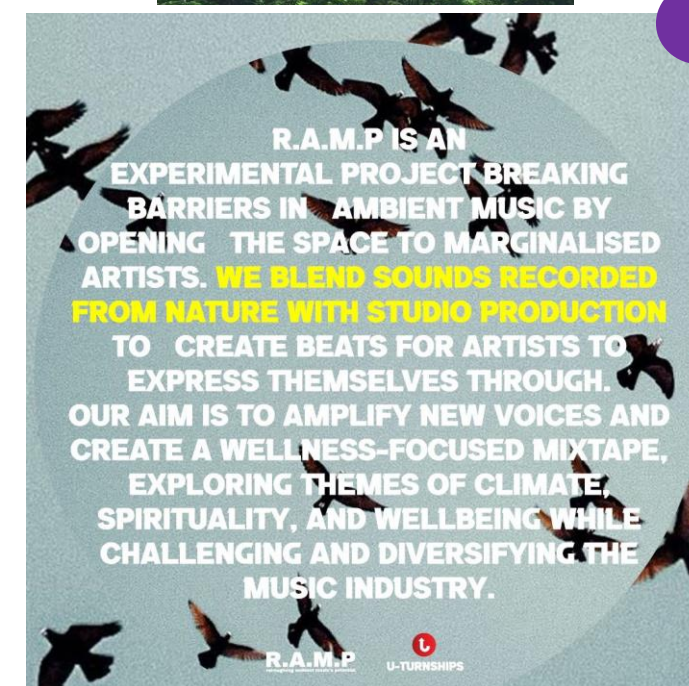
AGES 4-11

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

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



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R.A.M.P IS AN EXPERIMENTAL PROJECT BREAKING BARRIERS IN AMBIENT MUSIC BY OPENING THE SPACE TO MARGINALISED ARTISTS. WE BLEND SOUNDS RECORDED FROM NATURE WITH STUDIO PRODUCTION TO CREATE BEATS FOR ARTISTS TO EXPRESS THEMSELVES THROUGH. OUR AIM IS TO AMPLIFY NEW VOICES AND CREATE A WELLNESS-FOCUSED MIXTAPE, EXPLORING THEMES OF CLIMATE, SPIRITUALITY, AND WELLBEING WHILE CHALLENGING AND DIVERSIFYING THE MUSIC INDUSTRY.

R.A.M.P
U-TURNSHIPS

For 15-18 year olds. Those interested are encouraged to contact us via our website www.u-turnships.org, or email info@uturnships.org.

Thurrock-wide

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Brisbane House YOUTH GROUP

Monday & Friday Evenings!

Ages 4 - 10	Ages 10 - 16
4:00 PM - 5:30 PM	
£1.50 per session or £8 per month!	£2.50 per session or £10 per month!

Arts & Crafts!

Cooking Fun!

Outdoor Games!

Sports & Darts!

Trips & Competitions!

Residential to Wales & The Lake District!

Join the Fun!
ALL WELCOME!

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Flowers Community Hall YOUTH GROUP

Wednesday Evenings!

Ages 4 - 10	Ages 10 - 16
4:00 PM - 5:30 PM	5:45 PM - 7:15 PM
£1.50 per session or £8 per month!	£2.50 per session or £10 per month!

Arts & Crafts!

Cooking Class!

Clay Fun!

Darts & Sports!

Arts & Competitions!

Role Play & Sports!

Trips & Adventures!

Residential to Wales & The Lake District!

Join Us for the Fun!
ALL WELCOME!

F

George Tilbury House YOUTH GROUP

Monday & Wednesday Evenings!

Ages 4 - 10	Ages 10 - 16
4:30 PM - 5:45 PM	6:00 PM - 7:30 PM
£1.50 per session or £8 per month!	£2.50 per session or £10 per month!

Arts & Crafts!

Cooking Time!

Fun & Games!

Sports & Darts!

Trips & Competitions!

Residential to Wales & The Lake District!

Join the Fun!
ALL WELCOME!

Children & Young People's Activities - 10

F

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



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

Grays

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MAKE! SOME! NOISE

FREE CLASSES

DANCE • DRAMA • MUSIC

Our FREE youth-led, cross-artform programme is now open for all Children and Young People who live or study in Thurrock.

Pick just 1 discipline, or ALL 3!

Tuesday - DANCE

6-9yrs 4:00 - 5:00pm | 10-13yrs 5:00pm - 6:00pm

14+yrs Young Dancers Company 6:30pm - 8:00pm

Tuesday - DRAMA

6-9yrs 5:00 - 6:00pm | 10-13yrs 4:00pm - 5:00pm

Wednesday - MUSIC/SINGING

6-9yrs 4:00 - 5:00pm | 10-13yrs 5:00pm - 6:00pm

14+yrs 6:30pm - 8:00pm

Thursday - DRAMA

14+yrs 6:30pm - 8:00pm

Arts Outburst Studios, Thameside Complex, Orsett Rd, Grays

01375 386247 | hello@artsoutburst.co.uk
www.artsoutburst.co.uk



Supported using public funding by
ARTS COUNCIL
ENGLAND



Funded by
UK Government

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Thursdays | 4:30pm - 6pm | FREE

Urban Motion is a **brand-new**, youth-led programme for ages **10+** who want to push limits, get creative, and own their space. We bring together the best of urban art and movement - and put **YOU** in charge.

→ PARKOUR

→ LYRIC WRITING

→ PHYSICAL THEATRE

→ HIP HOP

→ GRAFFITI

→ MUSIC PRODUCTION

Across the year you'll get stuck into weekly sessions, holiday drop-ins, open studios, and public takeovers.

This is more than just a workshop - it's a crew, a creative outlet and a platform to find your voice, build confidence, and lead the way... It's all about **bringing the energy!**

Visit our website for more information, upcoming special events, how to sign up and much more.

www.artsoutburst.co.uk/urban-motion

Arts Council England logo, UK Government logo, Active Essex Foundation logo.

