



Low costing: £5 or under per session



Subscription:

To receive a copy of this booklet to your inbox each month, all you need to do is subscribe <u>here</u>

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

<u>Mel Huggins</u>

Developed & updated by





Children & Young People's Activities 1/5



For more information and to book please contact: jtdofperformingarts@hotmail.co.uk

Grays

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

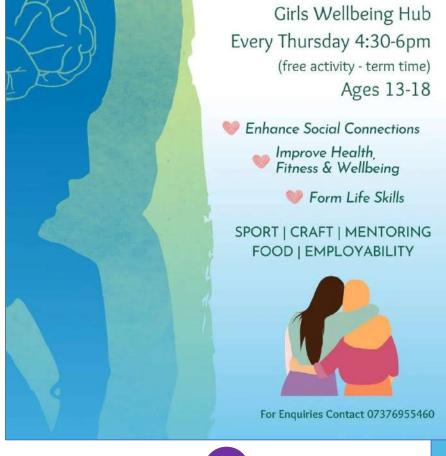
Junior street Ages 7-11 years 5:00pm-6:15pm

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



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FOOTBALL

CLUBS

- Purfleet Primary Acadamy, Tank Hill Rd, RM19 1SX
- Monday4.30 5.30pm Girls Yr 6-9
- Thursday
 4pm -5pm Yr 7 & 8
 5pm-6pm Yr 9 Sixth form
- © 07376 955460 (Rio)











Children & Young People's Activities 2/5









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/child ren-young-people/essex-activate/

Multiple locations



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/p roject/make-some-noise/

Grays



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/Jtdofp erformingarts/

Grays



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/wha ts-on-at-your-library/rhyme-time

Children & Young People's Activities 3/5





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Urban Motion

On 18th September Arts Outburst is launching Urban Motion, a brand-new youth-led programme for 11–18 year olds, and it kicks off this month!

Urban Motion is all about pushing limits, getting creative, and owning your space. From graffiti and hip hop dance to other exciting urban artforms, this programme will give young people across Thurrock the chance to explore bold, powerful forms of self-expression.

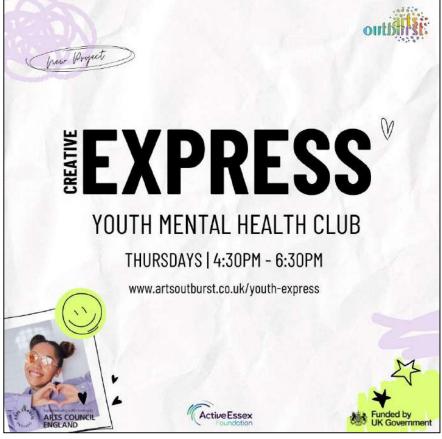
It's more than just workshops—it's a chance to grow in confidence, find your voice, and connect with others in a supportive, creative community.

Facebook post with full info and session dates here

Grays







Children & Young People's Activities 4/5















Children & Young People's Activities 5/5





KIDZ YOGA at Chafford Hundred

FREE TASTER CLASSES 23rd & 25th JULY!!!

Weds 23rd July 9.30am - 10.15am (10-15yr olds)
Fri 25th July 10.30am - 11.15pm (5-10yr olds)
Weds 6th August 9.30am - 10.15am (10-15yr olds)
Fri 8th August 10.30am - 11.15pm (5-10yr olds)
Weds 13th August 9.30am - 10.15am (10-15yr olds)
Fri 15th August 10.30am - 11.15pm (5-10yr olds)
Weds 20th August 9.30am - 10.15am (10-15yr olds)
Fri 22nd August 10.30am - 11.15pm (5-10yr olds)
Weds 27th August 9.30am - 10.15am (10-15yr olds)
Fri 29th August 10.30am - 11.15pm (5-10yr olds)
all classes held at the

all classes held at the
Drake Community Centre RM16 6PP

JUST £5, NO BOOKING NEEDED!

