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FREE activity

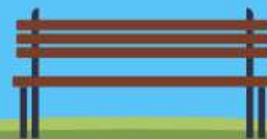
LC

Low costing:
£5 or under per session

*Developed &
updated by*



Free & Low Cost Physical Activities in Thurrock



October 2025



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

For more information and to book please contact:
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



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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

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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)



Children & Young People's Activities - 2



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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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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/whats-on-at-your-library/rhyme-time>

Multiple locations



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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

LC



BHIT SESSIONS
FUNDAMENTALZ HIGH INTENSITY INTERVAL TRAINING

TRAIN HARD OR GO HOME

EVERY TUESDAY 7-8PM
TREETOPS SCHOOL

£5 PER SESSION

NEW MEMBERS REGISTER FREE

AGES 11-17

3PT SHOOTING MACHINE
INTERACTIVE HANDLES
SMALL-SIDED GAMES & DRILLS
MID-RANGE SHOOTING

F



CHÅSEN

AFTER SCHOOL SPORTS CLUB

SPONSORED BY
ActiveEssex Foundation

MONDAY & WEDNESDAY
3:30 pm – 5:45 pm
Location: Tilbury

REGISTER TODAY! FOR FREE
www.chosencommunity.org

LC



SEABROOKE RISE COMMUNITY HOUSE YOUTH CLUB

EVERY MONDAY 7:30 - 9 PM
term time only £2 per session includes food

COME JOIN OUR YOUTH GROUP!

LOOKING FOR A PLACE TO MEET NEW FRIENDS? LEARN NEW SKILLS? OR SIMPLY TO UNWIND AND SPEND TIME WITH OTHER YOUTHS?

COME ALONG, ENJOY A MEAL, GET YOUR HOMEWORK DONE OR PREPARE FOR EXAMS. ALL IN A FUN, RELAXED ENVIRONMENT

WANT TO GROW AS A LEADER?

TAKE ON NEW CHALLENGES, BUILD CONFIDENCE, MAKE MEMORIES AND PUSH YOUR OWN BOUNDARIES. DEVELOP YOUR LEADERSHIP SKILLS WHILST HAVING FUN AND SHARING OPPORTUNITIES WITH YOUR PEERS!

AGED BETWEEN 10.5 AND 18 YEARS? COME CHAT TO GAV, OUR DBS APPROVED, FULLY REGISTERED YOUTH LEADER TO FIND OUT MORE.



THE COMMUNITY HOUSE, NEW ROAD, GRAYS, RM17 6DR

LC

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

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CREATIVE EXPRESS

YOUTH MENTAL HEALTH CLUB

THURSDAYS | 4:30PM - 6:30PM

www.artsoutburst.co.uk/youth-express

Active Essex Foundation

Funded by UK Government

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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

Donation

RIVERVIEW CHARITABLE TRUST

COMMUNITY FUND

Children in Need

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

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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

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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 Thurock 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

Children & Young People's Activities - 6

LC

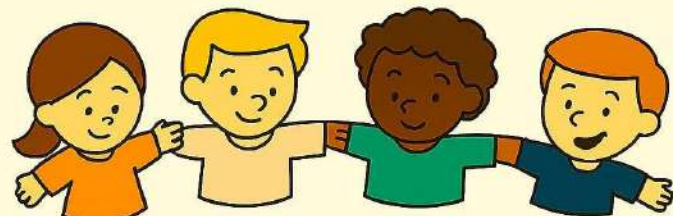
**OPENING THURSDAY
6TH NOVEMBER
6PM-8PM
SEND children 10-18 years.**



**at The United Reformed Church
Bradleigh Avenue Grays RM17 5XD**

Children must be accompanied by a parent/carer
at all times during the session.
Tuck shop open during the evening
Admission £4pp parent/carer FREE