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A vibrant poster for Corringham Athletic's Mini Kickers program. The background is dark blue with yellow and white starburst effects. On the left, a young boy in a yellow and blue football kit is running towards a soccer ball. The top left features the Corringham Athletic FC crest, which includes a shield with 'CAFC' and a soccer ball, and a banner below that says 'FORMED 1976' and 'CORRINGHAM ATHLETIC FC'. The main title 'MINI KICKERS' is in large, bold, yellow letters with a black outline. Below the title, it says 'STARTING 12TH SEPTEMBER!'. A paragraph of text explains the program's purpose. Below this, three circular icons represent the benefits: a smiley face for 'FUN FRIENDLY', a soccer ball for 'LEARN NEW SKILLS', and a group of people for 'MAKE NEW FRIENDS.'. At the bottom, a calendar icon indicates 'SATURDAY MORNINGS 9-10AM', and a 'FREE OF CHARGE' badge is prominently displayed. Contact information for Keith is provided, along with the club's address. A location pin icon is also present.

CORRINGHAM ATHLETIC
MINI KICKERS
STARTING 12TH SEPTEMBER!

If your child is taking a keen interest in football, we may be able to help. We are currently accepting children from **Reception to Year 1**.

FUN FRIENDLY | **LEARN NEW SKILLS** | **MAKE NEW FRIENDS.**

SATURDAY MORNINGS 9 – 10AM | **FREE OF CHARGE**

CONTACT KEITH: 07803 839767

CORRINGHAM ATHLETIC
THE GEORGE GOODMAN MEMORIAL FIELD,
OLD HALL FARM, THE MANORWAY,
ESSEX, SS17 7RN



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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!

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

<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

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PURFLEET ON THAMES WOMBLES
JOIN US & BE PART OF THE CHANGE!
CLEAN UP OUR GREEN SPACES

Community PANTRY & CAFÉ
Purfleet-on-Thames
SUPPLIES WILL BE PROVIDED!

EVERY PIECE PICKED UP MAKES A BIG DIFFERENCE!

THURSDAY 13 TH AUGUST	SATURDAY 29 TH AUGUST	GREAT NATIONAL CLEANUP DAY 26
Let's clean up the green FOR OUR FAMILY FUN DAY! 13:00 - 15:00	11:00 - 13:00	SATURDAY 19 TH SEPTEMBER 11:00 - 14:00
📍 PURFLEET COMMUNITY PANTRY & CAFÉ 32 RIVER COURT, CENTURION WAY, PURFLEET-ON-THAMES RM19 1TY	📍 WATTS WOOD SPORTS AND COMMUNITY TRUST NORTH ROAD, PURFLEET, ESSEX RM19 1TU	📍 PURFLEET COMMUNITY PANTRY & CAFÉ 32 RIVER COURT, CENTURION WAY, PURFLEET-ON-THAMES RM19 1TY
facebook.com/share/1Uo5emJrPj	facebook.com/share/1LBKrvYN7d	facebook.com/share/1J2stT27vz

COLLECT LITTER
BRING OUR COMMUNITY TOGETHER
PROTECT OUR GREEN SPACES & WILDLIFE
GREAT EXERCISE FOR BODY & MIND
CAPTURE A SELFIE WITH OUR BRAND-NEW SELFIE FRAME!

TOGETHER, LET'S CLEAN UP PURFLEET ON THAMES

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Gardening

New gardening project in Chadwell.

A small patch of underused land behind Chadwell Library has been transformed into a vibrant, community garden thanks to the dedication of local volunteers

Residents interested in getting involved are warmly invited to join the friendly and growing team of volunteer gardeners. No gardening experience is required, just enthusiasm and a willingness to get involved.

For more information, contact the Resident Engagement Team on Residentengagement@thurrock.gov.uk

<https://www.thurrock.gov.uk/news/community-garden-brightens-chadwell-library>

Chadwell

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FREE BIKE CHECK AND REPAIR

Forward Motion Mobile Cycle Hub will be back at the following locations in September.

Aveley Library RM15 4BX 12:00PM – 1:00PM 3rd September

Belhus Library RM15 5DX 1:30PM – 2:30PM 3rd September

Grays Park RM17 6QZ 12:30PM – 1:30PM 4th September

Chafford Beacon Centre RM16 6RW 1:45PM – 3:45PM 4th September

Tilbury Library RM18 8AD 1:30PM – 2:30PM 10th September

East Tilbury Library RM18 8ST 3:00PM – 4:30PM 10th September

Chadwell-St-Mary Library RM16 4JP 2:30PM – 4:00PM 11th September

For more details follow us on Facebook:
[forwardmotioncyclehubs](https://www.facebook.com/forwardmotioncyclehubs)



NAVIGATING TO NEW OPPORTUNITIES
**FORWARD
MOTION**





beatthestreet.me/easterthurrock

Discovery Day

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Venue:
The Heath, Resource Centre
Heath Rd, Grays,
RM16 3AP



Date:
Saturday 26th September



Time:
12pm - 2pm



Join Us to Celebrate the Amazing Community!

You are warmly invited to come together and celebrate the vibrant community!

- Share ideas
- Listen to local stories
- Connect with others eager to make a difference

Enjoy lots of fun for all ages!



Bouncy
castles



Petting
zoo



Face
painting



Fun
activities

Whether you're interested in volunteering, initiating a new project, or simply getting involved, this event is perfect for you.

Enjoy snacks, refreshments, and activities for all ages.

Everyone is welcome, come and let yourself be inspired!

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MUSIC & DANCING

Afternoon

SUNDAY 11TH OCTOBER 2026
♥ 3.30PM – 7.30PM ♥

EAST TILBURY VILLAGE HALL

with **LIVE BAND** – *Gotcha*

BRING YOUR OWN DRINKS AND NIBBLES TO THE EVENT

TICKETS
£5 EACH
OAP £3
CHILDREN £3
UNDER 3YRS FREE

FAMILY AND FRIENDS Welcome!

Bringing the **COMMUNITY** Together

Start Thurrock



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



LC

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

- As well as floor toning in South
Ockendon venue after Zumba
- @ 7.30pm

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!