PARENTS / CARERS TO ACCOMPANY 5-10YR OLDS
COFFEE SHOP WILL BE OPEN (CASH ONLY)



Get CREATIVE Space

Join us for the exciting grand opening of our brand-new pop-up creative Space

– a vibrant hub for all ages to explore, create, and connect!

Interactive Exhibitions

Arts & Crafts *

👺 Drama Games & Activities 👺

🖪 Local Art Display 🖺

Live Music Performances ***
Film Screening ***

Come along, get involved, get creative and be part of a celebration packed with colour, creativity and community spirit.

Whether you're young or young-at-heart, there's something for everyone!

Let your imagination run wild...
We look forward to seeing you there!

12:00 - 16:00

Unit 8, Grays Shopping Centre, Essex, RM17 6QE





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 Thurock please let us know so we can get this added to the website.

https://www.thurrock.gov.uk/whats-onfor-young-people/independent-youthclubs

Community Activities 1/2













NHS Inclusion

Inclusion Thurrock Recovery College provides a relaxed educational environment for people who experience difficulties with, or have an interest in, mental health and wellbeing. A safe place where people can come together to learn ways to live healthier, happier and more fulfilling life.

If you are interested in wellbeing courses, or would like to learn more on mental health, register today using the link below

https://recoverycollege.inclusionthurroc k.org/online-registration-form/

Multiple locations



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

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-ashed/

Aveley

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/

Community Activities 2/2





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/volunteerthurrock/

Multiple locations



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/playsites/outdoor-gyms

Multiple locations



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

See their August programme here

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

South Ockendon



FREE BIKE CHECK AND REPAIR

Great news, the Forward Motion Cycle hub is going mobile and will be coming to a location near you on the following

Aveley Library RM15 4BX (11AM - 1PM) every 2nd Thursday 14th August, 11th September, 9th October

Bellius Library RM 15 5DX (1:30PM - 3:30PM) every 2nd Thursday

Grays Park RM17 6QZ (11:30AM - 1:30PM) every 2nd Friday 8th August, 12th September, 10th October

Chafford Beacon Center RM16 6RW(2PM - 4PM) every 2nd Friday 8th August, 12th September, 10th Octobe

Tilbury Library RM18 8AD (12:30PM - 2:30PM) every 3rd Thursday

East Tilbury Library RM188ST (3PM - 4:30PM) every 3rd Thursday

Chadwell Library RM16 4JP (2:30PM - 4:30PM) every 1st Thursday

The Big Lunch (www.startthurrock.org/whats-on/thurrock-big-lunches-2025)

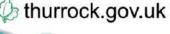
Chadwell-St-Mary - Thursday 7th August Purfleet-on-Thames - Wednesday 13th August Blackshots - Monday 18th August Aveley - Friday 22nd August Corringham - Thursday 28th August

For more details follow us on Facebook











Dance classes 1/2











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

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



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



Elite Twirlers

Flite Twirlers is a baton twirling team

Open for 4-16 year olds on a Saturday morning 10am-1pm.

Contact for more info: elitetwirlers11@gmail.com

South Ockendon

Dance classes 2/2







Monday Adult Classes

Adult Tap £5 7pm – 7.45pm

Adult Modern / Street £ 7.45pm – 8.15pm

Adult Advanced Tap £4 8.15pm -8.45pm

Adult Ballet £4

Saturday Kids Classes

Primary class
9.30am – 9.50am Ballet
9.50-10.10am Street
10.10am – 10.30am Tap
£4 per class or £10 for all 3

Junior Tap £5 10.30am – 11am

Junior Ballet £5 11am – 11.30am

Junior Modern / Street £5 11.30am – 12pm

Primaries aged: 2 ½ yrs - 6 yrs

Juniors aged: 7yrs - 12yrs

Venue:

1st Corringham Scout Hall 15 Herd Lane Corringham SS17 9BQ or more information and to book