LC



**AD YOUTH
PROVISIONS
AFTERSCHOOL
CLUB**



**MONDAY &
WEDNESDAY
16:15-17:30
4-10 YRS £1,50**

**MONDAY &
WEDNESDAY
18:00-20:00
10-18 YRS £2,50**

George Tilbury House Community Room
Godman Road, Chadwell-St-Mary, RM16 4TF
adyouthprovisions@gmail.com
+447368481350

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**AFTER
SCHOOL CLUB**

ACTIVITIES

- TUESDAY
Creative Play & Learning
- THURSDAY:
Dance, Drama & Production
- FRIDAY:
Movie Night

**3:30PM – 6:00PM
LOCATION: TILBURY**

REGISTER FOR FREE www.chosencommunity.org

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Anchor Park Tilbury

Anchor Park, Tilbury, RM18 8AH

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

**Every Monday
16:00 - 17:00**



Please contact Kelly - kherring@atfcommunity.com for more info

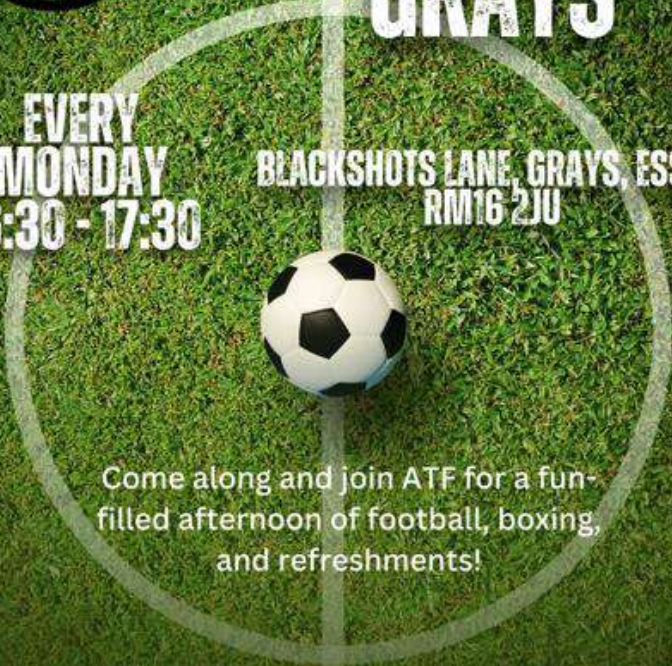
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BLACKSHOTS GRAYS

EVERY
MONDAY
16:30 - 17:30

BLACKSHOTS LANE, GRAYS, ESSEX,
RM16 2JU



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

Please contact Kelly - kherring@atfcommunity.com for more info

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Koala Park Tilbury

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

**Every Tuesday
Starting 3rd June
16:00 - 17:00**



Please contact Kelly - kherring@atfcommunity.com for more info

Children & Young People's Activities - 8

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IN PARTNERSHIP WITH **B FUNAMENTALZ**

DRAMA PRESENTS

LINES & LAY UPS

A PROJECT ABOUT YOUTH RESILIENCE AND FINDING YOUR SHOT!

EVERY TUESDAY / 4.30PM - 6.30PM
(TERM TIME ONLY)

FOR UPCOMING PLAYS ABOUT THE CHALLENGES YOUNG PEOPLE FACE TODAY

- EACH PROGRAMME WILL RUN FOR APPROX 12 WEEKS -
FROM 23 SEPTEMBER TO 19 DECEMBER

CASTING FOR AGES 11-16 | BOYS & GIRLS | NO PREP REQUIRED

PARENT/CARER MUST REGISTER THEIR CHILD FOR THEM TO TAKE PART

TREETOPS SCHOOL (VIA TREETOPS APPROACH)
THEATRE HALL

FOR MORE INFORMATION CONTACT: 07822-859-359
OR EMAIL: INFO@DRAMAINMIND.CO.UK

WWW.DRAMAINMIND.CO.UK

More info on line

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RIVERVIEW CHARITABLE TRUST
Supporting Communities - Empowering People

HALF TERM YOUTH ACTIVITY

YOUTH CLUB!

