

Thurrock Council – Children's centre activities

What we offer

Activity	Description	Ages	Sessions	Run by	Booking
Stay and play	Fun activities for you and your baby. The sessions promote social skills and stimulation to support your baby's development. The session also aims to offer ideas to support your child's learning at home.	0 to 12 months	Individual sessions	Children's centre staff	All welcome – no need to book
Stay and play	Fun activities for you and your child. The sessions promote social skills and stimulation to support your child's development. The session also aims to offer ideas to support your child's learning at home.	12 to 24 months	Individual sessions	Children's centre staff	All welcome – no need to book
Stay and play	Fun activities for you and your child. The sessions promote social skills and stimulation to support your child's development. The session also aims to offer ideas to support your child's learning at home.	24 to 60 months	Individual sessions	Children's centre staff	All welcome – no need to book
Play and learn	A structured 4-week programme for families to support their child's learning through play. The sessions will also provide you with ideas on how to support your child's learning at home.	24 to 60 months	4 week programme	Children's centre staff	Contact the children's centre
Baby massage	The baby massage course offers a wonderful opportunity for you to bond and learn how to communicate with your baby through nurturing touch and massage in a relaxed and welcoming environment.	0 to 12 months	5 week programme	Children's centre staff	Contact the children's centre

Activity	Description	Ages	Sessions	Run by	Booking
Fun, food and fitness	Fun, physical activities and ideas to keep your child healthy and fit. An opportunity for your child to try different types of food each week and for parents to receive advice on healthy eating including fussy eating and portion sizes.	18 to 60 months	4 week programme	Children's centre staff	Contact the children's centre
Fun, food and fitness	Fun, physical activities and ideas to keep your child healthy and fit. An opportunity for your child to try different types of food each week and for parents to receive advice on healthy eating including fussy eating and portion sizes.	5 to 11 years	4 week programme	Children's centre staff	Contact the children's centre
Empowering parents, empowering communities	Empowering parents, empowering communities (EPEC) is a parenting group delivered by parents to parents. Parents will learn how to use a range of parenting skills, understand their children's feelings and develop a closer parent-child relationship.	Parents and carers with children aged 2 to 11 years	8 week programme	EPEC parent facilitators	Contact the children's centre
Patch parenting	A parenting course that provides support with everyday challenges of parenting young children. The sessions will cover topics such as being a parent, play, temper tantrums and praise. Parents have the opportunity to discuss other areas of concern if they wish to do so.	Parents and carers with children aged 18 to 60 months	4 week programme	Children's centre staff	Contact the children's centre
Pyramid parenting	A parenting course that raises parents' awareness of the role they play in promoting a positive self-image and resilience in their children. The course provides parents with knowledge, skills and positive experiences to enhance their relationship with their children.	Parents and carers with children aged 5 to 11 years	4 week programme	Children's centre staff	Contact the children's centre

Activity	Description	Ages	Sessions	Run by	Booking
Chatterbox	A structured language group running for six to eight weeks providing support, advice and guidance to help your child develop their communications skills.	18 to 60 months	6 to 8 week programme	Children's centre staff	By referral only – contact the children's centre
Bookstart corner	A Booktrust programme to support families to develop a love of stories, books and rhymes to help their children's early reading skills.	18 to 60 months	4 week programme	Children's centre staff	Contact the children's centre
Let's talk with your baby	A programme to promote positive adult-child interaction and communication skills, attachment, stimulation in a rich environment through interactive, fun activities.	0 to 12 months	4 week programme	Children's centre staff	Contact the children's centre
Let's talk with your toddler	A programme to support your child's communication and language skills, including advice and strategies you can use in the home.	12 to 24 months	6 week programme	Children's centre staff	Contact the children's centre
Speech and language drop-in	Speech and language therapists will be available to provide advice and support to families who feel their child might be experiencing some delay in their speech and language development.	18 to 60 months	Individual sessions	Speech and Language Therapists	All welcome – no need to book
Language-focused play	An evidence-based therapy for children with expressive or receptive language delay.	24 to 60 months	Individual sessions	Speech and Language Therapists	By referral only – contact the children's centre
Early interaction advice sessions	These sessions provide parents with practical strategies to use at home to help their children develop early interaction skills and social skills, including attention and listening, eye contact, turn taking, copying and body language.	24 to 60 months	Individual sessions	Speech and Language Therapists	By referral only – contact the children's centre
Phonics workshop	A 1-hour workshop to help parent and carers develop their children's early reading and writing skills.	36 to 60 months	Individual sessions	School Improvement Team officer	Contact the children's centre

