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*FREE activity*

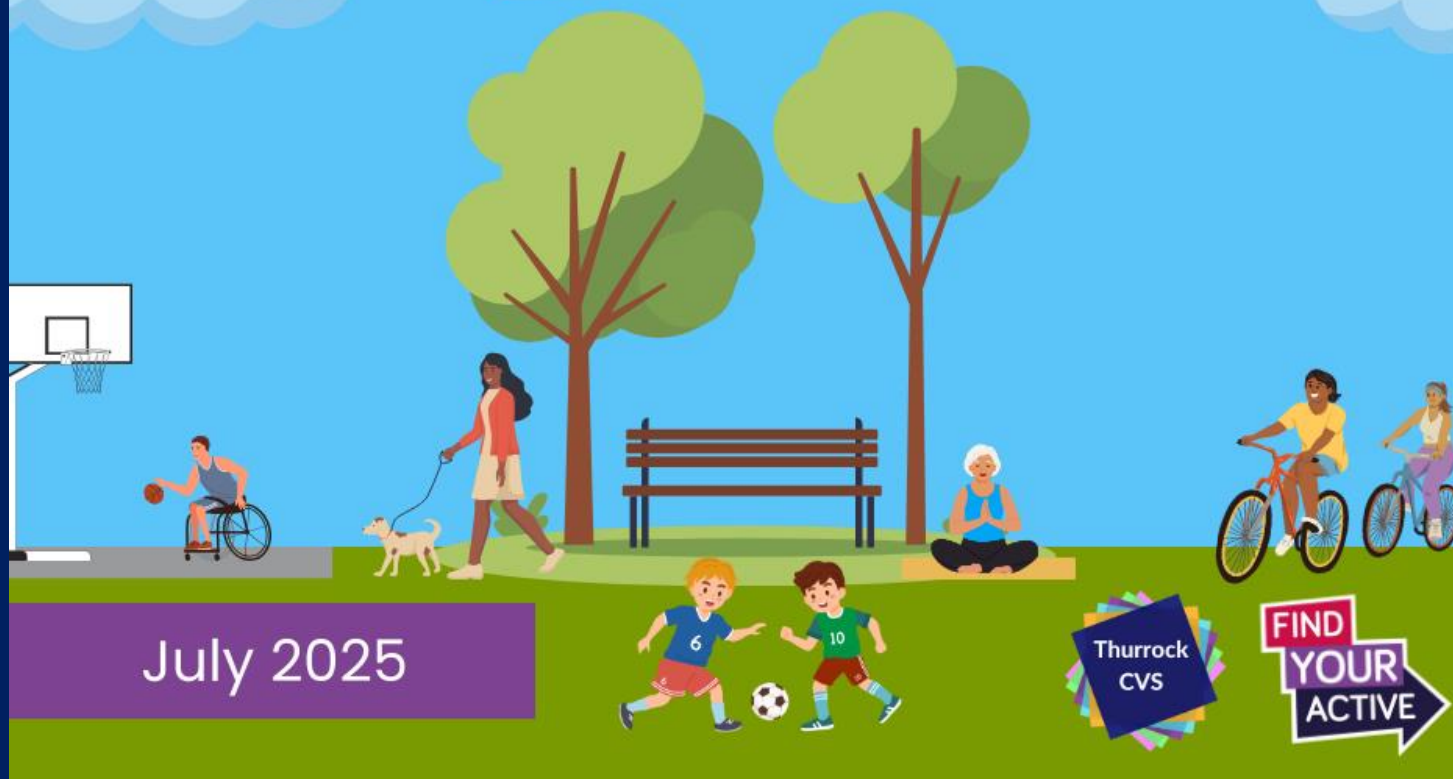
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**Low costing:**  
*£5 or under per session*

*Developed &  
updated by*



# Free & Low Cost Physical Activities in Thurrock



## *Subscription:*

*To receive a copy of this booklet to your inbox each month, all you need to do is subscribe [here](#)*

## *Disclaimer:*

*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*

## *Changes:*

*For your booklet content to be added or amended please contact [Mel Huggins](#)*

# 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: 4.30 - 5.30pm (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



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## FOOTBALL CLUBS

**Purfleet Primary Academy,**  
Tank Hill Rd, RM19 1SX

**Monday**  
4.30 - 5.30pm Girls Yr 6-8

**Thursday**  
4pm - 5pm Yr 5-6  
5pm-6pm Yr 8- Sixth form  
07376 955460 (Rio)





# Children & Young People's Activities 2/4



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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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## 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

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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

ATF

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**new Project**

**CREATIVE EXPRESS**

**YOUTH MENTAL HEALTH CLUB**

THURSDAYS | 4:30PM - 6:30PM

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

Active Essex  
Foundation

Funded by  
UK Government



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## AD Youth Clubs

**SPORTS EVENTS**

**Chadwell Youth Group**  
George Tilbury House Community Room, Godman Road, Chadwell St Mary, Grays, RM16 4TF  
MON: 16:15 - 17:30 (4-10 years old) - £1.50  
MON, WED: 18:00 - 20:00 (10-18 years old) - £2.50