© 07071070248

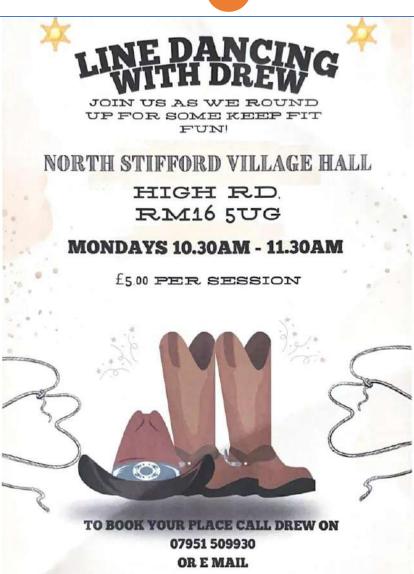
@ Twinkletoes268@hotmail.co.uk

f Find us on Facebook
@Twinkletoes school of dance









Exercise classes





SUITABLE FOR ALL FITNESS LEVELS!

MONDAYS 10.30 - 12.00

FOLLOWED BY TEA & COFFEE

STARTS MON 25TH SEPTMEMBER

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

FOR 50+

CONTACT: MARK ADAMS

EMAIL: markads01@icloud.com

MOBILE: 07711 817253

£5.00 PAYG



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



LC

Fitness class

Local fitness classes in Corringham and Horndon on the Hill

Pay as you go with Amy

£5 a class

AFfitness

Family Activities



Brighter Futures
Healthy Families

F

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/serv ices-thurrock-brighter-futureshealthy-families/

Online



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



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



WHAT WE OFFER:

1 Whatsapp community with other local families

2 Regular nutritional tips & tricks for individuals and families

JOIN A
COMMUNITY OF
FAMILIES
WORKING
TOWARDS A
HEALTHIER
FUTURE

- Weekly walking group for free and effective exercise to get the
- Family workshops to teach you how to get fit together and build health
- FREE introductory 1-1 lifestyle coaching session to support busy
- 5 families
- and changes can be made
- 7 Virtual home exercise calls

Support groups

ONTACT 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-referralschemes

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

https://www.thurrock.gov.uk/p ublic-health/thurrock-healthylifestyle-service

Online

Inclusive Activities 1/2





LC

Sugarloaf RDA

Sugarloaf riding for the Disabled meet at Liitle 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 run. 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

LC

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

SEN YOGA at Chafford Hundred

FREE TASTER CLASSES 23rd & 25th JULY!!!

Weds 23rd July 10.30am - 11.15am (13yrs plus)
Fri 25th July 11.30am - 12.15pm (5-12yr olds)
Weds 6th August 10.30am - 11.15am (13yrs plus)
Fri 8th August 11.30am - 12.15pm (5-12yr olds)
Weds 13th August 10.30am - 11.15am (13yrs plus)
Fri 15th August 11.30am - 12.15pm (5-12yr olds)
Weds 20th August 10.30am - 11.15am (13yrs plus)
Fri 22nd August 11.30am - 12.15pm (5-12yr olds)
Weds 27th August 10.30am - 11.15am (13yrs plus)
Fri 29th August 11.30am - 12.15pm (5-12yr olds)

all classes held at the
Drake Community Centre RM16 6PP

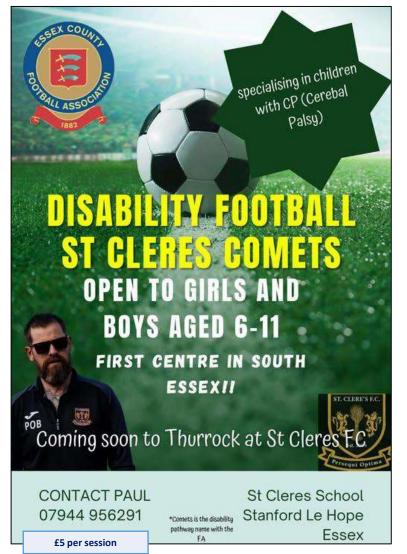
JUST £5, NO BOOKING NEEDED!

