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FREE activity

LC

Low costing:  
£5 or under per session

# Free & Low Cost Physical Activities in Thurrock



Developed &  
updated by

Thurrock  
CVS

FIND  
YOUR  
ACTIVE

THURROCK

*While every effort is made to ensure the information in this booklet is accurate, please note changes may have occurred which we are not aware of*

*For your content to be added or amended please contact  
[Melissa.Huggins@thurrockcvs.org](mailto:Melissa.Huggins@thurrockcvs.org)*

# Children & Young People's Activities 1/4

LC

## Children's Dance, Drama and Singing classes



Wednesday  
Babies 18 months-3 years  
5:00-5:30pm Mixed styles

Sparkle & shine ages 5-11 years  
5:00pm-5:45pm  
SEND dance class

Junior street Ages 7-11 years  
5:00pm-6:15pm

Senior street ages 12-16 years  
6.15pm-7:00pm

Saturday  
Minis ages 3-6 years  
9.30am-11.15am  
Street, tap, ballet, singing, drama,  
acrobatics and musical theatre

Juniors and seniors acro  
Ages 7-16 years  
9:30am-10:15am

Junior & Senior ages 7-16 years  
10:30am-12:30pm Musical theatre,  
tap, ballet and singing

For more information and to book please  
contact: [jtdofperformingarts@hotmail.co.uk](mailto:jtdofperformingarts@hotmail.co.uk)

Grays

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## Youth Programmes

All programmes are term time



For more information please get in touch with Rio:  
[jodeku@riverview.org.uk](mailto:jodeku@riverview.org.uk) | 07376 955460

### Youth Clubs

Over 13s  
Tuesdays: 5 - 6:30pm

Under 13s  
Wednesdays: 4:30 - 6pm  
St Stephen's Church, London Road,  
Purfleet-on-Thames, Essex, RM19 1QD



### Sports Programmes

Girls Football  
Mondays: 4 - 5pm (ages 10-13)

Street Football  
Thursdays: 4 - 5pm (under 13s)  
Thursdays: 5 - 6pm (over 13s)  
Purfleet Primary Academy, Tank Hill Rd,  
Purfleet RM19 1SX



### Health & Wellbeing

EmpowerHer  
Girls Wellbeing Hub  
4:30 - 6pm (over 13s)  
St Stephen's Church, London Road,  
Purfleet-on-Thames, Essex, RM19 1QD



For more information please visit:  
<https://riverview.org.uk/>

Purfleet

LC

**MINI MILLERS**  
AGES 4 TO 6

LOOKING FOR A PLACE TO START YOUR CHILD'S FOOTBALL JOURNEY  
OR LOOKING TO IMPROVE THEIR SKILLS?  
AT MINI MILLERS WE HELP TO DEVELOP THEIR FOOTBALL SKILLS IN  
A FUN AND ENJOYABLE WAY.

**HARRIS ACADEMY OCKENDON**  
**ERRIFF DRIVE**  
**SOUTH OCKENDON**  
**RM15 5AY**  
**SATURDAY'S 9-10AM**  
**£5 PER SESSION**

FOR MORE DETAILS CONTACT US AT: [INFO@HEADWAYSPTS.CO.UK](mailto:INFO@HEADWAYSPTS.CO.UK)  
07539 232286

For more information and to book please  
contact: 07539 232286

South Ockendon





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## Essex ActivAte

Essex ActivAte run fun and exciting holiday programmes during school holidays to support children's physical health and wellbeing through a range of engaging activities.

Clubs are free to eligible school aged children between 4 – 16 years

<https://www.activeessex.org/children-young-people/essex-activate/>

Multiple locations



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## Arts Outburst

Funded spaces available in their Dance sessions for ages 6-9, 10-13 and 14+ with our industry pro Miss Claudia in their Make Some Noise programme.

Thameside Complex,  
2nd Floor, Orsett Road,  
Grays, RM17 5DX

<https://www.artsoutburst.co.uk/project/make-some-noise/>

Grays



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## JTD Arts

Fully inclusive youth club  
Wednesdays 5-6pm

Free sports and fun activities for 14-19 years: darts, bush craft, dance, indoor football, pool, games

& food provided!

The Community House -  
Seabrooke Rise, New Rd,  
Grays RM17 6DR

<https://www.facebook.com/Jtdofperformingarts/>

Grays



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## Thurrock Libraries

All Libraries offer this class weekly for children and their parents to join them in singing and dancing together for rhyme time!

It is a chance to meet other parents and enjoy sharing nursery rhymes with your child.

<https://www.thurrock.gov.uk/whatson-at-your-library/rhyme-time>

Multiple locations

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**RIVERVIEW  
CHARITABLE TRUST**  
Supporting Communities - Empowering People

**THURSDAY  
FOOTBALL**

 Purfleet Primary Academy,  
Tank Hill Rd, RM19 1SX

 **Thursdays**

 **4pm -5pm** (Year 4 - Year 7)  
**5pm-6pm** (Year 8 - Sixth Form)

 **07376 955460** (Rio)





**PFCC**  
POLICE, FIRE AND CRIME  
COMMISSIONER FOR ESSEX



**COMMUNITY  
FUND**

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**Koala Park  
Tilbury**

**Come along and join ATF for  
a fun-filled afternoon of  
football, boxing, and  
refreshments!**

**Every Tuesday  
Starting 3<sup>rd</sup> June  
16:00 - 17:00**



**Please contact Kelly - [kherring@atfcommunity.com](mailto:kherring@atfcommunity.com)  
for more info**

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**Are you Interested in  
FOOTBALL?**

