

Tilbury Family Hub

London Road, Tilbury, RM18 8EY

Email: TilburyFH@thurrock.gov.uk

Phone: 01375 858 243



 thurrock.gov.uk

What's on in October 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	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. 12 October	All welcome
	1:30pm	2:30pm	Baby Massage 5, 12, 19 and 26 October	Book in advance
	1:30pm	2:30pm	Stay and Play - Natural 12 October	All welcome
	1:30pm	2:30pm	Music and Rhyme 19 October	All welcome
	1:30pm	2:30pm	Autumn Arts and Crafts 26 October	All welcome
Tuesdays	10am	11am	Introduction to Solids 6 October	Referral only
	10:30am	Midday	Autumn Event 27 October	Book in advance
	11am	Midday	Just for Dads 20 October	All Dads welcome
	1:30pm	2:30pm	Bookstart Baby 13 October	All welcome
	1:30pm	2:30pm	Light and Sensory 20 October	All welcome
Wednesdays	9:30am	10:15am	Story time and rhymes 7 and 14 October	All welcome
	1:30pm	3pm	Baby Weighing Clinic	Drop in

	1:30pm	3pm	Stay and Play (0 to 2 years)	All welcome
Thursdays	10:30am	11:30am	Bring a story to life – Going on a bear hunt 22 October	Book in advance
	10:30am	11:30am	Stay and Play – Autumn Theme 29 October	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 29 October	All welcome
	Midday	3pm	Mum's Hub	Referral only
	1:30pm	2:30pm	Animals of the world 15 October	All welcome
Fridays	10am	11am	Time for you and baby too	All welcome
	1:30pm	2:30pm	Baby Massage 16, 23 and 30 October	Book in advance
	1:30pm	4pm	Family Hub Information Session 23 and 30 October	Drop in

Best Start in Life - 12 to 24 months

Mondays	9:15am	10:15am	Stay and Play 5, 12 and 19 October	All welcome
	10:30am	11:30am	Have fun with pumpkins 26 October	Book in advance
Tuesdays	10:30am	Midday	Autumn Event 27 October	Book in advance
	11am	Midday	Just for Dads 20 October	All Dads welcome
	1:30pm	2:30pm	Stay and Play 13 and 20 October	All welcome
Wednesdays	9am	1pm	Development Checks	Referral only
	10:30am	11:15am	Story time and rhymes 7 and 14 October	All welcome
	1:30pm	3pm	Baby Weighing Clinic	Drop in
	1:30pm	3pm	Start for Life - Stay and Play (0 to 2 years)	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 29 October	All welcome
Thursdays	10:30am	11:30am	Exploring the outside 1 October	All welcome
	10:30am	11:30am	Stay and Play 15 October	All welcome
	10:30am	11:30am	Bring a story to life – Owl babies 29 October	Book in advance
	Midday	3pm	Mum's Hub	Referral only
Fridays	10am	11am	Time for you and baby too	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 5, 12 and 19 October	All welcome
	1pm	2pm	Have fun with pumpkins 26 October	Book in advance
	1:30pm	2:30pm	Bring a story to life – Room on the broom 19 October	Book in advance
Tuesdays	9:15am	10:15am	Chatterbox	Referral only
	10:30am	Midday	Autumn Event 27 October	Book in advance
	11am	Midday	Just for Dads 20 October	All Dads welcome
Wednesdays	9am	1pm	Development Checks (24 to 36 months)	Referral only
	9:30am	10:30am	ESOL 7 and 21 October	All welcome
	10:30am	11:15am	Story time and rhymes 7 and 14 October	All welcome
	1pm	2pm	Stay and Play 21 October	All welcome
	1pm	4pm	Development Checks (24 to 36 months)	Referral only
Thursdays	10am	11am	Chat, Play and Grow 8, 15, 22 and 29 October	All welcome
	1:30pm	2:30pm	Painting and Printing 1 October	All welcome
	1:30pm	2:30pm	Exploring the outside 8 October	All welcome
	1:30pm	2:30pm	Messy Play 15 October	Book in advance
	1:30pm	2:30pm	Numbers, Shapes and Colours 22 October	All welcome
	1:30pm	2:30pm	Spooky Fun (dressing up optional) 29 October	Book in advance
Fridays	1:30pm	2:30pm	SEND – Just for You 2, 9, 16 and 23 October Aladdin's Cave – Toy Library and Resource Hire – will be attending on 16 October	All welcome

5 to 19 years

Mondays	3:30pm	4:30pm	Sensory Play (4 to 8 years) 19 October	Book in advance
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	3:30pm	4:30pm	Bring a story to life – Room on the broom (4 to 8 years) 26 October	Book in advance
Tuesdays	9:30am	4:30am	Child and Mental Health Services (CAMHS) 0-19 Years and up to 25 for SEND	Referral through service only
Wednesdays	3:30pm	4:30pm	Big Cook Little Cook (4 to 8 years) 14 October	Book in advance
	3:30pm	4:30pm	Autumn Crafts (4 to 8 years) 21 October	Book in advance
Thursdays	3:30pm	4:30pm	Cake and Biscuit Decorating (4 to 8 years) 1 October	Book in advance
	3:30pm	4:30pm	Games Galore (4 to 8 years) 8 October	Book in advance
	3:30pm	4:30pm	Fun in Space (4 to 8 years) 22 October	Book in advance
	3:30pm	4:30pm	Spooky Fun (dressing up optional) (4 to 8 years) 29 October	Book in advance

General Family Hub Support Services

Mondays	9am	4pm	Children's Continence Advisor 12 October	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) 19 October	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
	1:30pm	2:30pm	Parent/Carer Behaviour Workshop 12 October	Book in advance
	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 13 October	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 21 October	Book in advance Drop-in@nelft.nhs.uk
	9am	4pm	BCG Immunisations 14 October	Referral only
			MMR Immunisations 21 October	Referral only
	9am	4pm	Midwife	Book in advance
	9am	4pm	BCG Immunisations 14 October	Referral only
			MMR Immunisations 21 October	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	1pm	Stop Smoking 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 1, 8 and 15 October	Drop in
	10am	4pm	Soft Play Room	Book in advance
	3pm	4pm	Essentials Bank	Drop in
Fridays	9am	Midday	Antenatal Bloods	Book in advance
	9:30am	4pm	Sensory Room	Book in advance
	10am	Midday	ADHD Support Session www.pattadhdsupport.org.uk 9 October	Book in advance via website
	10am	1:15pm	Soft Play room	Book in advance
	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