



Thameside Family Hub

(In the grounds of) Thameside School Manor Road, Grays, RM 17 6EF

Email: Thamesidefh@thurrock.gov.uk

Phone: 01375 652 280



thurrock.gov.uk

What's on in July 2026

Start for Life

0-12 months

Day	Start	End	Activity	How to join in
Tuesday	1.30pm	2.30pm	Start for Life – Stay and Play	All welcome
Wednesday	10:30am	11:30am	SEND - Just For You 1st, 8th, 15th and 22nd July 1st July any returns for Aladdins Cave	All welcome
	1.30pm	2.15pm	Stories and Rhymes 8th and 22nd July	All welcome
Thursday	9.30am	10.30am	Start for Life - Let's Talk to your Baby	Book in advance
	1.30pm	2.45pm	Start for Life - Stay and Play	All welcome
	1.30pm	2.45pm	Baby Weighing Clinic	Drop in
	1.30pm	2.30pm	Time For You and Baby Too (Pre-birth up to 2 years old)	All welcome

12-24 months

Monday	9.30am	10.30am	Start for Life – Stay and Play	All welcome
	11.00am	12.00pm	Start for Life -Sensory Play	All welcome
Tuesday	9.30am	10.30pm	Start for Life – Let's Talk to your Toddler	Book in advance
Wednesday	10:30am	11:30am	SEND - Just For You 1st, 8th, 15th and 22nd July 1st July any returns for Aladdins Cave	All welcome
	2.30pm	3.15pm	Stories and Rhymes 8th and 22nd July	All welcome
	1.30pm	2.45pm	Baby Weighing Clinic	Drop in
	1.30pm	2.30pm	Time For You and Baby Too (Pre-birth up to 2 years old)	All welcome

Friday	11.00am	12.00pm	Start for Life – Messy Play	All welcome
	1.30pm	2.30pm	Fun with 3 rd – Gloop 10 th – Water 17 th – Glue 24 th – Sponges 31 st - Paint	All welcome

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

Monday	11.00am	12.00pm	Sensory Play	All welcome
	2.00pm	3.00pm	Stay and Play	All welcome
Tuesday	11.00am	12.00pm	Early Words Together 7 th , 14 th and 21 st July	Book in advance Aimee Dowler 07860654952
	1.00pm	2.00pm	Starting School Drop In 7 th July	Drop in
	2.00pm	3.00pm	Fun with 21 st – Numbers & Shapes 28 th – Letters & Sounds	All welcome
Wednesday	10:30am	11:30am	SEND - Just For You 1 st , 8 th , 15 th and 22 nd July 1 st July any returns for Aladdins Cave	All welcome
	1.30pm	2.30pm	Bring a Story to Life 1 st – The Three Little Pigs 8 th – The Gingerbread Man 15 th – The Very Hungry Caterpillar 22 nd – Peace at Last	All welcome
	2.30pm	3.15pm	Stories and Rhymes 8 th and 22 nd July	All welcome
Thursday	9.30am	10.30am	Chatterbox	Referral only
	12.00pm	1.00pm	PEEP – Stay and Play Younger siblings welcome 2 nd , 9 th and 16 th July	All welcome
	12.00pm	1.00pm	Ready, Steady School For children starting reception classes in September 23 rd and 30 th July	All welcome
	1.30pm	2.45pm	Baby Weighing Clinic	Drop in
	3.15pm	4.15pm	After School Stay and Play	All welcome
Friday	9:00am	2:00pm	Early Interaction Advice Sessions	Referral only
	9.00am	1.00am	Speech and Language Drop In 3 rd July	Referral only
	9.30am	10.30am	Garden Group	All welcome
	11.00am	12.00pm	Messy Play	All welcome
	1.30pm	2.30pm	Fun with 3 rd – Gloop 10 th – Water 17 th – Glue 24 th – Sponges 31 st - Paint	All welcome

5-19 years

Tuesday	4.00pm	5.00pm	Help me to Stay Safe Programme (6 to 16 years)	Referral only
Wednesday	4.00pm	5.30pm	Young Carers	Referral only

General Family Hub Support Services.

Monday	8.30am	12.00pm	Housing Advice for Council Tenants	Book in advance 01375 652652 Option 4
	9.00am	4.00pm	Midwife	Book in advance
Tuesday	10.00am	12.00pm	Citizens Advice Drop In 7th, 14th and 28th July	Drop In
	1.00pm	3.00pm	Midwife Smoking Cessation	Referral only
	1.00pm	3.00pm	Gestational Diabetes Education Session 14th July	Referral only
Wednesday	9.00am	4.00pm	Midwife	Book in advance
	10.00am	11.30am	Just For You SEND Summer Event 0 to 5 years 29th July	Book in advance
	1.30pm	3.00pm	Pirate Fun 0 to 11 years 29th July	Book in advance
	2.00pm	4.00pm	Thurrock Virtual School Drop In 1st July	Drop In
Thursday	9.00am	4.00pm	Midwife	Book in advance
Friday	9.00am	1.00pm	Speech and Language Drop In 3rd July	Referral only
	9.00am	2.00pm	Early Interaction Advice Session	Referral only
	10:00am	12:30pm	Job Club – Supported Families Employment Adviser	Book in advance 07776245301

Brighter Futures – Family Hub Offer

Please use this link to see the Family Hub's 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 Face Book for information:

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

