

Tilbury Family Hub

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 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	Stay and Play - Soft and Sensory 7 September	Book in advance
	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. 14 September	All welcome
	1:30pm	2:30pm	Baby Massage	Book in advance
	1:30pm	2:30pm	Messy Play babies 21 September	Book in advance
	1:30pm	2:30pm	Stay and Play - Shimmer and Shine 28 September	All welcome
Tuesdays	10am	11am	Introduction to Solids 1 September	Referral only
	10:30am	11:30am	Stay and Play – Black and White 29 September	All welcome
	11am	Midday	Just for Dads 15 September	All Dads welcome
	1:30pm	2:30pm	Stay and Play 8 September	All welcome
	1:30pm	2:30pm	Stay and Play – Red theme 15 September	All welcome
	1:30pm	2:30pm	Music and Rhyme 22 September	All welcome
	5pm	7:30pm	Brighter Futures Baby Shower Information Event 15 September	Drop in

Wednesdays	9:30am	10:15am	Story time and rhymes 9 and 23 September	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	Stay and Play – Purple Theme 3 September	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 24 September	All welcome
	Midday	3pm	Mum's Hub	Referral only
	1:30pm	2:30pm	Baby Massage 3, 10 and 17 September	Book in advance
Fridays	10am	11am	Time for you and baby too	All welcome
	1:30pm	2:30pm	Let's Talk with Your Baby 4, 11 and 18 September	Book in advance

Best Start in Life - 12 to 24 months

Mondays	9:15am	10:15am	Stay and Play	All welcome
	1:30pm	2:30pm	Stay and Play - Soft and Sensory 7 September	Book in advance
Tuesdays	11am	Midday	Just for Dads 15 September	All Dads welcome
	11:30am	12:30pm	Bookstart Toddler (12 to 36 months) 8 September	Book in advance
	1:30pm	2:30pm	Stay and Play 8, 15, 22 and 29 September	All welcome
Wednesdays	9am	1pm	Development Checks	Referral only
	10:30am	11:15am	Story time and rhymes 9 and 23 September	All 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
	11am	1pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0 to 2 years) and parents to be 24 September	All welcome
Thursdays	Midday	3pm	Mum's Hub	Referral only
	1:30pm	2:30pm	Messy Play 10 September	Book in advance
	1:30pm	2:30pm	Exploring Painting and Printing 17 September	All welcome
	1:30pm	2:30pm	Playdough and Gloop 24 September	Book in advance
Fridays	10am	11am	Time for you and baby too	All welcome
	1:30pm	2:30pm	Bring a story to life – The Scarecrow who didn't scare 4 September	Book in advance

	1:30pm	2:30pm	Stay and Play - Fun with Transport 11 September	All welcome
	1:30pm	2:30pm	Stay and Play - Arts and Crafts 18 September	All welcome
	1:30pm	2:30pm	Music and Rhyme 25 September	All welcome

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

24 to 60 months

Mondays	10:15am	10:45am	Outdoor Play 7 and 14 September	All welcome
	10:45am	11:45am	Stay and Play	All welcome
	1:30pm	2:30pm	Soft and Sensory 7 September	Book in advance
Tuesdays	9:15am	10:15am	Chatterbox	Referral only
	11am	Midday	Just for Dads 15 September	All Dads welcome
	11:30pm	12:30pm	Bookstart Toddler (12 to 36 months) 8 September	Book in advance
	1:30pm	2:30pm	Let's Move 22 September	All welcome
	1:30pm	2:30pm	Bring a Story to Life – What the Ladybird Heard 29 September	Book in advance
Wednesdays	9am	1pm	Development Checks (24 to 36 months)	Referral only
	9:30am	10:30am	ESOL	All welcome
	10:30am	11:15am	Story time and rhymes 9 and 23 September	All welcome
	1pm	2pm	Stay and Play 9, 16, 23 and 30 September	All welcome
	1pm	4pm	Development Checks (24 to 36 months)	Referral only
Thursdays	10am	11am	PEEP – Stay and Play (24 to 48 months) 3, 10 and 17 September	All welcome
	11am	Midday	Bookstart Preschool (36 to 60 months) 17 September	Book in advance
Fridays	9.30am	10:30am	Outdoor Play 4 September	All welcome
	10am	11am	Fun with Transport 11 September	All welcome
	10am	11am	Let's Talk Potty Training 18 September	Book in advance
	10am	11am	Arts and Crafts 25 September	All welcome
	1:30pm	2:30pm	SEND – Just for You	Book in advance

5 to 19 years

Mondays	3:30pm	4:30pm	Outdoor Play (4 to 8 years) 7 September	Book in advance
	3:30pm	4:30pm	Make your own playdough (4 to 8 years) 14 September	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	Arts and Crafts (4 to 8 years) 9 September	Book in advance
	3:30pm	4:30pm	Big Cook Little Cook (4 to 8 years) 16 September	Book in advance
	3:30pm	4:30pm	Lego and Blocks (4 to 8 years) 30 September	Book in advance

General Family Hub Support Services

Mondays	9am	4pm	Midwife	Book in advance
	9am	4pm	Children's Continence Advisor 14 September	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) 21 September	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 8 September	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
	5pm	7:30pm	Just for Dads - Infant and Toddler First Aid Workshop 22 September	Book in advance
Wednesdays	9am	Midday	Speech and Language Clinic 16 September	Book in advance Drop-in@nelft.nhs.uk

	9am	4pm	BCG Immunisations 2, 16 and 30 September	Referral only
			MMR Immunisations 9 September	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 3, 10, 17 and 24 September	Drop in
	10am	12:30pm	Non Violent Resistance Programme 14, 21 and 28 September	Referral only
	10am	4pm	Soft Play Room	Book in advance
	3pm	4pm	Essentials Bank	Drop in
Fridays	9am	4pm	Midwife	Book in advance
	9am	Midday	Antenatal Bloods	Book in advance
	9:30am	4pm	Sensory Room	Book in advance
	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