Tilbury Family Hub

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thurrock.gov.uk

What's on in November 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. **9 November**	All welcome
	1:30pm	2:30pm	Baby Massage **9, 16, 23 and 30 November**	Book in advance
	1:30pm	2:30pm	Stay and Play – Purple Theme **2 November**	All welcome
	1:30pm	2:30pm	Stay and Play – Children in Need **9 November**	All welcome
	1:30pm	2:30pm	Messy Play **16 November**	Book in advance
	1:30pm	2:30pm	Stay and Play - Winter Frozen **23 November**	All welcome
	1:30pm	2:30pm	Music and Rhyme **30 November**	All welcome
Tuesdays	10am	11am	Introduction to Solids **3 November**	Referral only
	11am	Midday	Just for Dads **17 November**	All Dads welcome
	1:30pm	2:30pm	Stay and Play – Shiny Fireworks **3 November**	All welcome
	1:30pm	2:30pm	Let's Talk with Your Baby – Let's Look and Make Noise **17 November**	All welcome

	1:30pm	2:30pm	Light and Sensory **24 November**	All welcome
	1:30pm	3pm	Parent/Carer Panel Coffee Information afternoon **24 November**	All welcome
Wednesdays	9:30am	10:15am	Story time and rhymes **11 and 25 November**	All welcome
	1pm	2.30pm	Parent/Carer Panel Information Session – Online **4 November**	Book in advance – contact Angie 07894 710373 aholland@thurrock.gov.uk
	1:30pm	3pm	Baby Weighing Clinic	Drop in
	1:30pm	3pm	Stay and Play (0 to 2 years)	All welcome
Thursdays	10am	11am	Diwali Festival of Light **5 November**	All welcome
	10am	11am	Stay and Play – Winter Crafts **26 November**	All welcome
	10:30am	1:30am	Stay and Play – Soft and Sensory **19 November**	Book in advance
	11am	1pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0 to 2 years) and parents to be **26 November**	All welcome
	Midday	3pm	Mum's Hub	Referral only
Fridays	10am	11am	Time for you and baby too	All welcome
	1:30pm	2:30pm	Baby Massage **6 and 13 November**	Book in advance
	1:30pm	2:30pm	Baby story time **20 November**	All welcome
	1:30pm	4pm	Family Hub Information Session **13 and 27 November**	Drop in

Best Start in Life - 12 to 24 months

Mondays	9:15am	10:15am	Stay and Play	All welcome
Tuesdays	11am	Midday	Just for Dads **17 November**	All Dads welcome
	1:30pm	2:30pm	Stay and Play **3 and 17 November**	All welcome
	1:30pm	2:30pm	Winter Crafts **24 November**	All welcome
	1:30pm	3pm	Parent/Carer Panel Information Coffee Afternoon **24 November**	All welcome
Wednesdays	9am	1pm	Development Checks	Referral only
	10:30am	11:15am	Story time and rhymes **11 and 25 November**	All welcome

	1pm	2.30pm	Parent/Carer Panel Information Session – Online **4 November**	Book in advance – contact Angie 07894 710373 aholland@thurrock.gov.uk
	1:30pm	3pm	Baby Weighing Clinic	Drop in
	1:30pm	3pm	Start for Life - Stay and Play (0 to 2 years)	All welcome
Thursdays	11am	1pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0 to 2 years) and parents to be **26 November**	All welcome
	Midday	3pm	Mum's Hub	Referral only
	1:30pm	2:30pm	Stay and Play – Fireworks theme **5 November**	All welcome
	1:30pm	2:30pm	Children in Need – Bedtime Story Read and Rave **12 November**	Book in advance
	1:30pm	2:30pm	Stay and Play - Soft and Sensory **19 November**	Book in advance
	1:30pm	2:30pm	Stay and Play **26 November**	All welcome
Fridays	10am	11am	Time for you and baby too	All welcome
	1:30pm	2:30pm	Diwali – Festival of Light **6 November**	All welcome
	1:30pm	2:30pm	Stay and Play - Fun with crafts **20 November**	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	All welcome
	1:30pm	2:30pm	Garden Fun – Spring planting **2 November**	All welcome
Tuesdays	9:15am	10:15am	Chatterbox	Referral only
	10am	11am	Make your own story sack Delivered by Thurrock Adult Community College **24 November**	Book in advance Quote Code - FL5045Y26
	11am	Midday	Just for Dads **17 November**	All Dads welcome
	1pm	3pm	School application drop in Advice and guidance around applying for your child's primary school place **10 November**	Drop in
	1:30pm	2:30pm	Soft Play Fun **24 November**	Book in advance
Wednesdays	9am	1pm	Development Checks (24 to 36 months)	Referral only
	9:30am	10:30am	ESOL **4, 11 and 25 November**	All welcome
	9:30am	11:30am	Fussy Eating Workshop **18 November**	Book in advance