**Tilbury Brisbane Group**  
Brisbane House Community Room, Leicester Road, Tilbury, RM18 7SR  
MON, FRI: 16:00 - 17:30 (4-10 years old) - £1.50  
MON, FRI: 18:00 - 20:00 (10-18 years old) - £2.50

**Flowers Community Hall Group**  
Flowers Community Centre, South Ockendon, Lime Close, RM15 6NN  
WED: 16:00 - 17:30 (4-10 years old) - £1.50  
WED: 18:00 - 20:00 (10-18 years old) - £2.50

**Young Leaders Group**  
Brisbane House Community Room, Leicester Road, Tilbury, RM18 7SR  
THU: 17:00 - 18:30 (14-18 years old) 2 per month

If you would like to join, please email: [adyouthprovisions@gmail.com](mailto:adyouthprovisions@gmail.com)

**COMPETITIONS**

**RESIDENTIALS**

**ARTS EVENTS**

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**It's free Youth PROVISION**

SUMMER HOLIDAY PROVISION, yummy foods included ages 13-17 years 3-5pm

Mon 28th Jul  
Tue 5th Aug  
Tue 12th Aug  
Tue 26th Aug

Held at Thurrock Rugby club, Long lane, RM162QH.  
we are the first green gate on the left.  
Contact us or just turn up  
07856 869296  
\*please note this is for summer holidays only\*

Football  
Dance  
Chill out  
Cook some dinner  
Bush craft  
and more  
Its your club



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**ATF**

## 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**



# Community Activities 1/2

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**ELM ROAD OPEN SPACE**  
TUESDAY From June 4th  
every Tuesday between  
10-11am we will be taking  
your inspected garden waste  
subject to Jim saying yes  
**COMMUNITY SHED**  
JIM 07951 457745

  
RIVERSIDE COMMUNITY



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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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## 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/>

Aveley



## Start Thurrock

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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!

<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](https://www.thurrock.gov.uk)



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

Multiple locations

# Dance classes



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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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## Zumba

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

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WWW f Instagram

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.facebook.com/stepnsmilefitness>

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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## 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**

LC



## Floor Toning

These classes take place at  
The Royal British Legion

- Monday's 7.30am
- Thursday's 7.30am

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

South Ockendon

## Brighter Futures Healthy Families

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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



**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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### 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



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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





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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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## Sugarloaf RDA

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

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

“Tea with a Pony” is for people that would be unable to ride but would like to come and see the horse or pony being worked, enjoy a cup of tea and slice of cake and meet the pony before going home. This costs £5 per person and they can take up to around 6 people including their carers or relatives at 10:30 on Friday mornings

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

Orsett

## 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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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

£5 per session

Waiting list may apply

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## 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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CODA DANCE COMPANY

## Beyond The Darkness

Thursday 3 - Monday 28 July, FREE  
Thameside Complex, Gallery Ground Floor, Orsett Road, Grays RM17 5DX

Proudly created in Thurrock by CoDa Dance Company, Beyond the Darkness is an interactive digital experience designed to get you moving and lead you into the world of neurological disabilities.

- Monday 9.30am- 6.30pm
- Tuesday 9.30am-4.30pm
- Wednesday 9.30am-4.30pm
- Thursday 9.30am- 6.30pm (opens 3pm on 3 July)
- Friday 9.30am-4.30pm
- Saturday 9.30am -12.30pm

LOTTERY FUNDED

ARTS COUNCIL ENGLAND

Garfield Weston FOUNDATION

PEOPLE'S POSTCODE LOTTERY

POSTCODE FOUNDATION

Start Thurrock

Thurrock CVS

FIND YOUR ACTIVE



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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



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## 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: £9.00 annual fee for venue/ membership. £1 for tea/ coffee

Contact: Claire after 4pm  
07903 963601

Grays



**Alzheimer's Society**

Together we are help & hope  
for everyone living with dementia

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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.

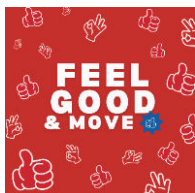
First Friday of the month  
7.30pm – 9.30pm  
Cost: Free (no booking necessary)

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

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

Grays





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## Zumba® Gold

Monday's at 11am, £4.50 per session  
(paused during Summer break)

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/>

Grays

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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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Together  
productions

## Together Create

Making art together. Making change together.