PARENTS / CARERS TO ACCOMPANY AT ALL TIMES
COFFEE SHOP WILL BE OPEN (CASH ONLY)

Inclusive Activities 2/2







Waiting list may apply



ITD 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.



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

Low Impact Activities 1/2











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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/improvee-your-mental-physical-and-emotionalwellbeing-with-oomph/

Multiple locations



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



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

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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

Grays

Low Impact Activities 2/2





F

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 OPB

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

Or visit their website:

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

Stanford-le-Hope





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



Sign up at www.togetherproductions.co.uk/events
Find out more: rachel@togetherproductions.co.uk
or message/call us on 07378 968443





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Running & Walking Activities 1/4









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

Grays



Purfleet Heritage and Military Centre

They currently offer two walks and tours of Purfleet-on-Thames starting from the Heritage Centre.

The Heritage Walk explores the landmarks of the town, Long Reach and remnants of the Garrison.

They also offer a Ghost and Folklore

Walk four times a year exploring the ghoulish side of the town including it's links with Dracula. Both these must be prebooked.

£5 adults, £3 under 16s

https://purfleet-hmc.org/groups

Purfleet



Please contact us for further information and enrolment by email at: info@nafhealth.org

Running & Walking Activities 2/4







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.u k/thurrock/

Chadwell St Mary's

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/ramblersgroups/thurrock-group

Multiple locations



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

The group advise you email (thurrocknomads@gmail.com) before turning up in case they are starting elsewhere that day

http://www.thurrocknomads.org.uk/

Grays



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 ORN

https://www.essexwt.org.
uk/events?location_term=
494

Stanford-le-Hope

Running & Walking Activities 3/4





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/mumm ys-day-out-9906857944#events

South Ockendon

T100

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/reg ularwalks/

Multiple locations



MSA

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



SS17 Walkers

SS17 Walkers established in 2014.
Tuesday morning walks
established 2018.

They are now meeting each Tuesday morning at 10.30am for a walk. This usually lasts an hour and they usually walk around 5k.

Open to all and completely free.

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

https://www.facebook.com/S S17Walkers

Stanford-le-Hope

Running & Walking Activities 4/4





F

The Walkie Talkies

Parent's 1st offer Walkie Talkie 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.

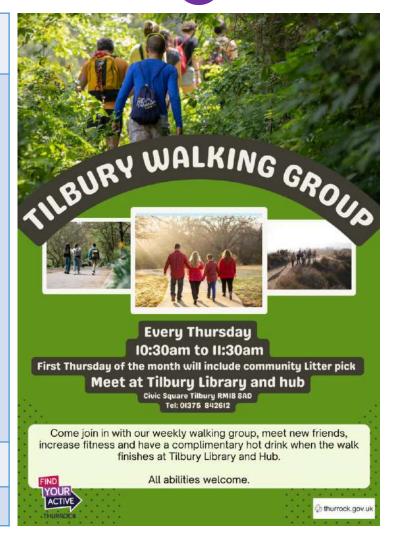
Price: Adults £5, under 16's £3

Includes: Tea/Coffee and Biscuits

Booking contact: paulhounsell64@outlook.com

Purfleet-on-Thames

F



Sport Specific Activities







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/gra vsiudoclub/home/judo-schedule

Grays



Gateway Cycling Club

Meet others, get outdoors – on the 4th 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 Cenre, Blackshots Lane, RM16 3LU for a 10.00am start.

For queries:

recreation secretary@gatewaycyclin g.org.uk

Grays



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/Thurr ockHockevClub

Grays

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 childs school work and home life.

> ENROL NOW limited spaces availible

WEDNESDAYS 4 -5

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

07810 186820

£5 per class

Aveley

Sport Specific Activities







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



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



Cycle September

Have you signed up for Cycle September?

Log your rides, earn points, and join thousands of others getting active this month to be in with a chance to win some incredible cash prizes.