**FREE Football Training  
with a Professional  
Football Coach.**

**Available for Age 7-19**



**If you are interested, kindly call:  
Anthony on 07735054366  
Ashley on 07889670233**

**Telephone:** 0300 102 0055 | 0300 102 4490 | 0300 102 4885  
**Website:** [www.fountaindaycentre.org](http://www.fountaindaycentre.org) | **Email:** [fdc@fountaindaycentre.org](mailto:fdc@fountaindaycentre.org)  
**Venue:** Fountain Day Centre, Fountain House, Arcany Road  
South Ockendon. RM 15 5SX, Thurrock. Essex (Charity Number: 1161369)





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## Tilbury Beavers

Tilbury Beavers 6 Week Challenge

6 weeks of weekly Beaver sessions to get a taste of what scouting is all about, make new friends and have plenty of fun.

The £11.55 cost for the challenge covers all 6 weeks of scouting activities, a special challenge scarf, challenge tracker, certificate and a badge.

Starting 3<sup>rd</sup> June

<https://www.eventbrite.com/e/tilbury-beavers-6-week-challenge-tickets-1317292219489>

Tilbury



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## Independent Youth Clubs

Youth clubs are free, safe places to drop-in, chill out, socialise, meet new people and join in with what's going on.

The clubs below are not run by Thurrock Council. They are the responsibility of their organisers.

If you run a club or know of a club in Thurrock please let us know so we can get this added to the website.

<https://www.thurrock.gov.uk/whats-on-for-young-people/independent-youth-clubs>

Multiple locations

new Project

arts outburst

# CREATIVE EXPRESS

YOUTH MENTAL HEALTH CLUB

THURSDAYS | 4:30PM - 6:30PM

[www.artsoutburst.co.uk/youth-express](http://www.artsoutburst.co.uk/youth-express)

ARTS COUNCIL ENGLAND

ActiveEssex Foundation

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# KING EDWARDS PARK

STARTING WEDNESDAY 4<sup>TH</sup> JUNE

EVERY WEDNESDAY

TIME: 16:00 - 17:00

WHERE: KING EDWARDS PARK (DAISY FIELDS), FEENAN HWY, TILBURY RM18 8HH

COME AND ENJOY FOOTBALL, BOXING, GAMES, AND REFRESHMENTS WITH ATF.

EVERYONE IS WELCOME TO JOIN, AND IT IS COMPLETELY FREE

PLEASE CONTACT RACHAEL - [RLONG@ATFCOMMUNITY.COM](mailto:RLONG@ATFCOMMUNITY.COM) FOR MORE INFO



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## Sugarloaf RDA

Volunteering opportunity on Tuesdays, Thursdays & Saturday mornings 9.15-12.30

Sugarloaf riding for the Disabled meet at Little Fields Farm, Stifford Clays Road Orsett RM16 3ND.

Their volunteers help children and adults with physical and/or learning difficulties to ride for therapy, achievement and fun.

Whatever your skills, you have something to offer. No experience necessary. Age 12+

<http://www.sugarloafrda.org/>

Orsett



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## Community Gardens

There are many Community Gardens, Allotments & Sensory Gardens you can visit & get involved with in Thurrock.

Enjoy being within your community growing, enjoying the green spaces learning new skills and knowledge about outdoor education.

At the community gardens you can go along to enjoy the views and being within nature and also you can volunteer your time to help develop the grounds working together with other volunteers.

<https://strongertogetherthurrock.org.uk/community-allotments-gardens/>

Multiple locations



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## Men's Shed

Men's Sheds are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending.

Many Sheds get involved in community projects – restoring village features, helping maintain parks and green spaces, and building things for schools, libraries and individuals in need.

Activities in Sheds vary greatly, but you can usually find woodworking, metalworking, repairing and restoring, electronics, model buildings or even car building in a typical Shed.

<https://menssheds.org.uk/find-a-shed/>

Multiple locations



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## Start Thurrock

Start Thurrock is about listening to your creative ideas and interests, and what you need and want. Letting our communities have a say. We don't present you with cultural events we 'think you might like' – we include you so that you have an impact on all decisions. We're here to give more people the opportunity to be creative, and for you to decide what creative activities you want to see, experience or take part in.

Find out more and get involved in their upcoming events and activities!

<https://www.startthurrock.org/whats-on/>

Multiple locations



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## Volunteer Centre

Volunteering can be a stepping stone to employment, a way to make new friends, a chance to learn new skills and give you the opportunity to try something new!

Active volunteering is a great way to get moving in your community whilst helping others at the same time!

**Get involved in Volunteers Week this month too!**

**Monday 2<sup>nd</sup> – Sunday 8<sup>th</sup> June:**

<https://volunteersweek.org/>

<https://thurrockcvs.org/volunteer-thurrock/>

Multiple locations



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## Outdoor Gyms

Spending time outdoors to exercise is beneficial for physical and mental health. Outdoor fitness equipment helps communities create outdoor gyms and workout areas in local parks. These outdoor fitness spaces allow people of all ages and abilities to exercise and enjoy the outdoors.

Find the locations of the outdoor gyms in Thurrock which are free to use 365 days a year!

<https://www.thurrock.gov.uk/play-sites/outdoor-gyms>

Multiple locations



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## Conservation Volunteers

To get involved with one of their day projects, all you need to do is book a place and turn up – with suitable clothing, footwear, lunch and enthusiasm!