£5 for all 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

Line
Dancing
with Drew



Monday
North Stifford Village
Hall
10.30 - 11.30

Tuesday
Bulphan Village Hall
11.00 - 12.00

Wednesday
St Margaret's Church
Stanford Le Hope
17.30 - 18.30 beginners
18.30 - 19.30 improvers

Thursday
The Nevendon Centre,
Wickford
20.30 - 21.30

dancewithdrew@outlook.com
07951 509930



Reminder All abilities welcome
Wear comfy clothes and shoes
Bring water!
£5.00 pay as you go Mon - Wed
£6.50 Thurs

LC

to booking needed
Just turn up!

AE FITNESS

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	



F

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](https://www.ego-free.club/service-page/hiit-fridays)

West Thurrock

LC



Monday Adult Classes

Adult Tap £5
7.15pm – 7.45pm
Adult Modern / Street £5
7.45pm – 8.15pm
Adult Advanced Tap £5
8.15pm – 8.45pm
Adult Ballet £5
8.45pm – 9.15pm

Saturday Kids Classes

Primary class
9.30am – 9.50am Ballet
9.50am – 10.10am Street
10.10am – 10.30am Tap
£4 per person or £10 for all 3
Junior Tap £5
10.30am – 11am
Junior Ballet £5
11am – 11.30am
Junior Modern / Street £5
11.30am – 12pm

Primaries aged: 2 ½ yrs – 6 yrs

Juniors aged: 7 yrs – 12yrs

Venue:

1st Corringham Scout Hall
15 Herd Lane
Corringham
SS17 9BQ

For more information and to book
your place contact Miss Tammy:

07921070248
@Twinkletoes268@hotmail.co.uk
Find us on Facebook
@Twinkletoes school of dance

F



FRIDAYS

12:15pm - 1pm

FEEL
GOOD
& MOVE

TEST & TRIAL CLASS

With Feel Good & Move

Arts Outburst Studios, Thameside
Complex, Grays, RM17 5DX

IT'S FREE!

BOOKING ESSENTIAL

www.artsoutburst.co.uk
01375 386247



Fantastic instructor! Good
for mind & body. — PARTICIPANT

@ArtsOutburst
01375 386247 | hello@artsoutburst.co.uk
www.artsoutburst.co.uk



F



JOIN US FOR FREE
FITNESS CLASSES!

FEEL
GOOD
& MOVE

MONDAYS

ZUMBA Intro to fitness
gold PILATES

@ GRAYS

TUESDAYS

ZUMBA

@ CHADWELL

THURSDAYS

ZUMBA

@ GRAYS

PLUS MORE TO COME...

BOOKING ESSENTIAL

www.artsoutburst.co.uk
01375 386247



Fantastic instructor! Good
for mind & body. — PARTICIPANT

@ArtsOutburst
01375 386247 | hello@artsoutburst.co.uk
www.artsoutburst.co.uk



LC



Burn calories · Build strength · Boost energy



Grays Riverfront
7:00 – 7:30am
Every Tuesday

Only £5

Loyalty card discounts



Join us this Tuesday!

@melhuggins_pt

LC



"Balance your body and mind"

**FITNESS CLASSES
FOR 50+**

**SUITABLE FOR ALL FITNESS
LEVELS!**

GRANSJEAN HALL
Long Lane
Grays RM16 2PJ
Mondays 11.00 to
12.00

COST £5.00

Suitable for all levels

CONTACT

MARK ADAMS

EMAIL: MARKADSO1@ICLOUD.COM

TEL: 07711 817253

IMPROVE

POSTURE
MOBILITY
CARDIO
BALANCE
FLEXIBILITY
FITNESS &
WELLBEING

LC



We are back in Orsett Heath Park
for Summer (weather
permitting)

ROCKOUT WORKOUT

To book message
07487558233



Starting Friday 12 June 2026
18:30

Bring water, mat & that rockstar
energy

Investment: £6

Block book discount
£20 for 4x classes

Dance & exercise - 5

LC



MAMA ZUMBA GOLD

NO CHILDCARE NO PROBLEM
BRING BABY WITH YOU

MONDAYS

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

Classes £5

PREBOOK VIA
 @affitness15
 @amyszumbaessex

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



All babies must be in prams, car seats or held. Parent responsibility & supervision.

LC

CLASS SCHEDULE

MONDAY

6pm
CHADWELL VILLAGE HALL
RM16 4NX

Fortnightly additional class "Sweat'n'Smile" - ask for info!

£5 PAY AS YOU GO

WEDNESDAY

9.30am
CHADWELL SOCIAL CLUB
RM16 4DH

THURSDAY

6.45pm
CHADWELL SOCIAL CLUB
RM16 4DH



WE LOOK FORWARD TO STEPPING WITH YOU!

SARAH & RONNIE




@STEPNSMILEFITNESS

LC

Music in motion by Sarah presents:

ZUMBA

Class

North Stifford Village Hall
RM16 5UG

- Fun & Engaging
- Burns calories
- Boosts mood
- Reduces stress
- Strengthens muscles
- Increases flexibility
- Enhances cardiovascular strength

Only £5 per session

EVERY WEDNESDAY 6:00pm - 7:00pm

To Book:
Text or Call:
07703 665563
email:
sarah.ford99@virginmedia.com



LC



MONKEY'S PLAYGROUP

SNACK **CHAT** **SING** **PLAY**

FRIDAYS
10AM - 11:30AM
TERM TIME ONLY

HORNDON VILLAGE HALL,
MILL LANE, SS17 8LB

0 - 1 YEARS: £2.50
1 - 4 YEARS: £4.50
SIBLINGS: £2.50 EACH
CASH ONLY - PAYC

LC



STAY & PLAY

— Aveley Village Social Club —

A fun, friendly parent & child play group
for babies, toddlers & their grown-ups! —❤️
Come along for play, chats and a relaxed morning together!

Aveley Village Social Club
8 Mill Road, Aveley, RM15 4SJ
🚗 Parking on site

Thursdays
9:30am - 11:30am
Every Thursday including school holidays

Ages 0-5 years
🧸 Toys & free play
🍏 Snack included

Prices
★ £3 per child
★ £2 per sibling
★ Free for babies under 6 months
★ Free for registered childminders

📞 **Booking preferred**
but walk-ins welcome!

