



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 September 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 7, 14, 21 and 28 September	All welcome
	12:30pm	2:30pm	Big Love (Stay and Play) Supporting Young Parents aged 14 to 25 years 7, 14, 21 and 28 September	All welcome. For more information call 07427578058
Wednesdays	Midday	2pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0-24 months and parents to be) 16 September (every 3 rd Wed in the month)	All welcome
	10:45am	11:45am	Baby Massage 2, 9, 16, 23 and 30 September	Book in advance
Thursdays	1:30pm	2:30pm	Best Start In Life – Stay and Play 3, 10, 17 and 24 September	All welcome
Fridays	11am	Midday	Best Start In Life – Rhyme time 4, 11, and 18 September	Book in advance
	1:30pm	2:30pm	Best Start in Life - Just for Dads 18 September	All dads welcome

Best Start in Life – 12 to 24 months:

Mondays	10:30am	11:30am	Time for you and baby too 7, 14, 21 and 28 September	All welcome
Tuesdays	9:15am	10:15am	Best Start In Life – Stories and Rhyme 1, 8, 15, 22 and 29 September	All welcome
	11am	Midday	Best Start In Life – Messy Play 1, 8, 15, 22 and 29 September	All welcome
	1:30pm	2:30pm	SEND – Just for you 1, 8, 15, 22 and 29 September	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) 16 September (every 3 rd Wed in the month)	All welcome
Thursdays	9:15am	10:15am	Best Start In Life – Stay and Play 3, 10, 17 and 24 September	All welcome
Fridays	1:30pm	2:30pm	Best Start in Life - Just for Dads 18 September	All dads welcome

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

Tuesdays	11am	Midday	Best Start In Life – Messy Play 1, 8, 15, 22 and 29 September	All welcome
	1:30pm	2:30pm	SEND – Just for you 1, 8, 15, 22 and 29 September	All welcome
Wednesday	9:15am	10:15am	Chatterbox 9, 16, 23 and 30 September	Referral only
	4pm	5:30pm	Young Carers (4-8 years) 2, 9, 16, 23 and 30 September	Referral only
Thursdays	11am	Midday	Stay and Play 3, 10, 17 and 24 September	All welcome
Fridays	9:30am	10:30am	Fun with Small World 4, 11 and 18 September	All welcome
	1:30pm	2:30pm	Just for Dads 18 September	All dads welcome
	1:30pm	2:30pm	Chat, Play and Grow - Welcoming Children with Special Education Needs and Disabilities 4, 11 and 25 September	All welcome

General Family Hub Support Services:

Mondays	9am	3pm	Children's Occupational Therapy Pre-school Clinic (every 3 rd Monday in each month) 14 and 21 September	Book in advance by email: childrensotdropin@nelft.nhs.uk
	9am	4pm	Parental Outreach Advice Session 14 September	Book in advance
	10am	Midday	Citizens Advice Bureau 7 September	Drop In
Tuesdays	9am	3pm	Brook Sexual Health Clinic	Prebooked appointments only from our website: www.brook.org.uk/thurrock or call 01375 800260
	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) 29 September	Drop In
	3:30pm	5pm	Help me to Stay Safe Programme Starting 15 September	Referral only
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 th Wednesday in every month) 23 September	Appointments only by email: Drop-in@nelft.nhs.uk
	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
	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

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