Trained leaders provide all the necessary tools and guidance, from complete beginners to those with more experience. They even provide hot drinks and biscuits!

Tasks will be varied in nature depending on the location and time of year. It's an ideal way to make new friends, learn new skills and feel you are giving something back to the community.

Thurrock location listed:  
Davy Down in South Ockendon

<https://www.tcv.org.uk/eastern/tcv-essex/volunteer-essex/>

South Ockendon

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## THE COMMUNITY BIG LUNCH

& FREE Summer Events for the whole family!

12pm - 4pm



**MON 28 Jul**  
**South Ockendon**  
Dilkes Park, Fairham Ave,  
South Ockendon, RM15 5NN

**THUR 31 Jul**  
**East Tilbury**  
Gobions Park, Princess  
Margaret Rd, East Tilbury,  
RM18 8TN

**WED 6 Aug**  
**Tilbury (Picnic in the Park)**  
The Anchor Fields, Tilbury,  
RM18 8EY

**THUR 7 Aug**  
**Chadwell St Mary**  
Pyramid Resource Centre,  
Heath Rd, Grays, RM16 3AP

**WED 13 Aug**  
**Purfleet-on-Thames**  
On the Green (by the Beacon),  
Centurion Way, Purfleet-On-  
Thames, RM19 1QA

**MON 18 Aug**  
**Blackshots (Grays)**  
Impulse Leisure, King George's  
Field, Blackshots Lane,  
RM16 2LP

**FRI 22 Aug**  
**Aveley**  
Recreational Ground, High St.,  
Aveley, RM15 4BX

**THUR 28 Aug**  
**Corringham**  
Corringham Town Park,  
Springhouse Rd, Corringham,  
SS17 7LF



Grab a picnic and come along for a family fun afternoon!  
Packed with creative activities, live entertainment, sports and more!  
Scan the QR code for more information about what to expect!



thurrock.gov.uk



For more information please visit: <https://www.startthurrock.org/whats-on/thurrock-big-lunches-2025/>

Multiple locations





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## Arts Outburst

Zumba® on Thursdays 6:05pm – 6:50pm with Arts Outburst

This well-attended session is now FREE. Enjoy a lively mix of worldly rhythms in our studio.

*Tune out the world and get lost in some 'you time' with us.*

<https://www.artsoutburst.co.uk/project/feelgood/>

Grays



LC

## Vicky's Fitness

Zumba for £5

South Ockendon @ The Royal British Legion

- Monday's 6.30am
  - Wednesday's 9.30am
  - Thursday's 6.30pm
- & in Aveley @ Aveley Band Hall
- Saturday's 9am

Vicky's classes are suitable for everyone, all ages and abilities are welcome to this fun class which is also a great way to meet new people, to get fit and have fun!

No contracts no booking scheme, just pay as you go for £5 a session, also with a loyalty scheme to achieve free classes

Just turn up or contact Vicky ahead if you have questions: 07753216009

Multiple locations

LC

SARAH & RONNIE RUN DANCE BASED FITNESS CLASSES, SHORT ROUTINES TO FEEL GOOD SING-ALONG MUSIC FROM ALL DECADES!

PAY AS YOU GO OR PURCHASE A CLASS PASS TODAY!

DAY	TIME	PLACE
MONDAY	6PM	CHADWELL VILLAGE HALL £5
WEDNESDAY	9.30AM	CHADWELL WORKING MENS CLUB £5
THURSDAY	1.30PM & 6.45PM	NORTH STIFFORD VILLAGE HALL & CHADWELL WORKING MENS CLUB £5

For more information please visit:  
<https://www.stepsnsmile.co.uk/>

Multiple locations



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## Regency Dance Academy

Zumba Fit Class

All abilities welcome

Class is split beginner to intermediate

Thursdays  
East Tilbury Village Hall  
7:00 - 7.30pm

£3.50 per class

To book call: 07960755774

East Tilbury





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## Strollercise

Strollercise is a Dance / Fitness programme which takes its name from the girls 'strolling' in R&R clubs in the '50's, and, as we do 6,000-7,000 steps in our 1 hour class, it became a form of exercise, hence 'Strollercise' (6,000 steps is equal to walking 3 miles.)

Monday's & Wednesday's  
in Grays with Geri

Tuesday's & Wednesday's  
In Corringham with Samantha

Friday's in Stanford-le-Hope with  
Samantha

£5 per class

<https://www.strollercise.co.uk/our-classes>

Multiple locations



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## Irish Dancing

The Drumenagh School of Irish  
Dancing

- Learn to Irish Dance in a fun friendly environment
- Grays Class
- Age 4+ through to adults
- Tiny Tots classes age 2-4 years coming soon
- For fun & fitness or competitive level
- Open to beginners or existing dancers

First class is FREE

<https://www.facebook.com/photo/?fbid=122152008470543727>

Grays

LC



## **FITNESS CLASSES FOR 50+**

**SUITABLE FOR ALL FITNESS  
LEVELS!**

**MONDAYS 10.30 - 12.00**

**FOLLOWED BY TEA & COFFEE**

**STARTS MON 25TH SEPTEMBER**

**@ GRANS JEAN HALL  
NUTBERRY FIELDS 2PR,  
LONG LANE, GRAYS, RM16 2PJ**

**CONTACT: MARK ADAMS**  
**EMAIL: [markads01@icloud.com](mailto:markads01@icloud.com)**  
**MOBILE: 07711 817253**

**COST  
£5.00  
PAYG**





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## Brighter Futures

The Thurrock 0-19 Brighter Futures Healthy Families Service is an integrated service encompassing Health Visiting, School Health (historically School Nursing), targeted support and a range of health interventions for children, young people and their families.

