

F

*FREE activity*

LC

**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 1/5

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

Grays

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



Girls Wellbeing Hub  
Every Thursday 4:30-6pm  
(free activity - term time)  
Ages 13-18

- ♥ Enhance Social Connections
- ♥ Improve Health, Fitness & Wellbeing
- ♥ Form Life Skills

SPORT | CRAFT | MENTORING  
FOOD | EMPLOYABILITY



For Enquiries Contact 07376955460

F

F

## FOOTBALL CLUBS

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

- 📅 Monday  
4.30 - 5.30pm Girls Yr 6-9
- 🕒 Thursday  
4pm -5pm Yr 7 & 8  
5pm-6pm Yr 9 - Sixth form
- ☎ 07376 955460 (Rio)



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





F

## 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



F

## 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



F

## 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



F

## 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





F

## Urban Motion

On 18<sup>th</sup> 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

F

**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 - [R.LONG@ATFCOMMUNITY.COM](mailto:R.LONG@ATFCOMMUNITY.COM) FOR MORE INFO

ATF

F

**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)

Arts Council England

Active Essex Foundation

Funded by UK Government



LC

F

F

## 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

**COMPETITIONS**

**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

**RESIDENTIALS**

**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

**ARTS EVENTS**

**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)

## PURFLEET YOUTH CLUB

**FOOD**  
**SPORT**  
**ARTS & CRAFTS**  
*Mentoring Support*  
**GAMING**

**TUESDAYS**  
5pm - 6:30pm  
(Year 9 to Sixth Form)

**WEDNESDAYS**  
4:30pm - 6pm (Years 7 & 8)

07376 955460

St Stephens Parsonage, London Rd, Purfleet, RM19 1QD




**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



LC

## 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  
Drake Community Centre RM16 6PP**

**JUST £5, NO BOOKING NEEDED!**

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

F

## 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

F



### 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

# Community Activities 1/2



F

## 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.inclusionthurrock.org.uk/online-registration-form/>

Multiple locations



F

## 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



LC

## 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



F

## 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





F

## 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



F

## 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



F

## 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/tcv-essex/volunteer-essex/>

South Ockendon

F

## 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 dates

- Aveley Library RM15 4BX (11AM – 1PM) every 2nd Thursday  
14th August, 11th September, 9th October
- Belhus Library RM15 5DX (1:30PM – 3:30PM) every 2nd Thursday  
14th August, 11th September, 9th October
- 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 October
- Tilbury Library RM18 8AD (12:30PM – 2:30PM) every 3rd Thursday  
21st August, 18th September, 16th October
- East Tilbury Library RM18 8ST (3PM – 4:30PM) every 3rd Thursday  
21st August, 18th September, 16th October
- Chadwell Library RM16 4DP (2:30PM – 4:30PM) every 1st Thursday  
4th September, 2nd October
- The Big Lunch ( [www.startthurrock.org/whats-on/thurrock-big-lunches-2025](http://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  
Corryingham – Thursday 28th August

For more details follow us on Facebook  
[forwardmotioncyclehubs](#)





# Dance classes 1/2



LC

## 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



LC

## 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



LC

## 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



LC

## Elite Twirlers

Elite 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](mailto:elitetwirlers11@gmail.com)

South Ockendon

LC



## FUN LESSONS NO EXAMS

Ballet Tap Modern Street

### Monday Adult Classes

Adult Tap £5  
7pm – 7.45pm

Adult Modern / Street £4  
7.45pm – 8.15pm

Adult Advanced Tap £4  
8.15pm – 8.45pm

Adult Ballet £4  
8.45pm – 9.15pm

### 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:**  
1<sup>st</sup> Corringham Scout Hall  
15 Herd Lane  
Corringham  
SS17 9BQ

For more information and to book your place contact Miss Tammy:

☎ 07921070248

@Twinkletoes268@hotmail.co.uk

f Find us on Facebook

@Twinkletoes school of dance

LC

## CLASS SCHEDULE

**MONDAY**

6pm  
CHADWELL VILLAGE HALL  
RM16 4NX

Fortnightly additional class "Sweat'n'Smile" - ask for info!