❤️ **Maisie** ★
☎️ **07488 963339**

F



Thurrock Nurture & Nourish

A free weekly group for parents & carers supporting Parents & Carers of Children Aged 0-2 Years

Nutrition, Physical Activity, and wellbeing for early parenthood

A welcoming programme designed to help you and your little one thrive during the early years

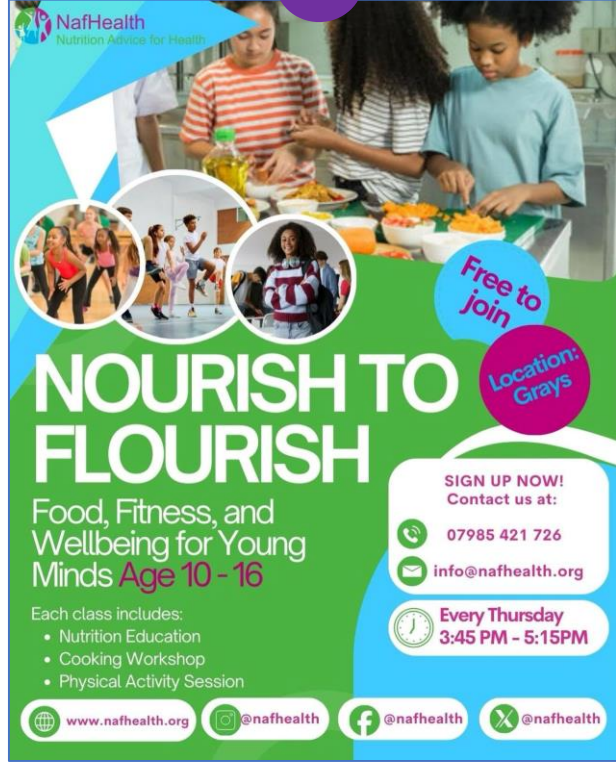
- Learn to prepare healthy, nutritious meals for parents and infants
- Access supportive, practical weight management guidance for parents
- Enjoy gentle activities such as parent-infant yoga and babywearing dance
- Explore language-rich sensory play and home learning ideas for babies and toddlers
- Receive guidance and signposting to local mental health and parenting support services
- Connect. Learn. Grow — together.

Where?
Tuesdays: South Ockendon, Essex
Thursdays: Grays, Essex

Free to join
Join Us!
Every Tuesday & Thursday from 10:00 AM - 11:30 AM

Message us to sign up or ask questions
Email: info@nafhealth.org
Website: www.nafhealth.org
Tel: 07985 421 726

F



NOURISH TO FLOURISH

Food, Fitness, and Wellbeing for Young Minds **Age 10 - 16**

Free to join
Location: Grays

SIGN UP NOW!
Contact us at:
☎️ 07985 421 726
✉️ info@nafhealth.org

Every Thursday
3:45 PM - 5:15 PM

Each class includes:
• Nutrition Education
• Cooking Workshop
• Physical Activity Session

www.nafhealth.org [@nafhealth](https://www.instagram.com/nafhealth) [@nafhealth](https://www.facebook.com/nafhealth) [@nafhealth](https://www.linkedin.com/company/nafhealth)

LC



parent & toddler group

come along to our free playgroup sessions!
Wednesdays 10:00-11:45

Aveley Christian Centre,
Entrance off Aveley Close,
RM15 4AB

(During termtimes only)
Check out our website for more details
www.aveleycc.org

F



ATF

FAMILY FUN GAMES

FREE FAMILY FUN IS CALLING!

JOIN ATF FOR ACTION-PACKED GAMES, SPORTS, AND NONSTOP EXCITEMENT.
BRING EVERYONE AND LET'S PLAY!

**EVERY SATURDAY
11AM - 12:30PM**

KOALA PARK, TILBURY

Kherring@atfcommunity.com

F



RIVERVIEW
FIRST STEPS
An Early Years and Family Wellbeing Programme

Babies & Toddlers

Have fun and meet new friends with our **FREE** weekly groups

First Steps
(for babies 0-15 months)
🕒 Tuesdays 11:30am-1pm

Baby & Toddler Group
(Ages 0-4 years) Term time only
🕒 Tuesdays 9:45am-11am
🕒 Thursdays 10:00 - 11:15am

BOOK NOW

- 📍 St Stephen's Church
London Rd, Purfleet, RM19 1QD
- ✉ enquiry@riverview.org.uk
- ☎ 07376 955460
- 📘 riverviewcharitabletrust.org

- 🎨 Sensory play and fun activities
- 🗣 Build social and communication skills
- 💬 Meet other parents in a relaxed, supportive environment
- 🍎 Healthy snacks and refreshments

RIVERVIEW CHARITABLE TRUST
Supporting Communities - Empowering People

BEST START IN LIFE

COMMUNITY FUND

F



Bloom & Bond

Bond & Play

Free Creative Workshops
for Mums, Dads & Parents
from Bump to Baby ages 0-2 years

Join us for a series of workshops with artist Lucy McDonald, specialising in Art and Play, these sessions are all about connection, curiosity and bonding through creativity.



F

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



F

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 over 70 acres of woodland, grassland, two lakes, activity areas and accommodation.

We offer activities for adults, children and families, with a focus on accessibility, including specialist equipment and inclusive facilities.

Our accessible accommodation ensures a comfortable stay for all. Book your visit via the link below and follow us on [Facebook](#) and [Instagram](#) for updates and information.

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

South Ockendon



F

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

F

Together productions

Together Create

Making art together. Making change together.

Activities for you and your family to get creative together. Create shared artworks, boost wellbeing, meet new friends and make a difference

Sing

Make

Inspire change

Free snacks!

Meet new people

Join us for weekly visual arts sessions:
Landowne Primary Academy, Tilbury - Wednesdays 3-5pm
Welcome to the UK, Grays - Thursdays 10am-12pm
Sessions run w/c 20th Apr - w/c 22nd June except w/c 1st June (half term break) and w/c 15th June when we will be running special activities to mark Refugee Week
Book your FREE place via our website (see below)

Learn new textile techniques from around the globe as we create a pop up community art space. Whether you're a beginner or have lots of creative experience, come and discover new skills, make friends and become part of something special.