<https://www.nelft.nhs.uk/services-thurrock-brighter-futures-healthy-families/>

Online



LC

## Forest School For All

Forest School is an inspirational process, that offers ALL learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment with trees.

Parent and Toddler Group:  
Friday morning 9 – 11 a.m. at  
Grays Beach Park, Grays Essex  
First child:  
£6.00 per session  
Additional Siblings:  
£5.00 per session\*

<https://www.forestschoolorall.co.uk/parent%20and%20toddler/>

Grays



**THURROCK  
COUNCIL**

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## Family Hubs

8 Family Hubs in Thurrock which offer a wide range of free activities:

Information and advice for families, regular drop-in sessions and activities, family health services, parenting support including support for young people with SEND.

<https://www.thurrock.gov.uk/family-hubs>

Multiple locations



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### WHAT WE OFFER:

- 1 Whatsapp community with other local families
- 2 Regular nutritional tips & tricks for individuals and families
- 3 Weekly walking group for free and effective exercise to get the family moving
- 4 Family workshops to teach you how to get fit together and build healthier lifestyles as a family
- 5 FREE introductory 1-1 lifestyle coaching session to support busy families
- 6 Individual/family wellbeing assessment to see where lifestyle improvements and changes can be made
- 7 Virtual home exercise calls
- 8 Support groups

**JOIN A  
COMMUNITY OF  
FAMILIES  
WORKING  
TOWARDS A  
HEALTHIER  
FUTURE**

CONTACT US TODAY TO FIND OUT MORE INFO@BEREVITALISE.CO.UK 07923918949

For more information and to book please  
contact: 07923 918949

Thurrock-wide

# Health and Weight Loss Programmes



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### Health Referral

Impulse Leisure offer an extensive Health Referral programme to help prevent, maintain and cure illness, injury and mental health conditions throughout their sites

Belhus: Belhus Park, Aveley, South Ockendon RM15 4PX

Blackshots: Blackshots Ln, Grays RM16 2JU

Corringham: Springhouse Rd, Corringham, Stanford-le-Hope SS17 7NB

<https://www.impulseleisure.co.uk/wellbeing/health-referral-schemes>

Multiple locations



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### THLS

Thurrock Healthy Lifestyle Service offers an initial assessment of your health.

Depending on the results of the assessment, you can get free help to improve your health.

This includes supporting you to have a healthy weight and also with access to physical activity programmes.

0800 292 2299  
[thls@thurrock.gov.uk](mailto:thls@thurrock.gov.uk)

<https://www.thurrock.gov.uk/public-health/thurrock-healthy-lifestyle-service>

Online



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### NHS Inclusion

To utilize the wide range of activities with Thurrock Recovery College to support your mental health and wellbeing, enroll with NHS Inclusion.

Once registered, their team will contact you directly and book you in for a meeting, where we complete an Individual Learning Plan (ILP). Upon completion of the ILP, you will be enrolled as a student on the database.

Submit an [online registration form](#)

<https://recoverycollege.inclusionthurrock.org/wp-content/uploads/2025/04/RC-April-July-Timetable-UPDATED.pdf>

Multiple locations

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## FREE 12-WEEK WEIGHT MANAGEMENT PROGRAMME

- ✓ FREE 12-WEEK PLATINUM MEMBERSHIP
- ✓ WEEKLY SUPPORT AND GUIDANCE
- ✓ FLEXIBLE OPTIONS JOIN WHEN IT SUITS YOU!
- ✓ RESIDENTS OF TILBURY & CHADWELL

<https://impulseleisure.co.uk/weight-management-programme>

Multiple locations





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## Activity Alliance

Alliance Activity is a national charity that enables organisations to support disabled people to be, and stay, active for life. It is for everyone with lived experience of disability or health conditions.

Useful guide for getting started being active:

[https://www.activityalliance.org.uk/assets/000/000/149/2518\\_BeingActiveReport\\_A4\\_FINAL%281%29\\_original.pdf?1461165840](https://www.activityalliance.org.uk/assets/000/000/149/2518_BeingActiveReport_A4_FINAL%281%29_original.pdf?1461165840)

Multiple locations

## Waders

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## W.A.D.E.R.S.

Waders offers exercise in water for Adults with physical difficulties.

Corringham Pool  
Fridays 11.30-12.10pm /  
12.20pm-1pm

Blackshots Teaching Pool  
Tuesdays 7.15-8.30pm / 8.30-  
9pm

£5 including pool entry

<https://www.waders.org.uk/>

Corringham & Grays



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## Alternative Movement

With almost all of their clients living with disabilities their mission is to help educate, inspire and help those in the adaptive community reach their full potential.

Using Strength and conditioning we aim to work on your strength, conditioning and rehabilitation.

Treetops School  
Buxton Road  
Grays  
RM162WU

<https://www.altmovement.co.uk/>

Grays



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## Grangewaters Outdoor Education Centre

Grangewaters is a year-round outdoor education centre set in Thurrock's countryside. Covering more than 70 acres, we have natural woodland, open grassland, 2 lakes, activity areas and accommodation.

