



# Stifford Family Hub

(In the grounds of) Belmont Castle Academy, Parker Road, Grays, RM 17 5YN

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[thurrock.gov.uk](http://thurrock.gov.uk)

## What's on in July 2026

### Start for Life

#### 0 to 12 months

Day	Start	End	Activity	How to join in
Mondays	11.00am	12.00pm	Start for Life – Baby Massage	<b>Book in advance</b>
Tuesdays	9.30am	12.30pm	Infant Feeding Clinic	<b>Book in advance 0300 300 1999</b>
	12.00pm	2.00pm	Blooming Together – Infant feed and Support group. Join mums for a chat, reassurance, to share experiences and build connections. Babies welcome <b>28<sup>th</sup> July</b>	Drop in
	2.00pm	3.00pm	Start for Life – Let's Talk with your Baby	<b>Book in advance</b>
Wednesdays	1.30pm	2.15pm	Stories and Rhymes <b>1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup> July</b>	All welcome
Thursdays	9.30am	10.30am	Start for Life – Baby Explore <b>2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> July</b>	All welcome
	11.00am	1.00pm	B3 Bumps, Birth and Belonging safe space for parents of Afro Caribbean heritage (0-2 years) and parents to be. <b>9<sup>th</sup> July</b>	All welcome
Fridays	10.00am	11.30am	Baby Weighing Clinic	All welcome
	11.00am	12.00pm	Start for Life -Baby Rhyme Time	All welcome
	12.30pm	2.30pm	Infant Feeding Clinic	<b>Book in advance 0300 300 1999</b>

#### 12 to 24 months

Monday	9.30am	10.30am	Let's Talk with your Toddler	<b>Book in advance</b>
Tuesdays	9.30am	10.30am	Start for Life – Stay and Play <b>7<sup>th</sup>, 14<sup>th</sup> and 28<sup>th</sup> July</b>	All welcome
	11.00am	12.00pm	Start for Life – Sensory Play <b>7<sup>th</sup>, 14<sup>th</sup> and 28<sup>th</sup> July</b>	All welcome

Wednesdays	2.30pm	3.15pm	Stories and Rhymes <b>1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup> July</b>	All welcome
Thursday	11.00am	1.00pm	B3 Bumps, Birth and Belonging safe space for parents of Afro Caribbean heritage (0-2 years) and parents to be. <b>9<sup>th</sup> July</b>	All welcome
Fridays	9.30am	10.30am	Fun with ..... <b>3<sup>rd</sup></b> – Nursery Rhymes <b>10<sup>th</sup></b> – Numbers <b>17<sup>th</sup></b> – Glueing and Cutting <b>24<sup>th</sup></b> - Animals <b>31<sup>st</sup></b> - Sand	All welcome
	10.00am	11.30am	Baby Weighing Clinic	All welcome
	1.45pm	2.45pm	Messy Play	All welcome

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

### 24 to 60 months

Mondays	2.00pm	3.00pm	Stay and Play <b>6<sup>th</sup>, 13<sup>th</sup> and 27<sup>th</sup> July</b>	All welcome
Tuesdays	11.00am	12.00pm	Sensory Play <b>7<sup>th</sup>, 14<sup>th</sup> and 28<sup>th</sup> July</b>	All welcome
Wednesday	9.30am	10.30am	Fun with ..... <b>1<sup>st</sup></b> – Nursery Rhymes <b>8<sup>th</sup></b> – Numbers <b>15<sup>th</sup></b> – Glueing and Cutting <b>22<sup>nd</sup></b> - Animals	All welcome
	11.00am	12.00pm	Bring a Story to Life <b>1<sup>st</sup></b> – Owl Babies <b>8<sup>th</sup></b> – Goldilocks and the Three Bears <b>15<sup>th</sup></b> – Handa's Surprise <b>22<sup>th</sup></b> – The Three Billy goats Gruff	All welcome
	1.45pm	2.45pm	Stay and Play <b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> July</b>	All welcome
	2.30pm	3.15pm	Stories and Rhymes <b>1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup> July</b>	All welcome
Thursday	10.00am	11.00am	Starting School Drop in <b>16<sup>th</sup> July</b>	Drop In
	3.15pm	4.15pm	Stay and Play – After School	All welcome
Fridays	9.30am	10.30am	Fun with ..... <b>3<sup>rd</sup></b> – Nursery Rhymes <b>10<sup>th</sup></b> – Numbers <b>17<sup>th</sup></b> – Glueing and Cutting <b>24<sup>th</sup></b> - Animals <b>31<sup>st</sup></b> - Sand	All welcome
	10.00am	11.30am	Baby Weighing Clinic	All welcome
	1.45pm	2.45pm	Messy Play	All welcome

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## 5 to 19 Years

Wednesday	4.00pm	5.00pm	Help Me to Stay Safe	Referral only
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## General Family Hub Support Services.

Mondays	8.30am	12.00pm	Housing Advice for Council Tenants	<b>01375 652 652 Option 4</b>
Wednesdays	9.00am	4.00pm	Forward Trust - Addiction Service	<b>Drop in Lorraine. G 07977 792 236</b>
Thursdays	9.00am	3.00pm	Joint OT/Physio Baby Clinic <b>2<sup>nd</sup> July</b>	<b>Referral only</b>
	10.00am	12.00pm	Parent Outreach Advice Session <b>30<sup>th</sup> July</b>	<b>Book in advance</b>
	10.00am	12.30pm	Job club – Supported Families Employment Advisor	<b>Book in advance 07776 345 301</b>
	12.00pm	3.00pm	PASS Drop In <b>30<sup>th</sup> July</b>	Drop In

## Brighter Futures – Family Hub Offer

Please use this link to see the Children’s Centre 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 Face Book for information:

[www.facebook.com/groups/thurrockchildrenscentres](http://www.facebook.com/groups/thurrockchildrenscentres)

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

**Visit: [www.thurrock.gov.uk/family-hubs](http://www.thurrock.gov.uk/family-hubs)**