


# Tilbury Family Hub

London Road, Tilbury, RM18 8EY  
Email: [TilburyFH@thurrock.gov.uk](mailto:TilburyFH@thurrock.gov.uk)

Phone: 01375 858 243



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

## What's on in April 2026

### Start for 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
	10am	11:30am	Big Love (Stay and Play) Supporting Young Parents (14 to 21 years) <b>13, 20 and 27 April</b>	All welcome. For more information call 07427578058
	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. <b>13 April</b>	All welcome
	1:30pm	2:30pm	Baby Massage	Book in advance
	1:30pm	2:30pm	Start for Life – Messy Play <b>13 April</b>	Book in advance
	1:30pm	2:30pm	Start for Life – Music and Rhyme <b>20 April</b>	All welcome
	1:30pm	2:30pm	Start for Life – Stay and Play – Colours <b>27 April</b>	All welcome
Tuesdays	10am	11am	Introduction to Solids <b>7 April</b>	Referral only
	10am	11am	Start for Life - Soft Play <b>7 April</b>	Book in advance
	1pm	4pm	Family Hub Information Session <b>21 April</b>	Drop in
	1:30pm	2:30pm	Start for Life – Explore nature and natural <b>14 April</b>	All welcome
Wednesdays	9:30am	10:15am	Story time and rhymes <b>15 and 29 April</b>	All welcome
	10am	11:30am	Parent Carer Panel <b>20 April</b>	Referral only
	1:30pm	3pm	Baby Weighing Clinic	Drop in
	1:30pm	3pm	Start for Life - Stay and Play (0 to 2 years) <b>1, 8, 15 and 22 April</b>	All welcome

Thursdays	10am	11:30am	Easter Special (0 to 11 years) <b>2 April</b>	Book in advance
	10:30am	11:30am	Start for Life – Stay and Play - Purple theme <b>16 April</b>	All welcome
	10:30am	11:30am	Start for Life – Stay and Play – Shiny theme <b>23 April</b>	All welcome
	10:30am	11:30am	Start for Life – Messy play <b>30 April</b>	Book in advance
	11am	Midday	Start for Life - Just for Dads <b>9 April</b>	All Dads 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 <b>30 April</b>	All welcome
	Midday	3pm	Mum’s Hub	Referral only
	1:30pm	3pm	Easter Special (0 to 11 years) <b>2 April</b>	Book in advance
Fridays	10am	11am	Time for you and baby too	All welcome
	1:30pm	2:30pm	Let’s Talk with Your Baby <b>17 and 24 April</b>	Book in advance

## Start for Life - 12 to 24 months

Mondays	9:15am	10:15am	Start for Life - Stay and Play <b>13, 20 and 27 April</b>	All welcome
	10:15am	11am	Start for Life – Music, Movement and Rhymes <b>20 April</b>	All welcome
	10:15am	11am	Start for Life – Soft Play <b>27 April</b>	Book in advance
Tuesdays	10am	11am	Start for Life – Soft Play <b>7 April</b>	Book in advance
	1:30pm	2:30pm	Start for Life – Let’s Talk with Toddler <b>21 and 28 April</b>	Book in advance
Wednesdays	9am	1pm	Development Checks	Book in advance
	10:30am	11:15am	Story time and rhymes <b>15 and 29 April</b>	All welcome
	1:30pm	3pm	Baby Weighing Clinic	Drop in
	1:30pm	3pm	Start for Life - Stay and Play (0 to 2 years) <b>1, 8, 15 and 22 April</b>	All welcome
Thursdays	10am	11:30am	Easter Special (0 to 11 years) <b>2 April</b>	Book in advance
	11am	Midday	Start for Life - Just for Dads <b>9 April</b>	All Dads 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 <b>30 April</b>	All welcome
	Midday	3pm	Mum’s Hub	Referral only

	1:30pm	2:30pm	Start for Life – Stay and Play <b>9, 16, 23 and 30 April</b>	All welcome
	1:30pm	3pm	Easter Special (0 to 11 years) <b>2 April</b>	Book in advance
Fridays	10am	11am	Time for you and baby too	All welcome