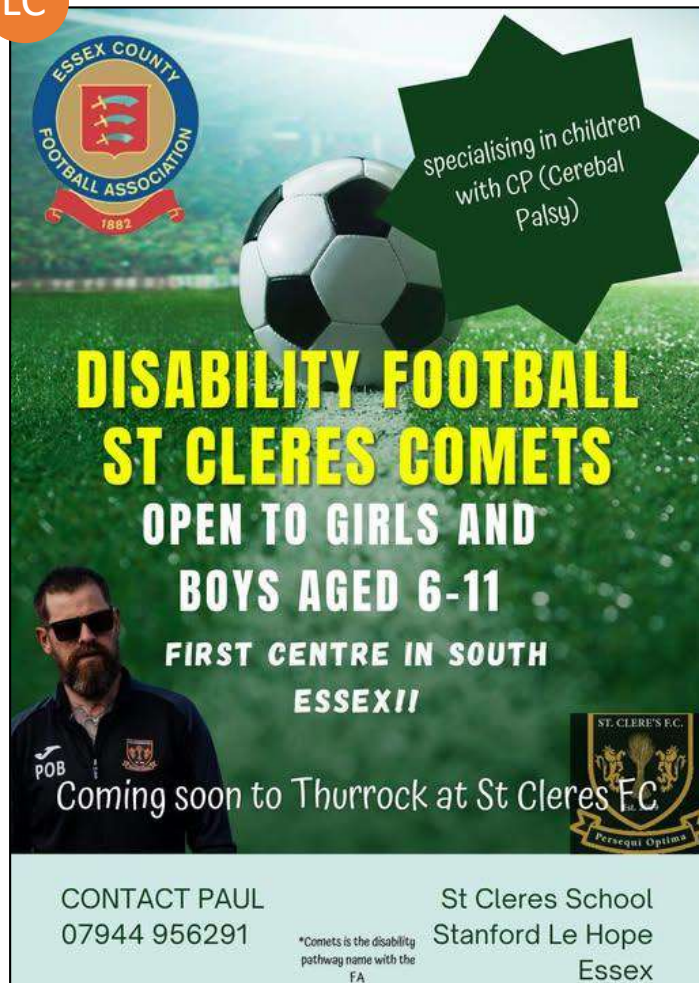
They try to make sure that all our activity areas are accessible. A range of specialist equipment is on hand, such as hoists and activity equipment designed for people with mobility issues. Accessible accommodation is available for residential visits.

Buckles Lane, South Ockendon

<https://www.thurrock.gov.uk/grangewaters-outdoor-education-centre/grangewaters>

South Ockendon

LC



ESSEX COUNTY FOOTBALL ASSOCIATION 1882

specialising in children with CP (Cerebral Palsy)

## DISABILITY FOOTBALL ST CLERES COMETS

OPEN TO GIRLS AND BOYS AGED 6-11

FIRST CENTRE IN SOUTH ESSEX!!

Coming soon to Thurrock at St Cleres FC

CONTACT PAUL 07944 956291

St Cleres School Stanford Le Hope Essex

\*Comets is the disability pathway name with the FA

LC



JTD ARTS LTD

Music man sessions  
Held every Monday  
10:00am-11.30am  
11:30am-12:30pm  
learn how to play the drums, Tamborine, bells and guitars. carers welcome, care homes welcome, school sessions delivered and individuals welcome.

Funky Feet  
Performing arts classes  
For adults age 19 plus  
An independently lead, fun dance, drama and singing classes  
Held every Friday  
9.30am-2.30pm

Wats app  
07856 869296  
email: activejtd@hotmail.com

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## FEEL GOOD & MOVE!

ZUMBA® GOLD

Our **FREE Friday Zumba® Gold Sessions** are moving to Chadwell Village Hall as of the 28th of February.

Classes run 11:30am - 12:30pm and there are spaces available!

BOOKING REQUIRED

[www.artsoutburst.co.uk/feelgood](http://www.artsoutburst.co.uk/feelgood)

Supported using public funding by ARTS COUNCIL ENGLAND

ActiveEssex

THE NATIONAL LOTTERY

SPORT ENGLAND

Funded by UK Government





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## Oomph Sessions

Low impact exercise class, open to all abilities and free for all, in 29 locations across Thurrock!

Get active and make friends, reduce social isolation and improve mental, physical and emotional well-being regardless of age, gender or mobility.

Timetables for Stanford, Grays, Chadwell, South Ockendon & Purfleet on the link below

<https://thurrockcvs.org/2024/11/29/improve-your-mental-physical-and-emotional-wellbeing-with-oomph/>

Multiple locations



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## U3A

U3A' aim is to keep their bodies, brains and other faculties fully functional, through activities (both physical and mental) that involve others of a like mind.

Various movement sessions including: Aqua Aerobics, Boules/Petanque, Rambling, Strollers, Short Mat Bowls & Table Tennis

£20 annual membership

<https://thurrock.u3asite.uk/groups/>

Multiple locations



Alzheimer's  
Society

Together we are help & hope  
for everyone living with dementia

LC

## Happy Days

Happy Days Creative Group at Tyrrells Hall, 67 Dock Rd

For those with memory loss accompanied by their carer. Enjoy gentle dance, singing, art and other fun activities.

Every other Tuesday 4pm – 6pm

Cost: £6.50 annual fee for venue/ membership. £1 for tea/ coffee

Contact: Claire after 4pm  
07903 963601

Grays



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## STAY ACTIVE STAY WELL

POWERED BY IMPULSE LEISURE!

