


Tilbury Family Hub

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 thurrock.gov.uk

What's on in June 2026

Start for Life - 0 to 12 months

Days of the week	Start	End	Activity	How to join in
Mondays	10am	11:30am	Big Love (Stay and Play) Supporting Young Parents (14 to 21 years)	All welcome. For more information call 07427578058
	10:30am	11:30am	Infant Feeding	Book in advance 0300 300 1999
	10:30am	12:30pm	Blooming Together – Infant Feeding Support Group. Join other mothers for a chat, reassurance, to share experiences and build connections in a friendly and relaxed environment. Babies are welcome. 8 June	All welcome
	1:30pm	2:30pm	Start for Life – Stay and Play - Green theme 1 June	All welcome
	1:30pm	2:30pm	Start for Life – Stay and Play – Purple theme 8 June	All welcome
	1:30pm	2:30pm	Start for Life – Messy Play 15 June	Book in advance
	1:30pm	2:30pm	Start for Life – Music and Rhyme 22 June	All welcome
	1:30pm	2:30pm	Start for Life – Stay and Play 29 June	All welcome
Tuesdays	10am	11am	Introduction to Solids 2 June	Referral only
	11am	Midday	Start for Life - Just for Dads 9 June	All Dads welcome
	1pm	4pm	Family Hub Information Session 2 and 23 June	Drop in
	1:30pm	2:30pm	Start for Life – Stay and Play 16 June	All welcome

	1:30pm	2:30pm	Start for Life – Garden Play 30 June	All welcome
Wednesdays	9:30am	10:15am	Story time and rhymes 10 and 24 June	All welcome
	10am	11:30am	Parent/Carer Panel 3 June	Referral only
	1:30pm	3pm	Baby Weighing Clinic	Drop in
	1:30pm	3pm	Start for Life – Stay and Play (0 to 2 years)	All welcome
Thursdays	10:30am	11:30am	Start for Life – Stay and Play – Soft and Sensory 4 June	Book in advance
	10:30am	11:30am	Start for Life – Stay and Play – Animals of the World 11 June	All welcome
	10:30am	11:30am	Start for Life – Stay and Play – Red theme 18 June	All welcome
	10:30am	11:30am	Start for Life – Painting and Printing 25 June	All welcome
	11am	1pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0 to 2 years) and parents to be 25 June	All welcome
	Midday	3pm	Mum’s Hub	Referral only
	1:30am	2:30pm	Baby Massage	Book in advance
Fridays	10am	11am	Time for you and baby too	All welcome
	11:30am	1:30pm	Triple P Baby – 4 week programme 26 June, 3, 10, 17 July	Book in advance
	1pm	4pm	Family Hub information session 5 June	Drop in

Start for Life - 12 to 24 months

Mondays	9:15am	10:15am	Start for Life - Stay and Play	All welcome
	10:15am	11am	Start for Life – Outside Play (weather permitting) 1, 8, 15 and 22 June	All welcome
Tuesdays	11am	Midday	Just for Dads 9 June	All welcome
	1:30pm	2:30pm	Story, music and rhymes 23 June	All welcome
	1:30pm	2:30pm	Stay and Play - Bluey 30 June	All welcome
Wednesdays	9am	1pm	Development Checks	Referral only
	10:30am	11:15am	Story time and rhymes 10 and 24 June	All welcome
	1pm	4pm	Development Checks (12 to 24 months)	Referral only
	1:30pm	3pm	Baby Weighing Clinic	Drop in
	1:30pm	3pm	Start for Life - Stay and Play (0 to 2 years)	All welcome

Thursdays	11am	1pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0 to 2 years) and parents to be 25 June	All welcome
	Midday	3pm	Mum's Hub	Referral only
	1:30pm	2:30pm	Start for Life – Stay and Play	All welcome
Fridays	10am	11am	Time for you and baby too	All welcome
	11am	Midday	Start for Life – Small World Play 12 June	All welcome

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

24 to 60 months

Mondays	10:45am	11:45am	Stay and Play	All welcome
	11:45am	12:30pm	Outside Play (weather permitting) 1, 8, 15 and 22 June	All welcome
	1:30pm	2:30pm	Garden Group	All welcome
Tuesdays	9:15am	10:15am	Chatterbox	Referral only
	10:45am	11:45am	Messy Play 2 June	Book in advance
	10:45am	11:45am	Stay and Play – Bluey 16 June	All welcome
	10:45am	11:45am	Fun with food 30 June	Book in advance
	11am	Midday	Just for Dads 9 June	All welcome
Wednesdays	9am	1pm	Development Checks (24 to 36 months)	Referral only
	9:15am	10:15am	ESOL – Stay and Play	All welcome
	10:30am	11:15am	Story time and rhymes 10 and 24 June	All welcome
	10:30am	11:30am	Early Words Together (24 to 36 months) 3, 10 and 17 June	Book in advance
	1pm	2pm	Stay and Play	All welcome
	1pm	4pm	Development Checks (24 to 36 months)	Referral only
Thursdays	10am	11am	PEEP – Stay and Play	All welcome
Fridays	10am	11am	Fun with Numbers 19 June	All welcome
	10am	11am	Fun with Transport 26 June	All welcome
	1:30pm	2:30pm	SEND – Just for You Aladdin's Cave – Toy Library and Resource Hire – will be attending on 19 June	All welcome