Activity	Description	Ages	Sessions	Run by	Booking
Anglian water – keep it clear	Sessions to support families to learn about the correct disposal of waste, such as fats, oil, grease and un-flushable items, wipes, nappies and sanitary waste and to support financial awareness by avoiding big repair bills.	0 to 60 months	Individual sessions	Anglian Water	Contact the children's centre
Child minder-led sessions	Sessions led by child minders to support children's learning and development who are in the care of a child minder.	0 to 11 years	Individual sessions	Child minders	Contact the children's centre
Special events	Events throughout the year to support families with learning and playing with their children.	0 to 11 years	Individual sessions	Children's centre staff	Contact the children's centre

Special educational needs and disabilities (SEND)

Activity	Description	Ages	Sessions	Run by	Booking
SEND attention deficit hyperactivity disorder (ADHD) group	This group supports parents with children who have attention deficit hyperactivity disorder (ADHD), attention deficit disorder (ADD), Asperger syndrome (AS) and autistic spectrum disorders.	Parents and carers of children aged 0 to 19 years	Individual sessions	Prevention and Support Service (PASS)	Contact the children's centre
SEND early years communication group for sensory impaired children	A session for families with children who have hearing impairment or visual impairment.	0 to 60 months	Individual sessions	Thurrock Sensory Service staff	By referral only – contact the children's centre
SEND 'Just for You' stay and play group	An informal play and activity session for children with additional support needs. The sessions have visitors from other services and support agencies.	0 to 60 months	Individual sessions	Children's centre staff	All welcome – no need to book
SEND Parent Advisory Team Thurrock (PATT) drop-in	Staff from Parent Advisory Team Thurrock (PATT) will be available to offer advice and support with issues around education, in particular special educational needs support, education health and care plan, annual reviews, exclusion from school.	Parents and carers of children aged 0 to 25 years, with their child or young person	Individual sessions	Parent Advisory Team Thurrock (PATT)	All welcome – no need to book
SEND CaPa group	A session for parents and carers to meet other parents and carers of children with difficulties and support each other.	Parents and carers of children aged 0 to 25 years, with their child or young person	Individual sessions	Parent Advisory Team Thurrock (PATT)	All welcome – no need to book

Health support

Activity	Description	Ages	Sessions	Run by	Booking
Midwife clinic	Pre-natal checks, advice and support.	Ante-natal, up to birth	Individual sessions	Midwife	Contact your midwife
Teenage midwife clinic	Pre-natal checks, advice and support.	Ante-natal, up to birth for women under the age of 19	Individual sessions	Midwife	Contact your midwife
Parents First – breastfeeding support	Support and information on pregnancy, birth and becoming a parent, provided by other parents. This is for families who are due to have a baby and will become parents for the first time.	Ante-natal, 3 to 6 months	Individual sessions	Parents First peer support workers	All welcome – no need to book
Antenatal blood screening	Blood screening for those in the early stages of pregnancy.	Ante-natal, up to 10 weeks	Individual sessions	Community Maternity Assistants	Via Community Maternity Assistants
Glucose tolerance test (GTT)	Glucose tolerance test (GTT) blood screening.	Ante-natal, 24 to 28 weeks, if applicable	Individual sessions	Community Maternity Assistants	Via Community Maternity Assistants
Blood tests at 28 weeks	Blood screening	Ante-natal, at 28 weeks	Individual sessions	Community Maternity Assistants	Via Community Maternity Assistants
New born screening	Includes baby weighing heel-prick blood test for babies.	Post-natal, from day 5 to day 8	Individual sessions	Community Maternity Assistants	Contact your midwife or Community Maternity Assistants