WE ARE EXCITED TO ANNOUNCE WE  
ARE NOW AT THE FOLLOWING VENUES:

Aveley Library & Community Hub  
Fridays at 1:00pm

George Tilbury House, Chadwell St Mary  
Mondays at 1:00pm

Lansbury Gardens Hall, Tilbury  
Mondays at 1:00pm

Lime Close Hall  
Wednesdays at 1:30pm

### WHAT TO EXPECT:

Weekly Sessions: 45-minute gentle exercise,  
perfect for all abilities.

FREE OF CHARGE – STARTING WEEK  
COMMENCING 13<sup>TH</sup> JANUARY 2025

NO BOOKING  
REQUIRED



thurrock.gov.uk

[impulseleisure.co.uk](https://impulseleisure.co.uk)

Charity number: Thurrock Community Leisure 1080186





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## Zumba® Gold

Fridays 11:30am – 12:30pm

The session is a low impact dance fitness session – suitable for everyone to take part in – even if you need a chair, the routines are totally adaptable to do seated so you can still enjoy the session.

Followed by the option of relaxing in a warm space with a tea.

An opportunity to get active and meet new people – all in a friendly space.

<https://www.artsoutburst.co.uk/project/feelgood/>

Chadwell St Mary



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## Hardie Park

Hardie Park Weekly Groups at Hardie Road, SS17 0PB

Such as SS17 Walkers, Adult Craft Club, Hardie Gardeners, Pétanque, Knit and Natter.

Contact Hardie Park for more information: 07732 086162 / [info@friendsofhardiepark.co.uk](mailto:info@friendsofhardiepark.co.uk)

Or visit their website:

<https://www.friendsofhardiepark.co.uk/weekly-clubs/>

Stanford-le-Hope



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## Friday Men's Club

Relaxed group that play pool, table tennis, card games and get together for a chat.  
If a carer attend's they must be male due to this being a men's group.

First Friday of the month  
7.30pm – 9.30pm  
Cost: Free (no booking necessary)

Venue: St John's Grays North Hall, 8A Victoria Avenue

Contact: Kevin 01375 382417 / 07850 585763 / [mrkspring@hotmail.com](mailto:mrkspring@hotmail.com)

Grays





**WALK WITH US!**

## WEEKLY 5K WALK

Join us for a **FREE** group walk with personalised nutritional advice for weight-management

**NUTRITION WORKSHOPS:**  
EVERY THURSDAY  
6:30PM - 7:30PM

**GROUP WALKS:**  
EVERY SATURDAY  
8:30AM - 9:30AM

**SIGN UP NOW!**

For more information please contact lead - Fola

Phone: 07985 421 726  
Email: [folaf@nafhealth.org](mailto:folaf@nafhealth.org)  
Website: [www.nafhealth.org](http://www.nafhealth.org)

[f](#) @NAPHEALTH.ORG  
[t](#) @NAPHEALTH  
[i](#) @NAPHEALTH



Powered by  

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Please contact us for further information and enrolment by email at: [info@nafhealth.org](mailto:info@nafhealth.org)

Multiple locations

**Big Local**

## JOG GONERS

# FREE

SATURDAY

Complete beginners welcome

Family friendly  
walking/OR jogging

Train for your first  
3km/5km/10km

Elm Road Open Space RM17 6LB

(only 2 REAL reasons you can't do this)  
9--10 AM

F

Contact Jim for more information or just turn up & attend, no booking required: [jimworking@mail.com](mailto:jimworking@mail.com)

Grays

 **PURFLEET HERITAGE & MILITARY CENTRE**  
Magazine No.5, Centurion Way, Purfleet-on-Thames,  
Essex, RM19 1ZZ  
Charity No: 1080629  
Website: [purfleet-hmc.org](http://purfleet-hmc.org)



**PURFLEET-ON-THAMES - GHOST & FOLKLORE WALK**  
**SATURDAY 22nd FEBRUARY 2025 - SOLD OUT**  
**SATURDAY 17th MAY - 9 P.M.**  
**SATURDAY 16th AUGUST - 9 P.M.**  
**SATURDAY 15th NOVEMBER - 5 P.M.**

From Heritage Centre Car Park  
£5 (INCLUDING TEA/COFFEE & BISCUITS)  
\*Please bring a torch\*  
\*Recommended Age 16+\*  
**PLEASE NOTE WALKS ARE PRE-BOOKING ONLY**  
Pre-bookings: [paulhounsell64@outlook.com](mailto:paulhounsell64@outlook.com)

LC

To prebook contact Paul: [paulhounsell64@outlook.com](mailto:paulhounsell64@outlook.com)

Purfleet

# Running & Walking Activities 2/5



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## Parkrun

Free 5km timed weekly walk, jog or running event.

Taking place every Saturday Morning at 9am over:

Pyramid Centre,  
Heath Road,  
Chadwell St Mary,  
Essex,  
RM16 4XH

<https://www.parkrun.org.uk/thurrock/>

Chadwell St Mary's



F

## Thurrock Ramblers

We arrange walks most Sundays as well as Wednesday evenings during the summer months. Sunday walks are typically from 8 to 10 miles and include a pub stop where possible.