No experience required. All are welcome

Sign up at www.togetherproductions.co.uk/events
 Find out more: hello@togetherproductions.co.uk
 or message/call us on 07378 968443

COMMUNITY FUND



F

Family Hubs

FREE Sensory Play with
 Thurrock Family Hubs
 The sensory room at
 Tilbury Family Hub has
 availability

Monday-Fridays:
 9.30am - 10.30am, 11am
 - Midday, 1.30pm -
 2.30pm, 3pm - 4pm
 Monday and Wednesday
 there is a availability for
 SEN children 4-8 years:
 4pm - 4.30pm

To book a FREE
 session please call
 Tilbury Family Hub on
 01375 858243

Tilbury

MUMMY'S
 DAY OUT

F

Rhyme Time

Join us for a relaxed and welcoming
 Rhyme Time & Chill session where you
 and your little ones can enjoy music,
 dancing, connection, and community.

We'll be taking part in a fun library
 rhyme time session, giving children the
 chance to sing, move, and learn through
 music.

- Tea and culturally sensitive refreshments, including puff puff
- A supportive space to connect with other parents and carers
- Weekly Free food packages with ingredients for Afro-Caribbean meals
- Swap shop - an opportunity to give away your pre-loved items

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

South Ockendon

F

Prenatal & Postnatal Courses

A safe and supportive way to:

- Stay active
- Build strength
- Feel your best at every stage of your pregnancy journey.*

Delivered by instructors qualified
 in Level 3 Pre & Post-Natal Exercise
 (CIMSPA recognised)



For pre-natal:
 Suitable from
 conception
 to birth



For post-natal:
 Join once cleared
 for exercise by
 your GP or midwife

12-week course
£60 TOTAL
 Payable as
 2x £30 blocks
 Equivalent to £5
 per class!

First
 payment
 before Week 1.
 Second
 payment before
 the Week 7
 class.

**Corringham
 Leisure Centre**

28th July to
 13th October

Pre: 11:00-12:00
 Post: 12:30-13:30

**Belhus
 Leisure Centre**

29th September to
 15th December

Pre: 9:00-10:00
 Post: 10:30-11:30

**Blackshots
 Leisure Centre**

11th January 2027 to
 31st March 2027

Pre: 12:30-13:30
 Post: 12:45-13:45

**To sign up, please visit
 or call the reception line**

*Please discuss any medical conditions or complications
 with your healthcare provider before starting our classes.

Charity number: Thurrock Community Leisure 1080186

**Impulse
 LEISURE**

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/health-trainers-professional-support-to-help-you-live-well>

Online



F

Falls Prevention

The [Impulse Leisure - Thurrock](#) over-65s Falls Prevention programme helps you build strength, improve balance, and stay active. Join the FREE 36-week course and discover how small habits can help you in the long term.

Message or call to discuss which programme suits your needs. Head to their online referral form and sign up today

<https://secure.referral.net/referrals/ImpulseLeisure/Refer>

Multiple locations



Mid and South Essex
NHS Foundation Trust

F

Henry

Henry: A free health support service in Thurrock

Do you have a child aged 5-12 years old?

You can join a free programme to support your child's health and development, covering topics like nutrition, physical activity, emotional well-being and parenting techniques.

<https://www.nelft.nhs.uk/henry---healthy-families-growing-up>

Online

F

Super 1s



**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



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

LC



**CONTACT PAUL
07944 956291**

*Comets is the disability pathway name with the FA

**St Cleres School
Stanford Le Hope
Essex**

£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



F

**1ST FRIDAY
OF EACH MONTH**
for SEND children age 7-18 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

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

Low Impact Activities - 1



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

Low Impact Activities - 2



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



Essex
Wildlife Trust

LC

Essex Wildlife Trust

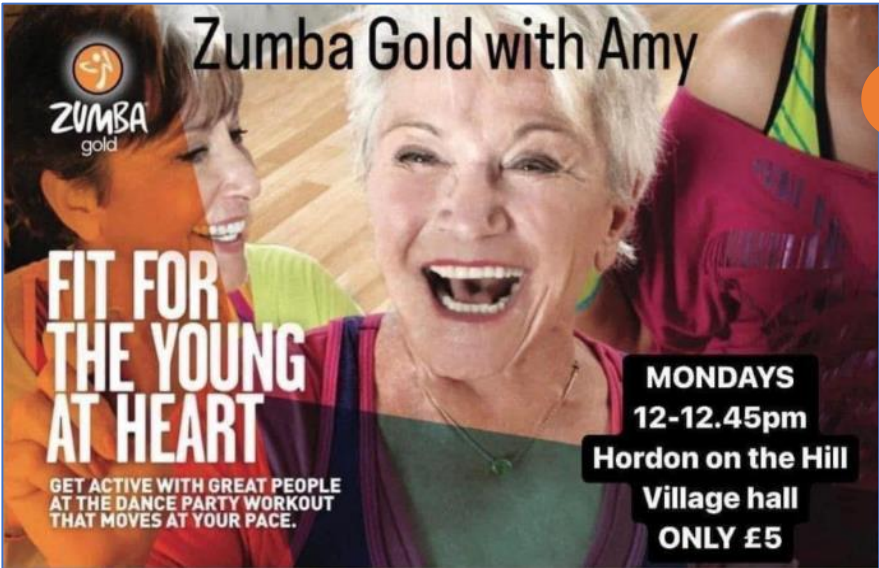
Various adults & children's activities to book onto, and opportunities to learn about their beautiful site!
Dates and times vary.

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

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

Stanford-le-Hope

Low Impact Activities - 3



Zumba Gold with Amy

LC

MONDAYS
12-12.45pm
Hordon on the Hill
Village hall
ONLY £5

FIT FOR THE YOUNG AT HEART

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



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



STAY ACTIVE STAY WELL

LC

POWERED BY IMPULSE LEISURE!

