

Tilbury Family Hub

London Road, Tilbury, RM18 8EY

Email: TilburyFH@thurrock.gov.uk

Phone: 01375 858 243



 thurrock.gov.uk

What's on in August 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. 10 August	All welcome
	11am	Midday	Stay and Play – Under the Sea 10 August	All welcome
	1:30pm	2:30pm	Stay and Play – Black and White 3 August	All welcome
	1:30pm	2:30pm	Music and Rhyme 24 August	All welcome
Tuesdays	10am	11am	Introduction to Solids 4 August	Referral only
	10am	11:30am	Pirate Fun (0 to 11 years) 11 August	Book in advance
	10am	11:30am	Disney Fun (0 to 11 years) 18 August	Book in advance
	1:30pm	3pm	World Cup Cultural Fun (0 to 11 years) 4 August	Book in advance
	1:30pm	3pm	Pirate Fun (0 to 11 years) 11 August	All welcome
	1:30pm	3pm	Disney Fun (0 to 11 years) 18 August	Book in advance
Wednesdays	9:30am	10:15am	Story time and rhymes 5 and 26 August	All welcome

	10am	11am	Summer Fun (0 to 60 months) Delivered by Thurrock Adult Community College 12 August	Book in advance
	10:30am	11:30am	Just for Dad's 19 August	All Dads welcome
	1:30pm	3pm	Baby Weighing Clinic	Drop in
	1:30pm	3pm	Stay and Play (0 to 2 years)	All welcome
Thursdays	10am	11:30am	Zoo Lab (0 to 11 years) 20 August	Book in advance
	10:30am	11:30am	Stay and Play – Fun with Toys 6 August	All welcome
	10:30am	11:30am	Stay and Play – People that help us 27 August	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 27 August	All welcome
	Midday	3pm	Mum's Hub	Referral only
	1:30pm	2:30pm	Baby Massage 20 and 27 August	Book in advance
Fridays	10am	11am	Time for you and baby too	All welcome
	11am	1pm	Teddy Bear's Picnic (0 to 11 years) 14 August	Book in advance
	1pm	4pm	Family Hub Information Session 7 August	Drop in
	1:30pm	2:30pm	Bloom and Bond – A creative well being session 14 August	New and expectant parents welcome
	1:30pm	2:30pm	Let's Talk with Your Baby 28 August	Book in advance

Best Start in Life - 12 to 24 months

Mondays	9:15am	10:15am	Stay and Play 3, 10, 17 and 24 August	All welcome
Tuesdays	10am	11:30am	Pirate Fun (0 to 11 years) 11 August	Book in advance
	10am	11:30am	Disney Fun (0 to 11 years) 18 August	Book in advance
	1:30pm	3pm	World Cup Cultural Fun (0 to 11 years) 4 August	Book in advance
	1:30pm	3pm	Pirate Fun (0 to 11 years) 11 August	Book in advance
	1:30pm	3pm	Disney Fun (0 to 11 years) 18 August	Book in advance
Wednesdays	9am	1pm	Development Checks	Referral only
	10am	11am	Summer Fun (0 to 60 months) Delivered by Thurrock Adult Community College 12 August	Book in advance

	10:30am	11:15am	Story time and rhymes 5 and 26 August	All welcome
	10:30am	11:30am	Just for Dads 19 August	All Dads 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	10am	11:30am	Zoo lab (0 to 11 years) 20 August	Book in advance
	11am	1pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0 to 2 years) and parents to be 27 August	All welcome
	Midday	3pm	Mum's Hub	Referral only
	1:30pm	2:30pm	Stay and Play 6 and 27 August	All welcome
Fridays	10am	11am	Time for you and baby too	All welcome
	11am	1pm	Teddy Bears Picnic (0 to 11 years) 14 August	Book in advance
	1:30pm	2:30pm	Bring a Story to Life – The Gruffalo 21 August	Book in advance

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

24 to 60 months

Mondays	10:45am	11:45am	Stay and Play 3, 10, 17 and 24 August	All welcome
Tuesdays	10am	11:30am	Pirate Fun (0 to 11 years) 11 August	Book in advance
	10am	11:30am	Disney Fun (0 to 11 years) 18 August	Book in advance
	1:30pm	3pm	World Cup Cultural Fun (0 to 11 years) 4 August	Book in advance
	1:30pm	3pm	Pirate Fun (0 to 11 years) 11 August	Book in advance
	1:30pm	3pm	Disney Fun (0 to 11 years) 18 August	Book in advance
Wednesdays	9am	1pm	Development Checks (24 to 36 months)	Referral only
	9:15am	10:15am	ESOL – Summer Special 5 August	All welcome
	10am	11am	Summer Fun (0 to 60 months) Delivered by Thurrock Adult Community College 12 August	Book in advance
	10:30am	11:15am	Story time and rhymes 5 and 26 August	All welcome
	10:30am	11:30am	Just for Dads 19 August	All Dads welcome
	1pm	2pm	Stay and Play 5 and 19 August	All welcome

	1pm	4pm	Development Checks (24 to 36 months)	Referral only
Thursdays	10am	11:30am	Zoo Lab (0 to 11 years) 20 August	Book in advance
	10:30am	11:30am	Stickers and Crafts 27 August	All welcome
	1pm	2pm	Movement with Music - Delivered by Thurrock Adult Community College 6 August	Book in advance
Fridays	11am	1pm	Teddy Bears Picnic (0 to 11 years) 14 August	Book in advance
	1:30pm	2:30pm	Bring a Story to Life – The Gruffalo 21 August	Book in advance

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
Tuesdays	10am	11am	Summer Arts and Crafts (4 to 11 years) - Delivered by Thurrock Adult Community College 25 August	Book in advance
	10am	11:30am	Pirate Fun (0 to 11 years) 11 August	Book in advance
	10am	11:30am	Disney Fun (0 to 11 years) 18 August	Book in advance
	1:30pm	3pm	World Cup Cultural Fun (0 to 11 years) 4 August	Book in advance
	1:30pm	3pm	Pirate Fun (0 to 11 years) 11 August	Book in advance
	1:30pm	3pm	Disney Fun (0 to 11 years) 18 August	Book in advance
Thursdays	10am	11:30am	Zoo Lab (0 to 11 years) 20 August	Book in advance
Fridays	11am	1pm	Teddy Bears Picnic (0 to 11 years) 14 August	Book in advance

General Family Hub Support Services

Mondays	9am	4pm	Midwife	Book in advance
	9am	4pm	Children's Continence Advisor 10 August	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) 17 August	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 25 August	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
Wednesdays	9am	Midday	Speech and Language Clinic 19 August	Book in advance Drop-in@nelft.nhs.uk
	9am	4pm	BCG Immunisations 5 and 19 August	Referral only
	9am	4pm	Midwife	Book in advance
	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	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	Citizens Advice Bureau 6, 13 and 27 August	Drop in
	10am	4pm	Soft Play Room	Book in advance
	Midday	4pm	Picnic in the park – Anchor Field 13 August	All welcome
	3pm	4pm	Essentials Bank	Drop in
Fridays	9am	4pm	Midwife	Book in advance
	9am	Midday	Antenatal Bloods	Book in advance
	9am	4pm	MMR Immunisations 28 August	Referral only
	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