5 to 19 years

Mondays	9:30am	4:30am	Child and Mental Health Services (CAMHS) 0-19 Years and up to 25 for SEND	Referral through service only
	3.30pm	4.30pm	Outside Play (weather permitting) (4 to 8 years) 8 June	All welcome
	3:30pm	4:30pm	Fun with Painting and Printing (4 to 8 years) 22 June	Book in advance
	4pm	5:30pm	Young Carers (4 to 8 years)	Referral only
Tuesdays	3.30pm	4.30pm	Summer Arts and Crafts (4 to 8 years) 30 June	Book in advance
Wednesdays	3:30pm	4:30pm	Big Cook Little Cook (4 to 8 years) 17 June	Book in advance
Thursdays	3:30pm	4:30pm	Rock Painting (4 to 8 years) 4 June	Book in advance
	3:30pm	4:30pm	Necklace and Bead making (4 to 8 years) 18 June	Book in advance

General Family Hub Support Services

Mondays	9am	4pm	Midwife	Book in advance
	9am	4pm	Children's Continence Advisor 8 June	Referral only
	9:30am	4pm	Sensory Room	Book in advance
	9:30am	10:30am	Changing Pathways	Drop in
	10am	Midday	Thurrock Virtual School: Information, advice and guidance on education matters and supporting children in education (Parents of 2 to 18 year olds) 15 June	Drop in
	10am	4pm	Soft Play room	Book in advance
	10am	4:30pm	Substance Misuse Drop in service 18+ years	Drop in - Lorraine 07485359896
	1pm	4pm	Stop Smoking Midwife	Drop in
	1:30pm	2:30pm	Changing Pathways	Drop in
	3pm	4pm	Essentials Bank	Drop in
	4pm	4:30pm	SEND – Sensory Room (5 to 8 years)	Book in advance
Tuesdays	9am	Midday	Antenatal Bloods	Book in advance
	9am	4pm	Midwife	Book in advance
	9:30am	11am	Childminder Support Group 23 June	Referral only
	9:30am	4pm	Sensory Room	Book in advance
	10am	12:30pm	EPEC – Living with a Teenager (Parents of children 11 – 16 years) 2 and 9 June	Book in advance 01375 858243

	10am	4pm	Soft Play room	Book in advance
	Midday	4:30pm	New Born Screening	Book in advance
	3pm	4pm	Essentials Bank	Drop in
	4pm	5pm	Stay Safe Group	Referral only
Wednesdays	9am	Midday	Speech and Language Clinic 17 June	Book in advance Drop-in@nelft.nhs.uk
	9am	4pm	BCG Immunisations 10 and 24 June	Referral only
	9am	4pm	RSV/MMR Immunisations 3 and 17 June	Referral only
	9am	4pm	Midwife	Book in advance
	9am	4pm	Counselling (Thurrock Inclusion)	Referral only
	9:30am	4pm	Sensory Room	Book in advance
	10am	4pm	Soft Play room	Book in advance
	12:15pm	2pm	One Community Steps to Success Job Club Opportunity	Drop in
	3pm	4pm	Essentials Bank	Drop in
	4pm	4:30pm	SEND – Sensory Room (5 to 8 years)	Book in advance
Thursdays	9am	1pm	Job Club	Referral only
	9am	1pm	Stop Smoking Thurrock Healthy Lifestyles	Referral only
	9am	1pm	Weight Management Thurrock Healthy Lifestyles	Referral only
	9am	4pm	Midwife	Book in advance
	9am	4pm	Young Persons Midwife clinic	Book in advance
	9:30am	4pm	Sensory Room	Book in advance
	10am	Midday	Parenting Through The Storm Think Families	Referral only
	10am	Midday	Citizens Advice Bureau	Drop in
	10am	4pm	Soft Play Room	Book in advance
	3pm	4pm	Essentials Bank	Drop in
Fridays	9am	4pm	Midwife	Book in advance
	9am	Midday	Antenatal Bloods	Book in advance
	9:30am	4pm	Sensory Room	Book in advance
	10am	1:15pm	Soft Play room	Book in advance
	Midday	4:30pm	New Born Screening	Book in advance
	3pm	4pm	Essentials Bank	Drop in

Brighter Futures – Family Hub Offer

Please use this link to see the Family Hub offer and activity details

www.thurrock.gov.uk/family-hub-activities

Please see the Thurrock website for details of each Family Hub and what is on offer each month and Facebook for information:

www.facebook.com/groups/thurrockchildrenscentres

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

www.thurrock.gov.uk/family-hubs