



# Ockendon Family Hub

2a Afton Drive, South Ockendon, RM15 5PA  
 Email: ockendonfh@thurrock.gov.uk Phone: 01375 413 936



thurrock.gov.uk

## What's on in July 2026

### Best Start in Life - 0 to 12 months:

Days of the week	Start	End	Activity	How to join in
Mondays	10:30am	11:30am	Time for you and baby too <b>6, 13, 20 and 27 July</b>	All welcome
	11am	Midday	Best Start In Life – Baby Rhyme Time <b>13 and 27 July</b>	Book in advance
Tuesdays	9:15am	10:15am	Best Start In Life – Baby Massage <b>7 July</b>	Book in advance
	1:30pm	2:30pm	SEND – Just for You <b>7 and 14 July</b>	All welcome
Wednesdays	Midday	2pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0-24 months and parents to be) <b>15 July</b> (every 3 <sup>rd</sup> Wed in the month)	All welcome
Thursdays	1:30pm	2:30pm	Best Start In Life – Stay and Play <b>9, 16, 23 and 30 July</b>	All welcome
Fridays	10am	11:30am	Special Event – Zoo Lab <b>31 July</b>	Book in advance
	11am	Midday	Best Start In Life – Sensory Play <b>10 and 17 July</b>	Book in advance
	1:30pm	2:30pm	Best Start In Life – Just for Dads <b>10 July</b>	All dads welcome

## Best Start in Life – 12 to 24 months:

Mondays	10:30am	11:30am	Time for you and baby too <b>6, 13, 20 and 27 July</b>	All welcome
	9am	10am	Let's talk with your Toddler <b>13 and 27 July</b>	Book in advance
Tuesdays	9:15am	10:15am	Best Start In Life – Printing and Painting <b>14, 21 and 28 July</b>	All welcome
	11am	Midday	Best Start In Life – Messy Play <b>7, 14, 21 and 28 July</b>	All welcome
	1:30pm	2:30pm	SEND – Just for You <b>7 and 14 July</b>	All welcome
Wednesdays	10:45am	11:45am	Best Start In Life – Making Bird Feeders <b>15 and 29 July</b>	Book in advance
	Midday	2pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0-24 months and parents to be) <b>15 July</b> (every 3 <sup>rd</sup> Wed in the month)	All welcome
Thursdays	9:15am	10:15am	Best Start In Life – Stay and Play <b>9, 16, 23 and 30 July</b>	All welcome
Fridays	10am	11:30am	Special Event – Zoo Lab <b>31 July</b>	Book in advance
	1:30pm	2:30pm	Best Start In Life – Just for Dads <b>10 July</b>	All dads welcome
	1:30pm	2:30pm	Best Start In Life – Outdoor Play <b>17 July</b>	All welcome

## Services and activities for parents and children aged 2-19 years 24 to 60 months:

Mondays	1:30pm	2:30pm	Summer Crafts <b>13 and 27 July</b>	All welcome
Tuesdays	9:30am	10:30am	Ready, Steady School For children starting reception classes in September <b>28 July</b>	All welcome
	11am	Midday	Messy Play <b>7, 14, 21 and 28 July</b>	All welcome
	1:30pm	2:30pm	SEND – Just for You <b>7 and 14 July</b>	All welcome
	1:30pm	2:30pm	Outdoor Play <b>21 and 28 July</b>	All welcome
Wednesday	9am	10am	Chatterbox <b>15 July</b>	Referral only
	9am	10am	Pebble Painting <b>29 July</b>	All welcome
	10:45am	11:45am	Making Bird Feeders <b>15 and 29 July</b>	Book in advance
	12:30pm	2:30pm	School Drop In Session For children starting reception classes in September <b>8 July</b>	All welcome
	4pm	5:30pm	Young Carers (4-8 years) <b>1, 8 and 15 July</b>	Referral only
Thursdays	11am	Midday	Stay and Play <b>9, 16, 23 and 30 July</b>	All welcome
Fridays	9:30am	10:30am	Fun with Small World <b>10 and 17 July</b>	All welcome
	10am	11:30am	Special Event – Zoo Lab <b>31 July</b>	Book in advance
	1:30pm	2:30pm	Just for Dads <b>10 July</b>	All dads welcome

## General Family Hub Support Services:

Mondays	9am	3pm	Children's Occupational Therapy Pre-school Clinic (every 3 <sup>rd</sup> Monday in each month) <b>6 and 20 July</b>	Book in advance by email: <a href="mailto:childrensotdropin@nelft.nhs.uk">childrensotdropin@nelft.nhs.uk</a>
	9:30am	11am	Reducing Parent Conflict Surgery <b>20 July</b>	All welcome
	9am	4pm	Parent Outreach Advice Session <b>27 July</b>	Book in advance
	10am	Midday	Citizens Advice Bureau <b>6 July</b>	Drop In
Tuesdays	9am	3pm	Brook Sexual Health Clinic	<b>Prebooked appointments only</b> from our website:

				<a href="http://www.brook.org.uk/thurrock">www.brook.org.uk/thurrock</a> or call 01375 800260
	9am	4pm	Parent Outreach Advice Session <b>21 July</b>	Book in advance
	10am	Midday	PATT Sendiass– ADHD Group <b>14 July</b>	Book in advance. Call Mo on 07702 127 252
	10:30am	Midday	Thurrock Virtual School: Information, advice and guidance on education matters and supporting children in education (Parents of 2 to 18 year olds) <b>28 July</b>	Drop In
	Midday	4pm	Big Lunch at South Ockendon, Dilkes Park, Fairham Avenue, South Ockendon RM15 5NN <b>28 July</b>	All welcome – address is: Dilkes Park, Fairham Avenue, South Ockendon RM15 5NN
	5pm	7:30pm	Mums Infant and Toddler First Aid Workshop <b>7 July</b>	Book in advance
Wednesdays	9am	5pm	Midwife appointments	Book in advance
	9am	Midday	Infant Feeding Advice and Support	Book in advance 0300 300 1999
	9:30am	4pm	1- and 2-year development checks	Book in advance 0300 300 1999
	1pm	3.30pm	Speech and Language Clinic (4 <sup>th</sup> Wednesday in every month) <b>22 July</b>	Appointments only by email: <a href="mailto:Drop-in@neft.nhs.uk">Drop-in@neft.nhs.uk</a>
	1pm	3pm	DWP Family Community Work Coach	Appointments only
Thursdays	9am	5pm	Midwife appointments	Book in advance
	9am	11:15am	Antenatal Blood Tests	Book in advance with your midwife
	9am	4pm	Parent Outreach Advice Session <b>2 July</b>	Book in advance
	1pm	5pm	Newborn Screening	Book with your midwife
Fridays	9am	4pm	Midwife appointments	Book in advance
	10am	3pm	Substance Misuse Drop in service 18+ years	Drop in with Lorraine 07485359896

## Brighter Futures – Family Hub Offer

Please use this link to see the Family Hub offer and activity details  
[www.thurrock.gov.uk/family-hub-activities](http://www.thurrock.gov.uk/family-hub-activities)

Please see the Thurrock website for details of each Family Hub and what is on offer each month and Facebook for information:  
[www.facebook.com/groups/thurrockchildrenscentres](https://www.facebook.com/groups/thurrockchildrenscentres)

Are you registered with the Family Hub? If not, you can do this online  
[www.thurrock.gov.uk/family-hubs](http://www.thurrock.gov.uk/family-hubs)