<https://www.ramblers.org.uk/go-walking/ramblers-groups/thurrock-group>

Multiple locations



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## Thurrock Nomads

A very friendly running and walking group meeting on Tuesdays at 7pm and Thursday at 6pm at:

Thurrock Rugby Club,  
Oakfield, Long Lane,  
Grays,  
Essex,  
RM16 2QH

<https://www.facebook.com/thurrocknomads/>

Grays



LC

## Essex Wildlife Trust

Various adults & children's activities to book onto, and opportunities to learn about their beautiful site! Dates and times vary.

Thameside Nature  
Discovery Park  
Mucking Wharf Road,  
Stanford-le-Hope,  
SS17 0RN

[https://www.essexwt.org.uk/events?location\\_term=494](https://www.essexwt.org.uk/events?location_term=494)

Stanford-le-Hope





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## Ramblers Wellbeing Walks

April 2024 – March 2025  
Wellbeing Walks is a national programme which encourages people to exercise for the benefit of their health.  
Walking is suitable for people of all ages and abilities and Walks range from a leisurely 30 minutes suitable for complete beginners, to a brisker 90 minutes (4-5 miles) for more experienced walkers and are graded from easy to hard.

<https://tinyurl.com/5cstdwbs>

Multiple locations



F

## T100

Meandering Monday walks with T100 on the second Monday of every month.

Each month with a different meeting point and always an opportunity for a sit down with a cuppa and a biscuit for a chat with the group.

Their theme is the river so come along to enjoy different views of the water to enjoy as you stroll.

<https://t100festival.co.uk/2024-year-round-walks/>

Multiple locations



F

## MSA

Every Thursday MSA host free Nordic Walks 10:00-11:00am for 16yrs+

Tese take place at Venue:  
Thames Chase Forest Centre

*Parking costs £2*

<https://muslimahsports.org.uk/msa-nordic-walks/>

Upminster



F

## SS17 Walkers

Every Tuesday, friendly walking group

Like their Facebook page to see regular updates for their weekly walks.

<https://www.facebook.com/SS17Walkers>

Stanford-le-Hope



LC

## Grays Athletic Walking FC

Over 50's Men's Football Club

Address: Lakeside Sports Ground, A1306 Arterial Rd West Thurrock, Chafford Hundred, Grays RM16 6DN

Train on Monday and Friday Mornings between 10am and 11.30am.

First game is free then £5 per session plus £20 annual membership which includes insurance.

Contact Rod for more information:  
+44 (0)7854 897227

Grays



Parents1<sup>st</sup>  
Essex

F

## The Walkie Talkies

These outdoor talk and walk sessions are for both pregnant and new parents. Enjoy some light outdoor exercise whilst meeting other local parents. Walks will last 1 hour and will be followed by a hot drink and a chat.

Those who have never exercised before are particularly welcome so why not give it a go? You might surprise yourself!

5th June - East Tilbury  
13th June - Aveley  
16th June - Stanford-le-Hope

<https://www.eventbrite.co.uk/e/walkie-talkies-talk-walk-sessions-for-pregnant-and-new-parents-june-tickets-1354924929939>

Multiple Locations



LC

## Purfleet-on-Thames Heritage Walk

Meeting Point: Purfleet Heritage and Military Centre, Magazine No5, Centurion Way, Purfleet-on-Thames, Essex, RM19 1ZZ

When: Wednesdays, Thursdays and Sundays. 1 p.m.

Price: Adults £5, under 16's £3

Includes: Tea/Coffee and Biscuits

Payment: Pre-booking only until March

Booking contact:  
[paulhounsell64@outlook.com](mailto:paulhounsell64@outlook.com)

Purfleet-on-Thames



F

## Couch to 5K app

A running programme for absolute beginners, Couch to 5K has helped millions of people like you start running.

The app:

- Has a choice of 5 trainers to motivate you
- Works with your music player tracks your runs
- Connects you with other Couch to 5K runners

Couch to 5K can be completed in as little as 9 weeks, or longer if you want to go at your own pace.

<https://www.nhs.uk/better-health/get-active/>

Online



# Running & Walking Activities 5/5



F

## Thurrock Pride 2025

Stride for Thurrock Pride!

June is Pride month & there are lots of events to get involved with, with LThurrock LGBT+ Network.

Saturday 7 June 2025

[Pride Walk From Purfleet To Grays](#)

Saturday 14 June

[Thurrock Pride '25 Parade](#)

More events and info:

<https://www.facebook.com/people/Thurrock-Pride/61574852774361/>

Multiple locations

Starting  
from 5<sup>th</sup>  
June

**Every Thursday**  
**10:30am to 11:30am**  
**Meet at Tilbury Library and hub**  
Civic Square Tilbury RM18 8AD  
Tel: 01375 842612

Come join in with our weekly walking group, meet new friends, increase fitness and have a complimentary hot drink when the walk finishes at Tilbury Library and Hub.

All abilities welcome.

FIND  
YOUR  
ACTIVE  
THURROCK

thurrock.gov.uk



LC

## Grays Judo Club

Grays Judo Club provide a safe and inspiring environment where children and their families can achieve a healthier lifestyle by taking part in physical activity on a regular basis, whilst also learning new skills.

Wednesday Evenings  
17:15 – 18:30pm  
Socketts Heath Baptist Church,  
Premier Avenue, Grays,  
RM16 2SB

One Session: £5  
A Month: £25

<https://sites.google.com/view/graysjudoclub/home/judo-schedule>

Grays



LC

## Sea Cadets

At Thurrock they aim to give young people an experience that will help them grow into the person they want to be in a safe and friendly environment. Through various activities and adventures, they learn teamwork, respect, loyalty, self-confidence, commitment, self-discipline, honesty and how to be the best version of ourselves.