We are excited to announce that we now have two additional classes:

Pilates Classes NEW FROM 19.01!
Aveley Library & Community Hub
Mondays from 10:30am to 11:30am

Chair-Based Exercise
Aveley Library & Community Hub
Fridays from 1:00pm to 2:00pm

Chair-Based Exercise NEW FROM 20.01!
Chadwell Village Hall
Tuesdays from 1:00pm to 2:00pm

Chair-Based Exercise
Lansbury Gardens Sheltered Housing Complex Tilbury
Mondays from 1:00pm to 2:00pm

Chair-Based Exercise
The Flowers Community Hall Lime Close
Wednesdays from 1:30pm to 2:30pm

ONLY £2.00 PER CLASS!

ENDS 31ST OCTOBER 2026

NO BOOKING REQUIRED

Impulse LEISURE

thurrock.gov.uk

Impulseleisure.co.uk

Charity number: Thurrock Community Leisure 1080196



FEEL GOOD & MOVE

FRIDAYS
10:30am - 11:15am

Seated & Low Impact
EXERCISE CLASS

Crown Court, 17 Newton Rd,
Tilbury RM18 8YL

IT'S FREE!

BOOKING ESSENTIAL

www.artsoutburst.co.uk
01375 386247

Fantastic instructor! Good for mind & body. — PARTICIPANT

@ArtsOutburst
01375 386247 | hello@artsoutburst.co.uk
www.artsoutburst.co.uk

ARTS COUNCIL ENGLAND

SPORT ENGLAND

Funded by UK Government

F

F

GRAYS TOWN PARK CAFE &
DIANA YOURZEN ABC
PRESENTS

YOGA FOR EVERY BODY

*Where breath meets body and calm meets
mind*



**STARTING FRIDAY 8TH MAY 2026
AT 1:35PM
FREE FOR ALL AGES AND ABILITIES**

F

PURFLEET MEN'S GROUP

— CONNECT, SUPPORT, GROW —



Join us for regular meetups every
Thursday 12-1.30, starting 16th April

Engage in social activities each week
such as walking, talking, gardening and
games.

Refreshments provided after at Purfleet Pantry

**THURSDAYS 12-1.30
PURFLEET COMMUNITY HUB**

For more enquiries contact
feyi.wemi@gmail.com

18+ only no children



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HARDIE PARK

Hardie Men's Club

Starting Thursday 16 April

Every Thursday, 11am – 1pm

All ages welcome.

Are you, or someone you
know, feeling lonely
or looking to make new
friends? Come along,
have a chat, and
connect with others
in a friendly, welcoming
space.



F



Chair Pilates

with Michelle



STARTING
TUESDAY 2ND JUNE
AT **12 NOON**



Fun



Fellowship



Build Up
Strength



Improve
Balance and
Posture

DONATION

£5

Thank you!



Grays United Reformed Church
Bradleigh Avenue, Grays



For more information please contact
densplayden@gmail.com

F

FALLS PREVENTION

**FREE 36-Week Fall Prevention
Programme in Thurrock**

Further
12 week
chargeable
shorter
courses are
available

Limited
Spaces!



Classes designed to help you improve your
strength, balance, and everyday mobility.

Enjoy tea, biscuits, & good company in every session!



Scan here to
reserve your place,
or call **01375
375533 (ext 350)**



Impulse
LEISURE

impulseleisure.co.uk

Charity number: Thurrock Community Leisure 1080186

F

Over 55's Badminton

Every Tuesday, 10am to 12 noon. £4 per session (card only)

Civic Hall

Blackshots Lane, Grays RM16 2JU

We are a really friendly group of over 55's who enjoy getting together and
playing badminton and are at all levels.

Come and give it a go!

No booking required, just turn up.



Running & Walking Activities - 1



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](#)
[@NafHealth](#)
[@NafHealth](#)



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

Multiple locations

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

F

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

Grays



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

Running & Walking Activities - 2



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

T100

F

Regular Walks

Offering:

**Meandering
Mondays** (every second
Monday of the month –
no booking required)

Weekend Trails (longer
walks taking place on
Saturdays or Sundays
each month – booking
required).

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

Multiple locations



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

Stanford-le-Hope



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.

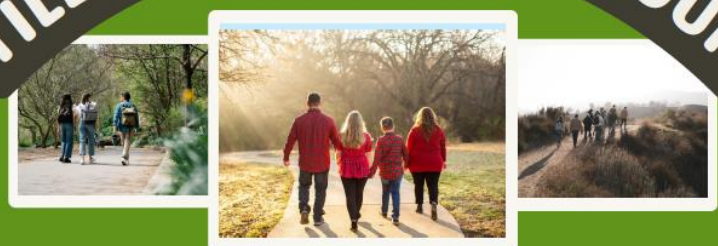
<https://www.facebook.com/SS17Walkers>

Stanford-le-Hope

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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

