



# Stifford Family Hub

(In the grounds of) Belmont Castle Academy, Parker Road, Grays, RM 17 5YN

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[thurrock.gov.uk](http://thurrock.gov.uk)

## What's on in October 2026

### Best Start in Life - 0 to 12 months

| Day        | Start   | End     | Activity                                                                                                                                                                           | How to join in                                 |
|------------|---------|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
|            | 11.00am | 12.00pm | Best Start in Life – Baby Massage                                                                                                                                                  | <b>Book in advance</b>                         |
|            | 1.30pm  | 2.30pm  | Best Start in Life - Baby Sensory<br><b>5<sup>th</sup> and 12<sup>th</sup> October</b>                                                                                             | All welcome                                    |
|            | 1.30pm  | 3.00pm  | Autumn Special Event<br><b>26<sup>th</sup> October</b>                                                                                                                             | <b>Book in advance</b>                         |
| Tuesdays   | 9.30am  | 12.30pm | Infant Feeding Clinic                                                                                                                                                              | <b>Book in advance</b><br><b>0300 300 1999</b> |
|            | 12.00pm | 2.00pm  | Blooming Together – Infant feed and Support group. Join mums for a chat, reassurance, to share experiences and build connections. Babies welcome<br><b>27<sup>th</sup> October</b> | Drop in                                        |
| Wednesdays | 1.30pm  | 2.15pm  | Stories and Rhymes<br><b>14<sup>th</sup> and 28<sup>th</sup> October</b>                                                                                                           | All welcome                                    |
| Thursdays  | 9.30am  | 10.30am | Best Start in Life – Baby Explore<br><b>1<sup>st</sup>, 8<sup>th</sup> and 22<sup>nd</sup> October</b>                                                                             | All welcome                                    |
|            | 11.00am | 1.00pm  | B3 Bumps, Birth and Belonging<br>safe space for parents of Afro Caribbean heritage (0-2 years) and parents to be.<br><b>8<sup>th</sup> October</b>                                 | All welcome                                    |
| Fridays    | 10.00am | 11.30am | Baby Weighing Clinic                                                                                                                                                               | All welcome                                    |
|            | 11.00am | 12.00pm | Best Start in Life -Baby Rhyme Time                                                                                                                                                | All welcome                                    |
|            | 12.30pm | 2.30pm  | Infant Feeding Clinic                                                                                                                                                              | <b>Book in advance</b><br><b>0300 300 1999</b> |

### Best Start in Life - 12 to 24 months

|         |        |         |                                         |                        |
|---------|--------|---------|-----------------------------------------|------------------------|
| Mondays | 9.30am | 10.30pm | Bookstart Toddler                       | All welcome            |
|         | 9.30am | 10.30am | Best Start in Life – Let's Talk Toddler | <b>Book in advance</b> |

|            |         |         |                                                                                                                                                                                                                   |                        |
|------------|---------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
|            | 11.00am | 12.00pm | Fun with .....<br><b>5<sup>th</sup></b> – Autumn crafts<br><b>12<sup>th</sup></b> – Construction<br><b>19<sup>th</sup></b> – Playdough<br><b>26<sup>th</sup></b> – Mark making                                    | All welcome            |
|            | 1.30pm  | 3:00pm  | Autumn Special Event<br><b>26<sup>th</sup> October</b>                                                                                                                                                            | <b>Book in advance</b> |
| Tuesdays   | 9.30am  | 10.30am | Best Start in Life – Stay and Play                                                                                                                                                                                | All welcome            |
|            | 9:30am  | 10:30am | Best Start for life – Dental sessions<br><b>20<sup>th</sup> October</b>                                                                                                                                           | <b>Book in advance</b> |
| Wednesdays | 2.30pm  | 3.15pm  | Stories and Rhymes<br><b>14<sup>th</sup> and 28<sup>th</sup> October</b>                                                                                                                                          | All welcome            |
| Thursdays  | 11.00am | 1.00pm  | B3 Bumps, Birth and Belonging<br>safe space for parents of Afro Caribbean heritage (0-2 years) and parents to be.<br><b>8<sup>th</sup> October</b>                                                                | All welcome            |
| Fridays    | 9.30am  | 10.30am | Fun with .....<br><b>2<sup>nd</sup></b> – Construction<br><b>9<sup>th</sup></b> – Animals<br><b>16<sup>th</sup></b> – People who help us<br><b>23<sup>rd</sup></b> – Sand<br><b>30<sup>th</sup></b> – Instruments | All welcome            |
|            | 10.00am | 11.30am | Baby Weighing Clinic                                                                                                                                                                                              | All welcome            |
|            | 1.45pm  | 2.45pm  | Best Start in Life - Messy Play<br><b>9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> October</b>                                                                                            | All welcome            |