Every ride counts, whether it's your commute, a weekend adventure, or a spin around the park.

https://orlo.uk/gUPSF

Thurrock-wide

Upcoming Low Cost & Free Events



Grays 10K Challenge

Sunday 7th September Gravs Free 3K fun run

Men's Walk & Talk Project launch

Sunday 7th September

Corringham

Meandering Monday Walk

Monday 8th September Langdon Hills

Free Bike Check and Repair

4th, 11th, 12th, 18th Sept Various locations

Ghost and Folklore Walk Saturday 15th November

Purfleet

Walkie Talkie

8th, 19th and 29th September Various locations

Dracula Day walks

Sunday 26th October

Purfleet

Older People's Day Celebration

Wednesday 1st October

Grays

Youth Voice Day

Saturday 11th October

Chelmsford

Thurrock Hockey Pre-season club day

Saturday 6th September Grays

Mollands Lane Open Day Saturday 6th September

South Ockendon

Try Bowls Open Day

Saturday 6th September

Aveley

Other activity directories











THURROCK COUNCIL

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

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

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/youthgroups/

Multiple locations

Physical Activity

Thurrock Council understand that there are many health benefits to being active every day and they want to help you to do just that!

For more information on keeping active and what is available locally, follow the link below.

https://www.thurrock.gov.uk/help -to-get-active/physical-activity

Other support



<u>Local Wellbeing Services</u> Frontline	Getting Started Guide Activity Alliance	<u>Better Health</u> 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	Activate with Joe Wicks YouTube
Anchor fields play area survey Thurrock Council		

Top news stories



Essex Activity Awards

Nominations for the Essex Activity Awards are now open!

This is a fantastic opportunity to celebrate the individuals, groups, and organisations across Essex who are making a real difference through physical activity, sport and wellbeing initiatives, and we need your help!

- ©Sports Personality of the Year
- **☞** Young Sports Personality of the Year
- ☐ Unsung Hero
- ☐ Sports Club of the Year
- **GStrengthening Communities Award**
- **Inspiring Young Lives Award**
- **G**Active Education Provider of the Year
- Find Your Active Wellbeing Award
- ☐ Active Employer of the Year

https://www.activeessex.org/essex-activity-awards-2025/

Coach Core

The Coach Core Essex Apprenticeship applications are open and there is still time to apply!

- Level 2 Community Activator Coach Apprenticeship
- £3,500 grants available per apprentice
- Help young people aged 16–24, especially those not in education or employment, start a career in sport and physical activity.

They're looking for local organisations to mentor and support diverse young people.

Apply here | Read more | Level 2 Info | Level 3 Info

https://www.canva.com/design/DAGiEy D6rGY/AON6d3JOfEe73I2Ko00dXQ/edit

Essex Activate

We are thrilled to hear about the three-year extension of the Holiday Activities and Food (HAF) programme from Government. The extension reflects the programme's proven value and long-term potential to support children and families across Greater Essex.

Delivered locally as Essex ActivAte in Essex and Thurrock, the HAF programme has had a transformative impact over the past four years, as over 30,000 children eligible for income related school meals have accessed high-quality holiday provision, combining physical and enriching activities with nutritious meals in safe, inclusive environments. These opportunities have helped improve overall wellbeing, reduce social isolation, boost skills and confidence, and provide valuable childcare and respite for families during school holidays.

https://www.activeessex.org/child ren-young-people/essex-activate/

Place Partnership

Exciting announcement! £9.8 million has been secured from Sport England to help make our communities healthier, happier, and more active!

Place Partnership investment will support local areas including Castle Point, Harlow, and Thurrock, with extra support for Basildon, Colchester, and Tendring, all aimed at:

- **√**□ Helping more people get active
- ✓□ Creating fun and positive experiences for children and young people
- **√**□ Tackling local inequalities
- ✓□ Supporting community-led projects that make a real difference

https://www.activeessex.org/news/9-8-million-secured-to-build-stronger-essex-communities-and-tackle-inactivity