Activity	Description	Ages	Sessions	Run by	Booking
Introduction to solids	A programme to support parents and carers with introducing solid foods to their baby.	0 to 8 months	Individual sessions	Health service nursery nurses	Contact the children's centre
Infant feeding	Support sessions for you to discuss any matters relating to feeding your baby – for example, breastfeeding, formula feeding and introducing solid foods.	0 to 12 months	Individual sessions	Health visitors	Contact the children's centre
Child health clinic (baby weighing)	Baby weighing and support, advice and guidance on your child's health.	0 to 60 months	Individual sessions	Health visitors	Contact the children's centre
1 and 2 year-old developmental assessments checks	Health and development assessment to check your child's weight, height, learning, diet and behaviour.	12 to 24 months	Individual sessions	Health visitors	Contact the children's centre
Dental sessions	Sessions to help families gain knowledge and understanding about supporting their children with good dental hygiene the frequency of sugars, the importance of brushing teeth and how to manage dental visits.	0 to 60 months	Individual sessions	Children's centre staff	Contact the children's centre
Child immunisations	Vaccinations for school-age children.	4 to 11 years	Individual sessions	Immunisation team	Contact the children's centre
Sexual health and well-being drop-in	One-to-one advice and guidance service provided by specialists for anyone needs information about their sexual health and well-being.	13 to 25 years	Individual sessions	Brook Education health and well-being specialists	All welcome – no need to book

Parents and carers sessions

Activity	Description	Sessions	Run by	Booking
Adult and family learning courses	Accredited and non-accredited training courses which aim to help families return to volunteering and/or employment	Individual to each course	Thurrock Adult Community College and Children's centre staff	Contact the children's centre
English for speakers of other languages (ESOL) conversation club	A club for parents and carers to develop their speaking and listening skills in English with friends.	4 week programme	Children's centre staff	Contact the children's centre
Go girls	A programme offering practical approaches for supporting girls' emotional development and building their self-esteem. Packed with ideas for activities, exercises, group-work, games and helpful hints on supporting girls' and young women's personal development.	4 week programme	Children's centre staff	Contact the children's centre
Parent Outreach service	Parent Outreach workers provide high quality support and parental outreach services to families in their own home with a series of home visits. Parent Outreach workers will also support parents to access and use services at the children's centre and in the community.	Visits to the home	Children's centre staff	Contact the children's centre
PEEP	A programme to support parents and carers to value and build on the home learning environment and relationships with their children, by making the most of everyday learning opportunities – listening, talking, playing, singing and sharing books and stories together.	6 week programme	Children's centre staff	Contact the children's centre
Volunteering project	If you would like to volunteer at a children's centre, contact us to find out how.	A range of opportunities	Children's centre staff	Contact the children's centre
Food bank vouchers	Contact your local children's centre to speak to a member of staff. They can arrange a visit and give more information.	Visit and information	Children's centre staff	Contact the children's centre

Services to which we refer

Activity	Description	Sessions	Run by	Booking
Benefits advice	Supporting council tenants who have rent arrears and are struggling financially.	Individual sessions	Thurrock Council	Contact the children's centre
Careers advice	Children's centres work in partnership with careers advice providers to offer information, advice and guidance that can support families wishing to return to work.	Individual sessions	Thurrock Council	Contact the children's centre
Employment and work-related support	Offering community-based employment, plus work-related support and guidance, to help people aged 18 years-old and above towards getting into paid employment, volunteering, training or education.	Individual sessions	Thurrock Council	Contact the children's centre
Housing Solutions	For anyone 16 years-old or above who is at risk of homelessness. These sessions include an assessment of housing needs, provision of housing advice and sign-posting to relevant services.	Individual sessions	Thurrock Council	Contact the children's centre
Local Area Coordinators (LACs)	LACs help people find ways to make a better life. Based in towns and villages around Thurrock, they know the local people – those who need help, and those who can offer different types of help.	Individual sessions	Thurrock Council	Contact the children's centre
Thurrock Carers Service	Information, advice and support for unpaid carers who care for someone in Thurrock. Sessions offer help with carer assessments, signposting to relevant organisations, support groups, respite, training, counselling, returning to work and volunteering.	Individual sessions	Thurrock Council	Contact the children's centre
Thurrock Healthy Lifestyles Service	Supporting adults who may need health improvement intervention. Includes mental health screening, alcohol and consumption screening. The main programmes are smoking cessation, weight management and NHS health checks.	A range of sessions is available	Thurrock Council	Contact the children's centre
Well Homes	Improving the health and wellbeing of Thurrock homeowners and non-council tenants by providing support with repairs and safety in the home, and offering referrals to a range of health and lifestyle services.	A range of support is available	Thurrock Council	Contact the children's centre