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

### 24 to 60 months

Mondays	9:45am	10:45am	Bookstart Pre-school (36 to 60 months) <b>13 April</b>	Book in advance
	10am	10:45am	Outside Play (weather permitting) <b>13 April</b>	All welcome
	10:45am	11:45am	Stay and Play <b>13, 20 and 27 April</b>	All welcome
	11:45am	12:30pm	Music, Movement and Rhymes <b>20 April</b>	All welcome
	11:45am	12:30pm	Soft Play <b>27 April</b>	Book in advance
	1:30pm	2:30pm	Garden Group <b>13, 20 and 27 April</b>	All welcome
Tuesdays	9:15am	10:15am	Chatterbox	Referral only
	1pm	2pm	Soft Play <b>7 April</b>	Book in advance
Wednesdays	9am	1pm	Development Checks (24 to 36 months)	Book in advance
	9:30am	10:30am	ESOL – Stay and Play <b>15, 22 and 29 April</b>	All welcome
	10am	11am	Family Learning – Easter Crafts (4 to 8 years) (delivered by Thurrock Adult Community College) <b>1 April</b>	Book in advance 01375 372476
	10:30am	11:15am	Story time and rhymes <b>15 and 29 April</b>	All welcome
	1pm	2pm	Stay and Play <b>15, 22 and 29 April</b>	All welcome
Thursdays	10am	11:30am	Easter Special (0 to 11 years) <b>2 April</b>	Book in advance
	10am	11am	Messy Play <b>30 April</b>	Book in advance
	11am	Midday	Just for Dads <b>9 April</b>	All welcome
	1pm	2pm	Language Focussed Play <b>23 April</b>	Book in advance
	1:30pm	2:30pm	Outside Play (weather permitting) <b>30 April</b>	All welcome
	1:30pm	3pm	Easter Event (0 to 11 years) <b>2 April</b>	Book in advance

Fridays	10am	11am	Outside Play (weather permitting) <b>10 April</b>	All welcome
	10am	11am	Fun with Sand and Water <b>17 April</b>	All welcome
	10am	11am	Fun with Painting and Printing <b>24 April</b>	All welcome
	1:30pm	2:30pm	SEND – Just for You <b>Aladdin's Cave - Toy library and resource hire - will be attending on 17 April</b>	All welcome

## 5 to 19 years

Mondays	3:30pm	4:30pm	Outside Play (4 to 8 years) <b>13, 20 and 27 April</b>	All welcome
Tuesdays	9:30am	4:30am	Child and Mental Health Services (CAMHS) 0-19 Years and up to 25 for SEND	Referral through service only
	3:30pm	4:30pm	Outside Play (4 to 8 years) <b>14 April</b>	All welcome
	3:30pm	4:30pm	Big Cook Little Cook (4 to 8 years) <b>21 April</b>	Book in advance
	4pm	5:30pm	Young Carers (4 to 8 years) <b>21 and 28 April</b>	Referral only
Wednesdays	10am	11am	Family Learning – Easter Crafts (4 to 8 years) (delivered by Thurrock Adult Community College) <b>1 April</b>	Book in advance 01375 372476
	3:30pm	4:30pm	Outside Play (4 to 8 years) <b>15 April</b>	All welcome
	3:30pm	4:30pm	After School – Chocolate Nest Making (4 to 8 years) <b>22 April</b>	Book in advance
	3:30pm	4:30pm	After School – Making Playdough and Slime (4 to 8 years) <b>29 April</b>	Book in advance
Thursdays	10am	11.30am	Easter Event (0 to 11 years) <b>2 April</b>	Book in advance
	1:30pm	2:30pm	Easter Event (0 to 11 years) <b>2 April</b>	Book in advance
	3:30pm	4:30pm	Outside Play (4 to 8 years) <b>16 and 23 April</b>	All welcome
Fridays	3pm	4pm	Outside Play (4 to 8 years) <b>17 April and 24 April</b>	All welcome

## General Family Hub Support Services

Mondays	9am	4pm	Midwife	Book in advance
	9am	4pm	Children's Continence Advisor <b>13 April</b>	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) <b>20 April</b>	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 <b>21 April</b>	Referral only
	9:30am	4pm	Sensory Room	Book in advance
	10am	12:30pm	EPEC – Living with a Teenager (Parents of children 11 – 16 years) <b>14, 21 and 28 April</b>	Book in advance 01375 858243
	10am	4pm	Soft Play room	Book in advance
	Midday	4:30pm	New Born Screening	Book in advance
	3pm	4pm	Essentials Bank	Drop in
	4pm	5pm	Stay Safe Group	Referral only
Wednesdays	9am	Midday	Speech and Language Clinic <b>15 April</b>	Book in advance Drop-in@nelft.nhs.uk
	9am	4pm	BCG Immunisations <b>1, 8 and 22 April</b>	Referral only
	9am	4pm	RSV/MMR Immunisations <b>1, 15 and 29 April</b>	Referral only
	9am	4pm	Midwife	Book in advance
	9am	4pm	Counselling (Thurrock Inclusion)	Referral only
	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	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 <b>16, 23 and 30 April</b>	Drop in
	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](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 Facebook for information:

[www.facebook.com/groups/thurrockschildrenscentres](https://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](http://www.thurrock.gov.uk/family-hubs)