

Tilbury Family Hub

London Road, Tilbury, RM18 8EY
 Email: TilburyFH@thurrock.gov.uk

Phone: 01375 858 243



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	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. 13 July	All welcome
	11am	12:30pm	Summer Fun (0 to 11 years) 27 July	Book in advance
	1:30pm	2:30pm	Best Start in Life – Stay and Play – Natural theme 6 July	All welcome
	1:30pm	2:30pm	Best Start in Life – Bring a Story to Life – Spot the dog 13 July	Book in advance
	1:30pm	2:30pm	Best Start in Life – Stay and Play - Shiny theme 20 July	All welcome
Tuesdays	10am	11am	Introduction to Solids 7 July	Referral only
	10am	11:30am	Parent/Carer Panel 14 July	Referral only
	11am	Midday	Best Start in Life - Just for Dads 14 July	All Dads welcome
	1pm	4pm	Family Hub Information Session 7 and 28 July	Drop in
	1:30pm	2:30pm	Best Start in Life – Music and Rhyme 14 July	All welcome

	1:30pm	2:30pm	Best Start in Life – Garden Play 21 July	All welcome
Wednesdays	9:30am	10:15am	Story time and rhymes 22 and 29 July	All welcome
	1:30pm	3pm	Baby Weighing Clinic	Drop in
	1:30pm	3pm	Best Start in Life – Stay and Play (0 to 2 years)	All welcome
Thursdays	10:30am	11:30am	Best Start in Life – Bookstart Baby 2 July	Book in advance
	10:30am	11:30am	Best Start in Life – Stay and Play – Football Fun 16 July	All welcome
	10:30am	11:30am	Best Start in Life – Stay and Play – Fun with Puppets 23 July	All welcome
	10:30am	11:30am	Best Start in Life – Stay and Play 30 July	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 30 July	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 3, 10 and 17 July	Book in advance

Best Start in Life - 12 to 24 months

Mondays	9:15am	10:15am	Best Start in Life - Stay and Play 6, 13 and 20 July	All welcome
	10:15am	11am	Best Start in Life – Football Fun 6 July	All welcome
	10:15am	11am	Best Start in Life - Outdoor Play (weather permitting) 13 and 20 July	All welcome
	11am	12:30pm	Summer Fun (0 to 11 years) 27 July	Book in advance
Tuesdays	10:30am	11:30am	Best Start in Life – Sand and water play 7 July	All welcome
	10:30am	11:30am	Best Start in Life – Stay and Play 28 July	All welcome
	11am	Midday	Just for Dads 14 July	All welcome
	1:30pm	2:30pm	Story, music and rhymes 14 July	All welcome
	1:30pm	2:30pm	Best Start in Life - Painting and Printing 21 July	All welcome
	1:30pm	2:30pm	Best Start in Life – Fun with Shapes and Numbers 28 July	All welcome

Wednesdays	9am	1pm	Development Checks	Referral only
	10:30am	11:15am	Story time and rhymes 22 and 29 July	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 30 July	All welcome
	Midday	3pm	Mum's Hub	Referral only
	12:30pm	1:30pm	Bookstart Toddler (12 to 36 months) 16 July	Book in advance
	1:30pm	2:30pm	Best Start in Life – Stay and Play 2, 9, 16 and 23 July	All welcome
Fridays	10am	11am	Time for you and baby too	All welcome
	10am	11am	Best Start in Life – Garden Fun 3 July	All welcome
	10am	11am	Best Start in Life – Summer Crafts 17 July	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 6, 13 and 20 July	All welcome
	11am	12:30pm	Summer Fun (0 to 11 years) 27 July	Book in advance
	11:45am	12:30pm	Football Fun 6 July	All welcome
	11:45am	12:30pm	Outdoor Play (Weather permitting) 13 July	All welcome
	1:30pm	2:30pm	Garden Group 6, 13 and 20 July	All welcome
Tuesdays	9:15am	10:15am	Chatterbox 7 and 14 July	Referral only
	11am	Midday	Just for Dads 14 July	All welcome
	1pm	2pm	Ready Steady School (48 to 60 months) 28 July	All welcome
	1:30pm	2:30pm	Bring a story to Life – Going on a Bear Hunt 7 July	Book in advance
	1:30pm	2:30pm	People that help us 14 July	All welcome
Wednesdays	9am	1pm	Development Checks (24 to 36 months)	Referral only

	9:15am	10:15am	ESOL – Stay and Play 1, 15, 22 and 29 July	All welcome
	9:30am	10:30am	Let's Talk Potty Training 8 July	Book in advance
	10:30am	11:15am	Story time and rhymes 22 and 29 July	All welcome
	1pm	2pm	Ready Steady School (48 to 60 months) 22 July	All welcome
	1pm	2pm	Stay and Play 1, 8, and 15 July	All welcome
	1pm	2pm	REAL – Summer 29 July	All welcome
	1pm	4pm	Development Checks (24 to 36 months)	Referral only
Thursdays	9:30am	10:30am	Stay and Play 2 July	All welcome
	9:30am	10:30am	Football Fun 9 July	All welcome
	9:30am	10:30am	Sand and Water Play 16 July	All welcome
	9:30am	10:30am	Story and Rhyme Time 23 July	All welcome
	12:30pm	1:30pm	Bookstart Toddler (12 to 36 months) 16 July	Book in advance
Fridays	10am	11am	Garden Fun 10 July	All welcome
	10am	11am	Summer Arts and Crafts 24 July	All welcome
	1:30pm	2:30pm	SEND – Just for You Aladdin's Cave – Toy Library and Resource Hire – will be attending on 17 July	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
	11am	12:30pm	Summer Fun (0 to 11 years) 27 July	Book in advance
	3.30pm	4.30pm	Games (4 to 8 years) 6 July	Book in advance
	3:30pm	4:30pm	Under the sea themed crafts (4 to 8 years) 13 July	Book in advance

Tuesdays	10am	11am	Biscuit Decorating Delivered by Thurrock Adult Community College (4 to 11 years) 21 July	Book in advance
	10:30am	Midday	Young Carers Summer Special (4 to 8 years) 28 July	Referral only
	4pm	5:30pm	Young Carers (4 to 8 years) 7 and 14 July	Referral only
Wednesdays	3:30pm	4:30pm	Outdoor play (weather permitting) (4 to 8 years) 8 July	Book in advance
	3:30pm	4:30pm	Big Cook Little Cook (4 to 8 years) 15 July	Book in advance
Thursdays	3:30pm	4:30pm	Wellbeing Rocks and Mindful Colouring (4 to 8 years) 2 July	Book in advance
	3:30pm	4:30pm	Football World Cup Focus (4 to 8 years) 9 July	Book in advance

General Family Hub Support Services

Mondays	9am	4pm	Midwife	Book in advance
	9am	4pm	Children's Continence Advisor 13 July	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) 20 July	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 21 July	Referral only
	9:30am	4pm	Sensory Room	Book in advance
	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 15 July	Book in advance Drop-in@nelft.nhs.uk
	9am	4pm	BCG Immunisations 8 and 22 July	Referral only
	9am	4pm	RSV/MMR Immunisations 1, 15 and 29 July	Referral only
	9am	4pm	Midwife	Book in advance
	9:30am	11:30am	Ready Steady School: Information and Advice (36 to 60 months) 15 July	Drop in
	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 and Non Violent Resistance Think Families	Referral only
	10am	Midday	Citizens Advice Bureau 2, 9, 16 and 30 July	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
	10am	3pm	Parental Outreach Advice Session	Drop In
	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