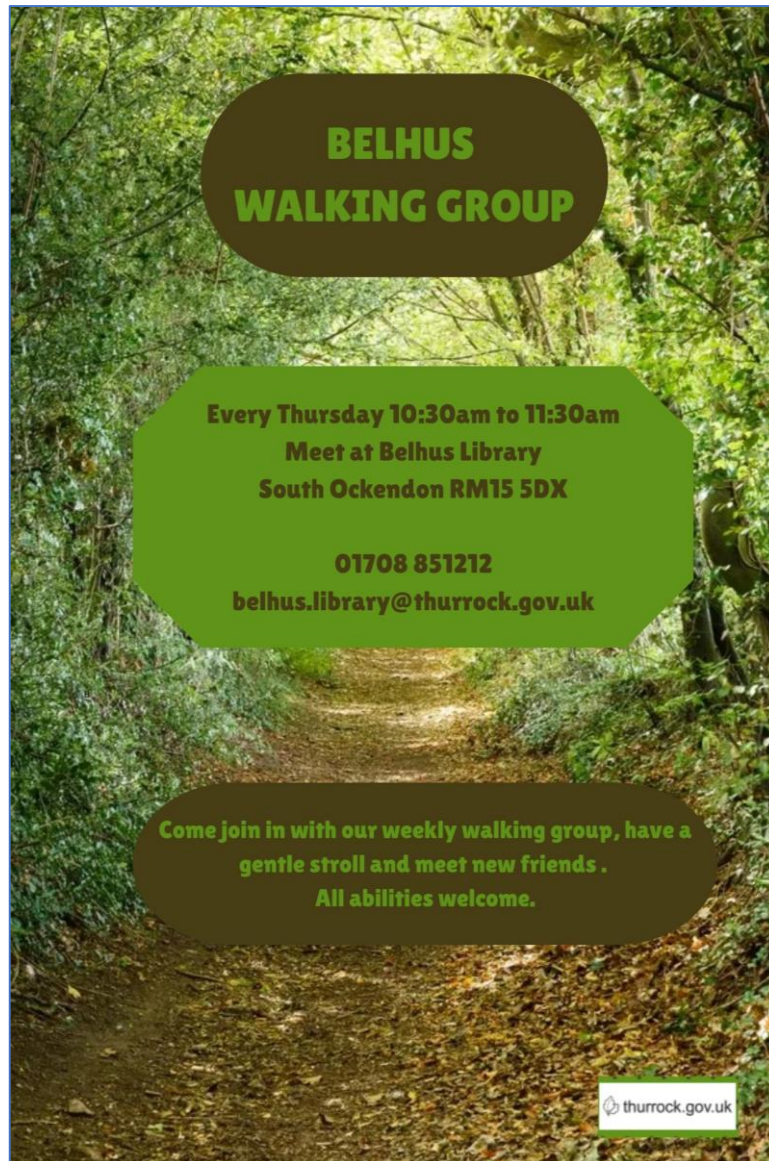
Come join in with our weekly walking group, meet new friends, and increase fitness. The walk starts and finishes at Tilbury Library and Hub.

All abilities welcome.

**FIND
YOUR
ACTIVE
THURROCK**

thurrock.gov.uk

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.

**FIND
YOUR
ACTIVE
THURROCK**

thurrock.gov.uk

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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!

**FIND
YOUR
ACTIVE
THURROCK**

thurrock.gov.uk

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TEAM CORRINGHAM
Men's Walk & Talk Project
BROUGHT TO YOU BY THE PROPER BLOKES CLUB



... HA!



JOIN US!

Outside Corringham
Medical Centre, 114
Giffords Cross Rd

Meeting
Every Tuesday
7pm

 **GETTING MEN ACTIVE. GETTING MEN TALKING.**

07397501110

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BEREVI ALISE
IMPACTING LIFE AND MAKING A VISIBLE CHANGE

WALK FOR ALL
Our weekly walk resumes
13th January 2026
Every Tuesday from 18:15pm till 19:15pm
Everyone is Welcome!

Covering: West Thurrock, Chafford
Hundred routes, and many more

- ✓ Improve your health and fitness
- ✓ Boost your mood and energy
- ✓ Walk and talk
- ✓ Connect with family & friends
- ✓ Enjoy the fresh air together!

Grab your trainers and join us

#Community #Health #Fitness #Wellbeing

F

backside to trackside



BOOKING FOR THURROCK IS NOW OPEN!

Use the link, scan the QR code or go to the website to book

<https://bookwhen.com/backsidetotracksidehurrock>



Programme starts W/C September 28th with a 5k fun run finale on Saturday November 28th. Go to the website for more information.

[thurrock.gov.uk](https://www.thurrock.gov.uk)

Impulse LEISURE

Follow us now on  

www.backsidetotrackside.co.uk

LC

PURFLEET HERITAGE & MILITARY CENTRE
Magazine No.5, Centurion Way, Purfleet-on-Thames,
Essex, RM19 1ZZ
Charity No: 1080629
Website: purfleet-hmc.org

DRACULA'S PURFLEET
STEP INTO THE SHADOWS OF HISTORY...

PURFLEET – INSPIRATION ON A GOTHIC CLASSIC
Discover the local history behind the legend

2 GUIDED WALKS
Explore eerie locations and hidden tales.

ARTS & CRAFTS FOR THE LITTLE VAMPIRES
Spooktacular activities for young explorers.

VICTORIAN MUSIC HALL
Step back in time with hauntingly good entertainment.

CENTRE ENTRY BY DONATION

SUNDAY 25th OCTOBER
10 a.m. to 4 p.m. | WALK 1 - 11 a.m. | WALK 2 - 3 p.m.

From Heritage Centre
£5 Per Person
Children under 16 must be accompanied by an Adult

PLEASE NOTE WALKS ARE PRE-BOOKING ONLY
Please visit our booking/payment page in the events section of our website (purfleet-hmc.org)

F

HOT STEPPERS RUN CLUB

Tuesday evenings and Saturday mornings across Thurrock

All abilities welcome!

Scan the QR code below to join our community WhatsApp!

 
@HotSteppersRunClub



LC*

Grays 10K & 3K
Walk, Jog or Run
Medal for all participants

Sunday, 6th September 2026

Not just a run but also amazing stalls and great food for the whole family

Scan  Here

Supported by

10K Advance online fee £15
3K Registration on the day
U15s Free 15+ £3

ratesford More details visit www.graysrun.co.uk

F

Thurrock On Track

A 10-Week Running Programme

22 July - 26 September

Blackshots Athletic Stadium, Springfield Road, RM16 2QT

Two sessions a week:

Wednesdays 7:30pm - 8:30pm | Saturdays 8am - 9am

ALL ABILITIES WELCOME | AGES 11+

Looking for a friendly, supportive
way to improve your running?

Join us for our coach-led sessions!



Sport Specific Activities - 1



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

Waders

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

LC

Tekio Cempa
Martial Arts

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

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 every Friday, 7pm 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



**FREE, SOCIAL
TENNIS
EVERY WEEKEND**

Book a session at your local park

Free Park Tennis at Blackshots

Blackshots Park, every Saturday, 10am - 11am

The sessions are open to all ages and abilities, with all equipment provided.