**£5 PAY AS YOU GO**

**WEDNESDAY**

9.30am  
CHADWELL SOCIAL CLUB  
RM16 4DH

**THURSDAY**

6.45pm  
CHADWELL SOCIAL CLUB  
RM16 4DH



WE LOOK FORWARD TO STEPPING WITH YOU!

SARAH & RONNIE

@STEPNSMILEFITNESS

LC


## LINE DANCING WITH DREW

JOIN US AS WE ROUND UP FOR SOME KEEP FIT FUN!

NORTH STIFFORD VILLAGE HALL  
HIGH RD.  
RM16 5UG

**MONDAYS 10.30AM - 11.30AM**

£5.00 PER SESSION



TO BOOK YOUR PLACE CALL DREW ON  
07951 509930  
OR E MAIL



# Exercise classes

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**



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



LC

## Fitness class

Local fitness classes  
in Corringham and  
Horndon on the Hill

Pay as you go with  
Amy

£5 a class

[Afitness](#)

Multiple locations



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/services-thurrock-brighter-futures-healthy-families/>

Online



F

## 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



LC

## 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



F



### 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





LC

## 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



F

## 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



LC

## 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

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

LC

## 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**



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



£5 per session

Waiting list may apply


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](mailto:activejtd@hotmail.com)



F

## 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



LC

## 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



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

Contact: Claire after 4pm  
07903 963601

Grays



F

## 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





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



F

## 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](mailto:info@friendsofhardiepark.co.uk)

Or visit their website:

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

Stanford-le-Hope

F



## 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](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



We offer enriching activities for dementia well-being, supported by caring volunteers. Creating a safe, joyful space for all.

SESSIONS

EVERY THURSDAY 11 - 3:30

LOCATION

**BEACONSFIELD PLACE**  
CALCUTTA ROAD,  
TILBURY, ESSEX RM18 7EN.

FOR MORE INFORMATION

CONTACT 07428697038

F



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



F

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 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 pre-booked.

£5 adults, £3 under 16s

<https://purfleet-hmc.org/groups>

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

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

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

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

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/SS17Walkers>

Stanford-le-Hope





F

## The Walkie Talkies

Parent's 1<sup>st</sup> 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](mailto:paulhounsell64@outlook.com)

Purfleet-on-Thames

F

**TILBURY WALKING GROUP**

Every Thursday  
10:30am to 11:30am

First Thursday of the month will include community Litter pick

**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



F

## 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 7<sup>th</sup> September**  
Grays  
*Free 3K fun run*

**Men's Walk & Talk Project launch**  
**Sunday 7<sup>th</sup> September**  
Corringham

**Meandering Monday Walk**  
**Monday 8<sup>th</sup> September**  
Langdon Hills

**Free Bike Check and Repair**  
**4<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 18<sup>th</sup> Sept**  
Various locations

**Ghost and Folklore Walk**  
**Saturday 15<sup>th</sup> November**  
Purfleet

**Walkie Talkie**  
**8<sup>th</sup>, 19<sup>th</sup> and 29<sup>th</sup> September**  
Various locations

**Dracula Day walks**  
**Sunday 26<sup>th</sup> October**  
Purfleet

**Older People's Day Celebration**  
**Wednesday 1<sup>st</sup> October**  
Grays

**Youth Voice Day**  
**Saturday 11<sup>th</sup> October**  
Chelmsford

**Thurrock Hockey Pre-season club day**  
**Saturday 6<sup>th</sup> September**  
Grays

**Mollands Lane Open Day**  
**Saturday 6<sup>th</sup> September**  
South Ockendon

**Try Bowls Open Day**  
**Saturday 6<sup>th</sup> September**  
Aveley



# Other activity 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

## 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>

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

[Activate with Joe Wicks](#)

YouTube

[Anchor fields play area survey](#)

Thurrock Council



## 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
- 🏆 Strengthening Communities Award
- 🏆 Inspiring Young Lives Award
- 🏆 Active Education Provider of the Year
- 🏆 Find Your Active Wellbeing Award
- 🏆 Move With Us Champion
- 🏆 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/DAGiEyD6rGY/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/children-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>

