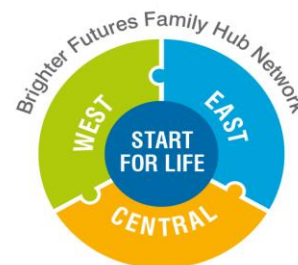


Ockendon Family Hub

2a Afton Drive, South Ockendon, RM15 5PA
Email: ockendoncc@thurrock.gov.uk Phone: 01375 413 936



 thurrock.gov.uk

What's on in July 2025

0 to 12 months:

Days of the week	Start	End	Activity	How to join in
Mondays	10:30am	11:30am	Time for you and baby too 7, 14, 21 and 28 July	All welcome
	11am	Midday	Baby Massage 7, 14 and 28 July	Book in advance
Tuesdays	1:30pm	2:30pm	SEND – Just for You 8, 15 and 22 July	All welcome
	5pm	7:30pm	Dads Paediatric First Aid 22 July	Book in advance
Wednesdays	Midday	2pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage (0-24 months and parents to be) 16 July (every 3 rd Wed in the month - term time only)	All welcome
Thursdays	1:30pm	2:30pm	Start for Life - Stay and Play 10, 17, 24 and 31 July	All welcome
Fridays	11am	Midday	Start for Life: Sensory Play 18 and 25 July	Book in advance
	1:30pm	2:30pm	Just for Dads 18 July	All Dads welcome

12 to 24 months:

Mondays	10:30am	11:30am	Time for you and baby too 7, 14, 21 and 28 July	All welcome
Tuesdays	11am	Midday	Messy Play 8, 15, 22 and 29 July	All welcome
	1:30pm	2:30pm	SEND – Just for You 8, 15 and 22 July	All welcome
	5pm	7:30pm	Dads Paediatric First Aid 22 July	Book in advance
Wednesdays	Midday	2pm	B3 – Birth, Bumps and Belonging A safe space for parents of Afro Caribbean heritage 16 July (every 3 rd Wed in the month - term time only)	All welcome
Thursdays	9:15am	10:15am	Start for Life - Stay and Play 10, 17, 24 and 31 July	All welcome
Fridays	1:30pm	2:30pm	Just for Dads 18 July	All Dads welcome

Services and activities for parents and children aged 2-19 years 24 to 60 months:

Mondays	9am	10am	Chatterbox 7, 14, 21 and 28 July	Referral only
	1:30pm	2:30pm	Garden Group 7, 14, 21 and 28 July	All welcome
Tuesdays	9:15am	10:15am	Bring a story to life 8, 15, 22 and 29 July	All welcome
	11am	Midday	Messy Play 8, 15, 22 and 29 July	All welcome
	1:30pm	2:30pm	SEND – Just for You 8, 15 and 22 July	All welcome
	1:30pm	2:30pm	Garden Group 29 July	All welcome
	5pm	7:30pm	Dads Paediatric First Aid 22 July	Book in advance
Wednesdays	9am	10am	Chatterbox 2, 9, 16, 23 and 30 July	Referral Only
	10:30am	11:30am	Chatterbox 2, 9, 16, 23 and 30 July	Referral Only
	1:30pm	2:30pm	Simple Science Course Code: FL5091Y24 9 July	Call 01375 372476, press option 1 and quote course code
Thursdays	11am	Midday	Start for Life - Stay and Play 10, 17, 24 and 31 July	All welcome
Fridays	9:15am	10:15am	Fun with Small World 18 and 25 July	All welcome
	1:30pm	2:30pm	Just for Dads 18 July	All Dads welcome
	1:30pm	2:30pm	Ready, Steady, School (36 to 60 months) 25 July	Book in Advance

5-19 years:

Tuesday	5pm	7:30pm	Dads Paediatric First Aid 22 July	Book in advance
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Wednesdays	4pm	5:30pm	Young Carers (4-8 years) 9 and 16 July	Referral only
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General Family Hub Support Services:

Mondays	9am	3pm	Children's Occupational Therapy Pre-school Clinic (every 3 rd Monday in each month) 21 July	Book in advance by email: childrensotdropin@nelft.nhs.uk
	1:30pm	2:30pm	Behaviour Workshop 7 July	Referral Only
Tuesdays	9am	5pm	Brook Sexual Health Clinic	Prebooked appointments from our website: www.brook.org.uk/thurrock
	10:30am	Midday	Thurrock Virtual School: Information, advice and guidance on education matters and supporting children in education (Parents of 2 to 18 year olds) 29 July	Drop in
	10am	Midday	Parent/Carer Panel 22 July	Call to book your place: 07894 710373
	5pm	7:30pm	Dads Paediatric First Aid 22 July	Book in advance
Wednesdays	9am	5pm	Midwife appointments	Book in advance
	9am	Midday	Infant Feeding Advice and Support	Book in advance 0300 300 1999
	9:30am	4pm	1- and 2-year development checks	Book in advance 0300 300 1999
	1pm	3:30pm	Speech and Language Clinic 23 July (4 th Wednesday in every month)	Appointments only by email: Drop-in@nelft.nhs.uk
Thursdays	9am	5pm	Midwife appointments	Book in advance
	9am	5pm	Parent Outreach Advice Session 3 July	Book in advance
	9am	11:15am	Antenatal Blood Tests	Book in advance with your midwife
	1pm	5pm	Newborn Screening	Book with your midwife
Fridays	9am	4pm	Midwife appointments	Book in advance
	9am	4pm	Parent Outreach Advice Session 18 July	Book in advance
	10am	3pm	Substance Misuse Drop in service 18+ years	Drop in with Lorraine 07485359896

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/thurrockchildrenscentres

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