	10:30am	11:15am	Story time and rhymes **11 and 25 November**	All welcome
	1pm	2pm	Stay and Play **4 and 11 November**	All welcome
	1pm	4pm	Development Checks (24 to 36 months)	Referral only
Thursdays	9:30am	10am	Outside Play (weather permitting) **5, 12, 19 and 26 November**	All welcome
	10am	11am	Chat, Play and Grow **5, 12, 19 and 26 November**	All welcome
	1:30pm	2:30pm	Children in Need – Bedtime Story Read and Rave **12 November**	Book in advance
	1:30pm	2:30pm	Decorating Cakes and Biscuits **19 November**	Book in advance
	1:30pm	2:30pm	Bring a Story to Life – Owl Babies **26 November**	Book in advance
Fridays	10am	11am	Diwali – Festival of Light **6 November**	All welcome
	10:30am	11:30am	Stay and Play – Children in Need **13 November**	All welcome
	10:30am	11:30am	Stay and Play – Sand and Water **20 November**	All welcome
	1pm	2pm	Messy Play Delivered by Thurrock Adult Community College **27 November**	Book in advance Quote Code - FL5046Y26
	1:30pm	2:30pm	SEND – Just for You – Children in Need **13 November**	All welcome
	1:30pm	2:30pm	SEND – Just for You **6, 20 and 27 November** **Aladdin's Cave – Toy Library and Resource Hire – will be attending on 20 November**	All welcome

5 to 19 years

Mondays	3:30pm	4:30pm	Construction (4 to 8 years) **23 November**	Book in advance
	3:30pm	4:30pm	Making Slime (4 to 8 years) **30 November**	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) **25 November**	Book in advance
Thursdays	3:30pm	4:30pm	Fireworks and Diwali (4 to 8 years) **5 November**	Book in advance
	3:30pm	4:30pm	Children in Need crafts (4 to 8 years) **12 November**	Book in advance
	3:30pm	4:30pm	Winter Crafts (4 to 8 years) **26 November**	Book in advance

General Family Hub Support Services

Mondays	9am	Midday	Antenatal Bloods	Book in advance
	9am	4pm	Children's Continence Advisor **9 November**	Referral only
	9am	4pm	Parental Outreach Advice Session **30 November**	Drop in
	9:30am	4pm	Sensory Room	Book in advance
	10am	2pm	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) **16 November**	Drop in
	10am	4pm	Soft Play room	Book in advance
	10am	4:30pm	Substance Misuse Drop in service 18+ years	Drop in - Lorraine 07485359896
	Midday	4:30pm	New Born Screening	Book in advance
	1pm	2:30pm	Making Marks Postnatal Psychotherapy Group	Referral only
	1pm	4pm	Stop Smoking Midwife	Drop in
	1pm	5pm	New Born Screening	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 **10 November**	Referral only
	9:30am	4pm	Sensory Room	Book in advance
	10am	1pm	One Community – Digital Bridges **3, 10, 17 and 24 November**	Referral only
	10am	4pm	Soft Play room	Book in advance
	10:30am	Midday	EPEC – Being a Parent Group Online Information session for parents with children 2 to 11 years **24 November**	Book in advance Contact Angie 07894 710373 aholland@thurrock.gov.uk
	Midday	4:30pm	New Born Screening	Book in advance
	1:30pm	3pm	Benefit Help and Advice **24 November**	Book in advance
	3pm	4pm	Essentials Bank	Drop in
Wednesdays	9am	Midday	Speech and Language Clinic **18 November**	Book in advance nem-tr.drop-in@nhs.net
	9am	4pm	MMR Immunisations **11 November**	Referral only
	9am	4pm	BCG Immunisations **25 November**	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 **5, 12, 19 and 26 November**	Drop in
	10am	4pm	Soft Play Room	Book in advance
	3pm	4pm	Essentials Bank	Drop in
Fridays	9am	Midday	Antenatal Bloods	Book in advance
	9am	4.30pm	Speech and Language Therapy **6, 13, 20 and 27 November**	Referral only
	9:30am	4pm	Sensory Room	Book in advance
	10am	1:15pm	Soft Play room	Book in advance
	1pm	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/thurrockschildrenscentres

Are you registered with the Family Hub? If not, you can do this online
www.thurrock.gov.uk/family-hubs