Volunteering opportunities to get involved!

<https://www.sea-cadets.org/thurrock/volunteer-with-us>

Tilbury



F

## Gateway Cycling Club

Meet others get outdoors, 4<sup>th</sup> Monday every month Gateway Cycling invites you for a short 7 mile, slow bike ride along Grays riverfront, with a stop on the way for refreshments.

Ideal for beginners and for those who have not ridden for a long time. Please ensure that your bike is in working order. Helmets must be worn and please bring along a bike lock.

Meet up outside the Blackshots Leisure Centre, Blackshots Lane, RM16 3LU for a 10.00am start.

For queries:  
[recreation\\_secretary@gatewaycycling.org.uk](mailto:recreation_secretary@gatewaycycling.org.uk)

Grays



LC

## Thurrock Hockey Club

First training session is free (come and try hockey to see if you like the game and setup)

Any session attended after that is £3 per session and on a pay as you play basis

Hockey stick and equipment are available for the session

<https://www.facebook.com/ThurrockHockeyClub>

Grays



LC

# KARATE

SELF DEFENCE & FITNESS

New beginners class

All ages welcome

Your child will learn the old ways of Karate that will improve and develop their strength, confidence and health.

Martial Arts and fitness are also great for the brain, improving memory, combating stress and anxiety, which will carry over into your child's school work and home life.

ENROL NOW

limited spaces available

**WEDNESDAYS 4 -5pm**

The Aveley Community Hub,  
High Street Recreation ground car park,  
AVELEY, RM15 4BX

**07810 186820**

£5 per class

Aveley

# Upcoming Free & Low Cost Events

## Get Creative in the Park

**Saturday 31<sup>st</sup> May**

Grays

## Summer Fayre

**Sunday 22<sup>nd</sup> June**

Grays

## Summer Fete

**Saturday 5<sup>th</sup> July**

Grays

## Step Creation Course

**Friday 6<sup>th</sup> June**

South Ockendon

## Positive Wellbeing Day

**Friday 4<sup>th</sup> July**

Grays

## Day of fun with your little one

**Saturday 7<sup>th</sup> June**

Grays

## Thurrock Cycle Marathon

**Sunday 8<sup>th</sup> June**

Grays

*Free for U16's*

## Grays 10K Challenge

**Sunday 7<sup>th</sup> September**

Grays

*Free 3K fun run*

## Thurrock Pride Walk

**Saturday 7<sup>th</sup> June**

**Purfleet to Grays**

## Community Big Lunches

**28 July – 28 August 2025**

Multiple locations

## Impulse Leisure Swimming Open Day

**Sunday 1<sup>st</sup> June**

Corringham

## Impulse Leisure Swimming Open Day

**Sunday 8<sup>th</sup> June**

Belhus



# Other support & ways to get active 1/2



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## FYA Thurrock Facebook

Follow our page for activities, events and news!

A wide range of physical activity opportunities across Thurrock so you can get out moving in the community in a way you enjoy!!

<https://essexfrontline.org.uk/>

Online



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## Activity Finder

Here you will find lots of clubs and activities listed on the Active Essex Activity Finder.

Also if you run a session you can add your activities to promote for free!

<https://www.activeessex.org/activity-finder/>

Online



F

## Frontline

Frontline is a community project.

It helps frontline workers and the public to quickly find details on local health and wellbeing services and to contact services through call back and referral options.

<https://essexfrontline.org.uk/>

Online



LC

## Thurrock Council

Help is available for Thurrock residents whose weight puts them at higher risk of ill-health.

Thurrock Council signpost to services & they also organize local programmes that can help with weight management.

These are for eligible adults aged 18 years-old or older. Schemes are both free or low costing.

<https://www.thurrock.gov.uk/help-to-have-healthy-weight/where-to-get-help>

Online

# Other support & ways to get active 2/2



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## Better Health

Healthy changes start with little changes. Whether you want to lose weight, drink less alcohol, get active or quit smoking, you have access to lots of free tools and support through Better Health. You can also find simple ways to lift your mood with Every Mind Matters.

There has never been a better time to kickstart your health. Let's do this!

<https://essexfrontline.org.uk/>

Online



F

## Essex Youth Map

There are over 7000 groups/activities in Essex, with over 290,000 places for young people to join in! Find out about youth groups / activities near you.

Use the Essex youth map by searching Thurrock to find a group/activity near you!

<https://ecvys.org.uk/youth-groups/>

Multiple locations



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## Active 10 app

The Active 10 app anonymously records every minute of walking you do. Just pop your phone in your pocket and away you go!

The app:

- Tracks your steps
- Helps you set goals
- Shows you your achievements
- Gives you tips to boost your activity

Did you know walking briskly, even for 1 minute, counts as exercise? What are you waiting for - take your first steps today!

<https://www.nhs.uk/better-health/get-active/>

Online



F

## Forward Motion

ForwardMotion is an initiative to encourage people to think differently about the way they travel around South Essex instead of jumping in the car for every journey.

They provide signposting to services that make alternative travel options accessible by providing links to cycling maps, cycling safety information & also links to local clubs.

Please note – the Cycling Hub shop in Tilbury is now closed.

<https://forwardmotionsouthessex.co.uk/services-near-me/thurrock/>

Multiple locations