



Stifford Family Hub

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

Email: Stiffordfh@thurrock.gov.uk Phone: 01375 652 653



thurrock.gov.uk

What's on in September 2026

Best Start in Life - 0 to 12 months

Day	Start	End	Activity	How to join in
Mondays	9.30am	10.30am	Best Start in Life – Baby Massage	Book in advance
	11.00am	12.00pm	Best Start in Life – Baby Massage	Book in advance
Tuesdays	9.30am	12.30pm	Infant Feeding Clinic	Book in advance 0300 300 1999
	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 29th September	Drop in
Wednesdays	1.30pm	2.15pm	Stories and Rhymes 9th and 23rd September	All welcome
Thursdays	9.30am	10.30am	Best Start in Life – Baby Explore	All welcome
	11.00am	1.00pm	B3 Bumps, Birth and Belonging safe space for parents of Afro Caribbean heritage (0-2 years) and parents to be. 10th September	All welcome
Fridays	10.00am	11.30am	Baby Weighing Clinic	All welcome
	11.00am	12.00pm	Best Start in Life -Baby Rhyme Time 4th, 11th and 18th September	All welcome
	12.30pm	2.30pm	Infant Feeding Clinic	Book in advance 0300 300 1999

Best Start in Life - 12 to 24 months

Tuesdays	9.30am	10.30am	Best Start in Life – Stay and Play 8th, 15th, 22nd and 29th September	All welcome
	11.00am	12.00pm	Best Start in Life– Sensory Play 8th September	All welcome

Wednesdays	2.30pm	3.15pm	Stories and Rhymes 9th and 23rd September	All welcome
Thursdays	11.00am	1.00pm	B3 Bumps, Birth and Belonging safe space for parents of Afro Caribbean heritage (0-2 years) and parents to be. 10th September	All welcome
Fridays	9.30am	10.30am	Fun with 4th – Sea life 11th – Farm animals 18th – Construction	All welcome
	10.00am	11.30am	Baby Weighing Clinic	All welcome
	1.45pm	2.45pm	Best Start in Life - Messy Play	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	All welcome
Tuesdays	11.00am	12.00pm	Sensory Play 8th September	All welcome
Wednesday	9.30am	10.30am	Fun with 2nd – Construction 9th – Transport 16th – Animals 23rd – Numbers 30th - Water	All welcome
	11.00am	12.00pm	Bring a Story to Life 2nd – Goldilocks and the Three Bears 9th – Dear Zoo 16th – Owl Babies 23rd – Handa's Surprise 30th – Three Little Pigs	All welcome
	1.45pm	2.45pm	Stay and Play	All welcome
	2.30pm	3.15pm	Stories and Rhymes 9th and 23rd September	All welcome
Thursdays	11.30am	12.30pm	SEN Chat, Play, Grow 10th and 24th September	All Welcome
	3.15pm	4.15pm	Stay and Play – After School	All welcome
Fridays	9.30am	10.30am	Fun with 4th – Sea life 11th – Farm animals 18th – Construction	All welcome
	10.00am	11.30am	Baby Weighing Clinic	All welcome
	1.45pm	2.45pm	Messy Play	All welcome

5 to 19 Years

Wednesday	4.00pm	5.00pm	Help Me to Stay Safe	Referral only
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General Family Hub Support Services.

Mondays	8.30am	12.00pm	Housing Advice for Council Tenants	01375 652 652 Option 4
Tuesdays	12:30am	2:30pm	Henry	Book in advance
Wednesdays	9.00am	4.00pm	Forward Trust - Addiction Service	Drop in Lorraine. G 07977 792 236
Thursdays	10.00am	12.30pm	Job Club – Supported Families Employment Advisor	Book in advance 07776 245 301
	11.30am	12.30pm	SEN Chat, Play, Grow 10th and 24th September	All Welcome
	10.00am	11.30am	Parent Outreach Advice Session 24th September	Book in advance
	9.00am	3.00pm	Joint OT/Physio Baby Clinic 3rd September	Referral only

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

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

Are your registered with the Family Hub? If not, you can do this online.

Visit: www.thurrock.gov.uk/family-hubs