Get creative, boost your wellbeing,  
meet new friends and make a difference

Free weekly sessions for all ages:

Singing / song-writing sessions in Grays, Wednesday 10am-12pm

Art / making sessions in Tilbury, Wednesdays 3:30-5pm

Learn

Create

Sing

Make  
change

Meet new  
people

Cook

Sign up at [www.togetherproductions.co.uk/events](http://www.togetherproductions.co.uk/events)  
Find out more: [rachel@togetherproductions.co.uk](mailto:rachel@togetherproductions.co.uk)  
or message/call us on 07378 968443





**WALK WITH US!**

## WEEKLY 5K WALK

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

**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)

 @NAFHEALTH.ORG  
 @NAFHEALTH  
 @NAFHEALTH



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


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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





F

## 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



F

## 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



F

## Mummy's Day Out

They organise events that empower, encourage & inspire mothers, father's and the extended family.

Now that the sun is shining, they're taking their Mama Walks outdoors—and making a park stop too! As part of the walk, they'll also be stopping by Rhyme Time at Thurrock Library (11.30am) for some fun songs and stories with the little ones!

<https://www.eventbrite.co.uk/o/mummy-s-day-out-9906857944#events>

South Ockendon



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.

Come along to enjoy a free stroll and refreshments as you explore the local area alongside other community members.

<https://t100festival.co.uk/regularwalks/>

Multiple locations



F

## MSA

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

These take place at Thames Chase Forest Centre

*Parking costs £2*

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

Upminster



F

## SS17 Walkers

Every Tuesday 10.30am, friendly walking group

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

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

Stanford-le-Hope





F

## The Walkie Talkies

Parent's 1<sup>st</sup> offer Walkie Walkie sessions and also online fitness sessions for mums completely free of charge!

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.

A fun and friendly weekly online exercise group that helps expectant mums to keep healthy. Exercise sessions are adapted to suit all stages of pregnancy and all fitness levels.

<https://www.eventbrite.co.uk/o/parents-1st-58718511373>

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

Booking contact:

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

Purfleet-on-Thames

F

**TILBURY WALKING GROUP**

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



F

## Gateway Cycling Club

Meet others, get outdoors – on the 4<sup>th</sup> Monday of every month Gateway Cycling invites you for a short 7 mile, free, 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 £4 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





LC

## Grays Athletic Fitness FC

Join Grays Athletic Fitness & Football at Palmers College Astro to get fit through football!

They play twice a week, Monday and Wednesday at 7pm.

Age range is 18+

First game is free! Then costs £20 per month or £5 per session if you prefer pay as you play.

<https://www.facebook.com/profile.php?id=100095363793655>

Grays



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 £6.50 per  
session.

Use special booklet discount code  
to pay £5 per session: FYAT5

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

Grays

<p><b><u>Community Big Lunches</u></b>  <b>28 July – 28 August 2025</b>  Multiple locations</p>	<p><b><u>Grays 10K Challenge</u></b>  <b>Sunday 7<sup>th</sup> September</b>  Grays  <i>Free 3K fun run</i></p>	<p><b><u>Walkie Talkies</u></b>  <b>Monday 21<sup>st</sup> July</b>  Stanford le Hope</p>
<p><b><u>Ghost and Folklore Walk</u></b>  <b>Saturday 16<sup>th</sup> August</b>  Purfleet</p>	<p><b><u>Meandering Monday</u></b>  <b>Monday 14<sup>th</sup> July</b>  Chafford Hundred</p>	<p><b><u>Mummy's Day Out: Summer Beach Meetup</u></b>  <b>Friday 1<sup>st</sup> August</b>  Lakeside</p>
<p><b><u>Open Day Extravaganza</u></b>  <b>Sunday 20<sup>th</sup> July</b>  Grays</p>	<p><b><u>Tyre Workout</u></b>  <b>Saturday 19<sup>th</sup> July</b>  Grays</p>	<p><b><u>The Mini Olympics 2025</u></b>  <b>Wednesday 6<sup>th</sup> August</b>  Aveley</p>
<p><b><u>Free Bike Check and Repair</u></b>  <b>Thursday 14<sup>th</sup> August</b>  Belhus Library</p>	<p><b><u>Discovery Day</u></b>  <b>Tuesday 15<sup>th</sup> July</b>  Tilbury</p>	<p><b><u>Gateway Cycling Monthly Ride</u></b>  <b>Monday 28<sup>th</sup> July</b>  Grays</p>



# Other directories



F

## 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



F

## 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

## 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



F

## Summer Fun

Welcome to your guide to fun activities for the family this summer

We know that keeping the kids entertained over the holidays can be a challenge

That's why we are gathering together all that's going on locally that you can do as a family - and on a budget

Save this page to your favourites as we will be updating regularly with new events, offers and ideas

<https://www.thurrock.gov.uk/arts-and-culture/summer-fun>

Multiple locations

# Other support

[Local Wellbeing Services](#)  
Frontline

[Getting Started Guide](#)  
Activity Alliance

[Better Health](#)  
NHS

[Cycling Routes](#)  
Forward Motion South Essex

[Couch to 5K app](#)  
NHS

[Active 10 app](#)  
NHS

[Weight management support](#)  
Thurrock Council

[Instagram Blog](#)  
Find Your Active Thurrock