To book your place, visit: <https://orlo.uk/MHI9I>

F



**FREE
KARATE TRAINING**
With
REX SENSEI
You are **CRAZY AMAZING!**



NEURODIVERSITY - ADHD, ASD
AND DISABILITY.
TERMS AND CONDITIONS APPLY

CALL
US ON | **07487774820**
WWW.DOMUKYOKU-KARATE.COM



F

Tilbury Friendly Football

✓ ☐ Top quality 3G astroturf pitch,
👤 Balls, bibs and referee are provided for

👤 ALL abilities welcome (18 or over only)

\$ £5 per person 1 hour game

🚗 Free onsite parking

💪 GREAT to burn off stress, meet local people and to lose weight / fitness

Tuesday 7pm and 8pm - Gateway Academy, Tilbury – 7/8 a side

<https://footyaddicts.com/football-venues/1498-the-gateway-academy-thurrock#upcoming>

Tilbury

F



**ATF
TENNIS**

BLACKSHOTS
GRAYS, ESSEX, RM16 2JU

**EVERY
SATURDAY
10:30 - 12:00**

ATF

MORE INFO:
KHERRING@ATFCOMMUNITY.COM

LC



Grangewaters

Wavemakers is a paddle sports club, offering opportunities to paddleboard, kayak or canoe

The club is designed for children and young people with disabilities and/or not in education, employment or training

Wavemaker sessions run every Saturday morning at Grangewaters Outdoor Education Centre, from **11 April to 12 September**

Places are limited

For more information call **01708 855 228** or email **grangewaters.co.uk**

Wavemakers is funded by Active Thames and Active Essex



Discover your next adventure

thurrock.gov.uk

LC



BLOOM netball.
**LADIES' NETBALL
GROUP** For Women - Aged 14+

WHERE:
Harris Academy Riverside
from 9th September

WHEN:
Wednesday Evenings

- Get fit
- Have fun & some 'me' time!
- Build confidence
- Meet new people
- No pressure - just play!

ALL ABILITIES WELCOME!
Fun, friendly & supportive

Use code **FYAthurrock**
for £1 discount offer

Opportunities for Thurrock deliverers

DO YOU DELIVER PHYSICAL ACTIVITIES IN THURROCK?



Come join a
Thurrock Physical Activity Network

North | East | South | West



Launching redeveloped Networks for all of Thurrock in June 2026



Network & Collaborate With Local Partners



Promote & Develop Physical Activity Programmes



Access Local Insight & Updates



Support & Training Opportunities



Funding Resources Available



Monthly Meetings



Scan to join

Contact for
more info!



Melissa.Huggins@thurrockcvs.org



07500 946803

Physical Activity Networks

We're growing our Thurrock Physical Activity Networks across Thurrock and inviting local organisations, community groups and partners to get involved if they deliver or want to deliver physical activity in the area

These Networks bring people together to share ideas, collaborate, and develop activities that help residents stay active or become more active.

Whether you're already delivering sessions or thinking about starting something new, you'll have access to networking opportunities, local insight, training, funding support, and the chance to co-design projects that make a real difference in your community.

Scan to view the locations covered by each network

If you're passionate about improving physical activity locally, we'd love to hear from you!

Tilbury Parks

🌳 Do you currently run activities or sessions in Tilbury parks?

★ Or have you been thinking about starting something new in one of our local green spaces?

We'd love to hear from you!

There is a new opportunity for ****support and funding**** available to help bring more activities, wellbeing sessions, community events and physical activity into Tilbury parks.

Whether you already deliver sessions or have a new idea you'd like to explore, please get in touch to find out more.

✉ Send us a message or comment below and we'll be in touch.

DO YOU RUN SESSIONS IN THE PARKS IN TILBURY?



Exciting news!

There's a **new free promotional opportunity** for anyone running or looking to start sessions in **Tilbury's parks**.

Get involved and showcase your sessions.



Contact

Melissa.Huggins@thurrockcvs.org
to find out more information

Other activity directories



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



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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.

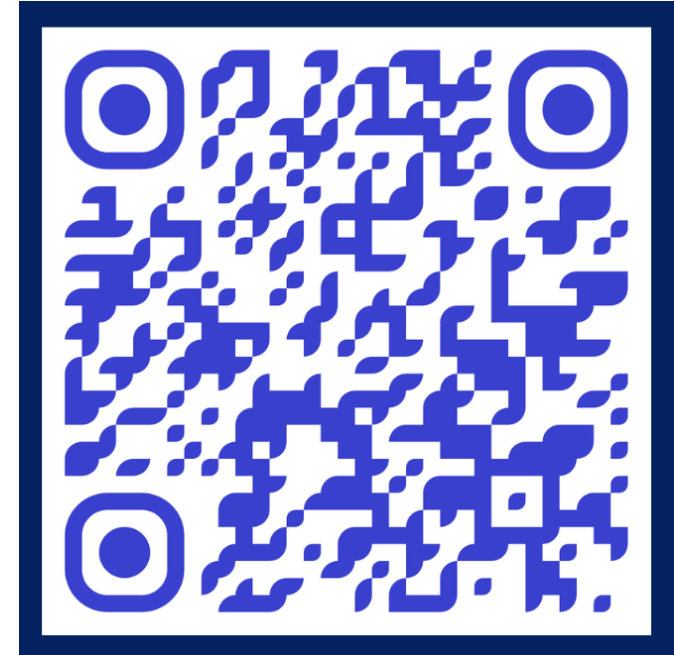
<https://www.thurrock.gov.uk/help-to-get-active/physical-activity>

Multiple locations



Sign Up Here

to receive an updated edition
of this booklet to your inbox every month



Scan Here

to share your feedback
about physical activity in Thurrock

For more opportunities & to share your activities



Follow us on [Facebook](#) & [Instagram](#)

Get in touch: Melissa.Huggins@thurrockcvs.org

Disclaimer

FYA Thurrock shares activity information provided directly by local providers. While we aim to keep details up to date, we cannot guarantee accuracy or endorse, or take responsibility for, any listed activities or providers. Please report any inaccurate or inappropriate content so we can work with providers to correct it.