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

### 24 to 60 months

|           |         |         |                                                                                                                    |                        |
|-----------|---------|---------|--------------------------------------------------------------------------------------------------------------------|------------------------|
| Mondays   | 2.00pm  | 3.00pm  | Stay and Play<br><b>5<sup>th</sup>, 12<sup>th</sup> and 19<sup>th</sup> October</b>                                | All welcome            |
|           | 1.30pm  | 3:00pm  | Autumn Special Event<br><b>26<sup>th</sup> October</b>                                                             | <b>Book in advance</b> |
| Tuesdays  | 9:30am  | 10:30am | Start for life – Dental sessions<br><b>20<sup>th</sup> October</b>                                                 | <b>Book in advance</b> |
| Wednesday | 9.30am  | 10.30am | Fun with .....<br><b>7<sup>th</sup></b> – Sand<br><b>14<sup>th</sup></b> – Colours                                 | All welcome            |
|           | 11.00am | 12.00pm | Bring a Story to Life<br><b>7<sup>th</sup></b> – Goldilocks<br><b>14<sup>th</sup></b> – The Tiger Who Came To Tea  | All welcome            |
|           | 1.45pm  | 2.45pm  | Stay and Play                                                                                                      | All welcome            |
|           | 2.30pm  | 3.15pm  | Stories and Rhymes<br><b>14<sup>th</sup> and 28<sup>th</sup> October</b>                                           | All welcome            |
| Thursdays | 11.30am | 12.30pm | SEN Chat, Play, Grow<br><b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> October</b>         | All Welcome            |
|           | 3.15pm  | 4.15pm  | Stay and Play – After School<br><b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> October</b> | All welcome            |
| Fridays   | 9.30am  | 10.30am | Fun with .....<br><b>2<sup>nd</sup></b> – Construction                                                             | All welcome            |

|  |         |         |                                                                                                                                                         |             |
|--|---------|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
|  |         |         | <b>9<sup>th</sup></b> – Animals<br><b>16<sup>th</sup></b> – People who help us<br><b>23<sup>rd</sup></b> – Sand<br><b>30<sup>th</sup></b> – Instruments |             |
|  | 10.00am | 11.30am | Baby Weighing Clinic                                                                                                                                    | All welcome |
|  | 1.45pm  | 2.45pm  | Best Start in Life - Messy Play<br><b>9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> October</b>                                  | All welcome |

## 5 to 19 Years

|           |        |         |                                                                    |                        |
|-----------|--------|---------|--------------------------------------------------------------------|------------------------|
| Mondays   | 1.30pm | 3:00pm  | Autumn Special Event<br><b>26<sup>th</sup> October</b>             | <b>Book in advance</b> |
| Tuesdays  | 9:30am | 10:30am | Start for life – Dental sessions<br><b>20<sup>th</sup> October</b> | <b>Book in advance</b> |
| Wednesday | 4.00pm | 5.00pm  | Help Me to Stay Safe                                               | Referral only          |

## General Family Hub Support Services.

|            |         |         |                                                                                                            |                                                  |
|------------|---------|---------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------|
| Mondays    | 8.30am  | 12.00pm | Housing Advice for Council Tenants                                                                         | <b>01375 652 652<br/>Option 4</b>                |
| Tuesdays   | 12:30am | 2:30pm  | Henry                                                                                                      | <b>Book in advance</b>                           |
| Wednesdays | 9.00am  | 4.00pm  | Forward Trust - Addiction Service                                                                          | <b>Drop in<br/>Lorraine. G<br/>07977 792 236</b> |
| Thursdays  | 10.00am | 12.30pm | Job Club – Supported Families<br>Employment Advisor                                                        | <b>Book in advance<br/>07776 245 301</b>         |
|            | 11.30am | 12.30pm | SEN Chat, Play, Grow<br><b>1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> October</b> | All Welcome                                      |
|            | 9.00am  | 3.00pm  | Joint OT/Physio Baby Clinic<br><b>1<sup>st</sup> October</b>                                               | <b>Referral only</b>                             |

# Brighter Futures – Family Hub Offer

Please use this link to see the Children's Centre offer and activity details –

[www.thurrock.gov.uk/family-hub-activities](http://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](http://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](http://www.thurrock.gov.uk/family-hubs)**