Activity	Description	Sessions	Run by	Booking
Breastfeeding Reassurance and Support (BRAS)	A support group for new parents or families who are due to have their baby.	Individual sessions	Qualified volunteers	Contact the children's centre
Citizens Advice	Free, confidential information and advice to assist people with money, legal, consumer and other problems.	Individual sessions	Citizen's Advice staff	Contact the children's centre
Domestic abuse and violence support	Supporting victims – female and male – of domestic abuse and violence.	Drop-in sessions, with help and advice given by phone	Changing Pathways	01268 729 707
Emotional wellbeing and mental health service (EWMHS)	You can ask for support if at any time you feel you can't cope with life and the things around you.	Individual sessions	NHS North East London Foundation Trust (NELFT)	Contact the children's centre
Job Centre Plus	Information, advice and guidance for families who have children aged 0 to 5 years-old and who receive working-age benefit. Appointments with a work coach are on an individual basis.	Individual sessions	Job Centre Plus work coaches	Contact the children's centre
Mind – the mental health charity	Counselling services are available to make sure no one has to face a mental health problem alone.	Individual sessions	Mind	Contact the children's centre
On Track	A programme to for 16 to 29 year-olds to support families back into training and employment through individual sessions and mentoring support.	Individual sessions	The Consultancy Home Counties (TCHC) Ltd	Contact the children's centre

Activity	Description	Sessions	Run by	Booking
Parenting programmes	Helping parents who need additional support with parenting – parents of children aged 0 to 19 years.	13 week programme	Coram	By referral via Children's Services – discuss with staff at children's centre
Royal Opera House	The Royal Opera House offers a range of opportunities for residents to engage with and contribute to Thurrock arts, such as joining the community chorus or volunteering.	Individual sessions	Royal Opera House staff	Contact the children's centre
St Luke's Hospice bereavement service	A bereavement and counselling support service for young people.	Individual sessions	St Luke's Hospice	Contact the children's centre
St Mungo's floating support service	St Mungo's helps people recover from the issues that create homelessness, such as rent arrears, debt and benefits, and support families with employment and education.	Individual sessions	St Mungo's staff	Contact the children's centre
Sexual abuse and violence support	Supporting victims of sexual abuse and violence.	A range of support is available	South Essex Rape and Incest Crisis Centre (SERICC)	01375 380 609
Wize-Up	Substance misuse service that supports young people who use substances, or whose lives are affected by parents or carers who use substances.	Structured and hidden-harm interventions	Wize-Up recovery workers	Contact the children's centre

Work placements

Activity	Description	Sessions	Run by	Booking
Prince's Trust programmes	The Prince's Trust provide free programmes that give young people the practical and financial support they need to stabilize their lives. The Prince's Trust helps them develop key skills while boosting their confidence and motivation. The Children's Centres support the Prince's Trust programmes by having work placements/volunteer opportunities.	Arranged according to individual needs	Prince's Trust	Contact the children's centre
The Consultancy Home Counties (TCHC) Ltd	TCHC is a private company that runs government programmes to help families back into employment. We work in partnership with them, with children's centres supporting work placements and opportunities to volunteer.	Arranged according to individual needs	TCHC	Contact the children's centre