FOOTBALL & BASKETBALL

LIGHT SNACKS & REFRESHMENTS

@ OPERA HOUSE PARK, PURFLEET RM19 1AF
Wednesday 22nd & 29th October
2.50-3.50pm

@ ST STEPHENS CHURCH PURFLEET RM19 1QD
Tuesday 21st & 28th October
2.00-4.30pm

@ SPIDER PARK, PURFLEET RM19 1QE
Wednesday 22nd & 29th April 4-5pm

BBC Children in Need **COMMUNITY FUND** **PFCC** POLICE, FIRE AND CRIME COMMISSIONER FOR ESSEX

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ITD ARTS **Active Essex Foundation**

It's free Youth PROVISION

Every Wednesday 5-6pm, yummy foods included ages 13-17 years

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 school holidays, days & hours are different, this is term time only

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

LC

Essex Comets YFC
Est. 2007
Adfecta Dignitas

Mini COMETS

£4 PER SESSION
FIRST SESSION FREE

AGES 4-6

SATURDAYS 9:00-10:00

WILLIAM EDWARDS SCHOOL STIFFORD CLAYS
ROAD GRAYS ESSEX RM16 3NJ

FOR MORE INFORMATION CONTACT ADAM
ON 07411198843

Community Activities - 1



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/online-registration-form/>

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



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



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Start Thurrock

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

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

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

Multiple locations





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Volunteer Centre

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

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

<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



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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

See their August programme [here](#)

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

South Ockendon

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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)
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
[forwardmotioncyclehubs](#)



Dance classes - 1



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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



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.

Members: £3 an hour or 2
hours at £5

Non members £4 an hour

Contact for more info:
elitetwirlers11@gmail.com

South Ockendon

Dance classes - 2

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:

1st 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!

WEDNESDAY

9.30am
CHADWELL
SOCIAL CLUB
RM16 4DH

THURSDAY

6.45pm
CHADWELL
SOCIAL CLUB
RM16 4DH

£5 PAY AS YOU GO



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

"Balance your body and mind"



FITNESS CLASSES FOR 50+

SUITABLE FOR ALL FITNESS LEVELS!

MONDAYS 10.30 - 12.00

FOLLOWED BY TEA & COFFEE

GRANSJEAN HALL

Long Lane

Grays RM16 2PJ

Suitable for all levels

CONTACT

MARK ADAMS

EMAIL: MARHADS01@ICLOUD.COM

TEL: 07711 817253

IMPROVE

POSTURE

MOBILITY

CARDIO

BALANCE

FLEXIBILITY

FITNESS & WELLBEING

£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

F



HIIT class

This runs every Friday at 5am for a 1 hour, free HIIT session.

07950804808

info@ego-free.club

To take part, you will need a membership with Everlast Thurrock or to purchase a guest pass

<https://www.ego-free.club/service-page/hiit-fridays>

West Thurrock

LC

to booking needed Just turn up!



CLASS TIMETABLE

MONDAY	TUESDAY
Castlemayne Pub Basildon SS165RZ	KMD Centre Corringham Park SS177QZ
7pm	Zumba
7.45pm	Tone & Stretch

All classes £5

All ages and abilities are welcome!

New members 1st class FREE



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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



Grangewaters
Outdoor Education Centre

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



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WHAT WE OFFER:

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

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

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

For more information and to book please
contact: 07923 918949

Thurrock-wide

Health and Weight Loss Programmes



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



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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/public-health/thurrock-healthy-lifestyle-service>

Online

F



Funded by
UK Government

FROM QUIT TO FIT

**Give up smoking with
Thurrock Council's
Stop Smoking Service**

And receive a
2-Month Membership
with Impulse Leisure!

**QUIT SMOKING. GET FIT.
FEEL GREAT.**

Limited Spots Available!
Call us on 0800 292 2299 to register today!



Drop in's for Stoptober:
<https://www.thurrock.gov.uk/news/help-to-stop-smoking/join-stoptober-in-thurrock-and-start-your-smoke-free-journey-today>




thurrock.gov.uk



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)

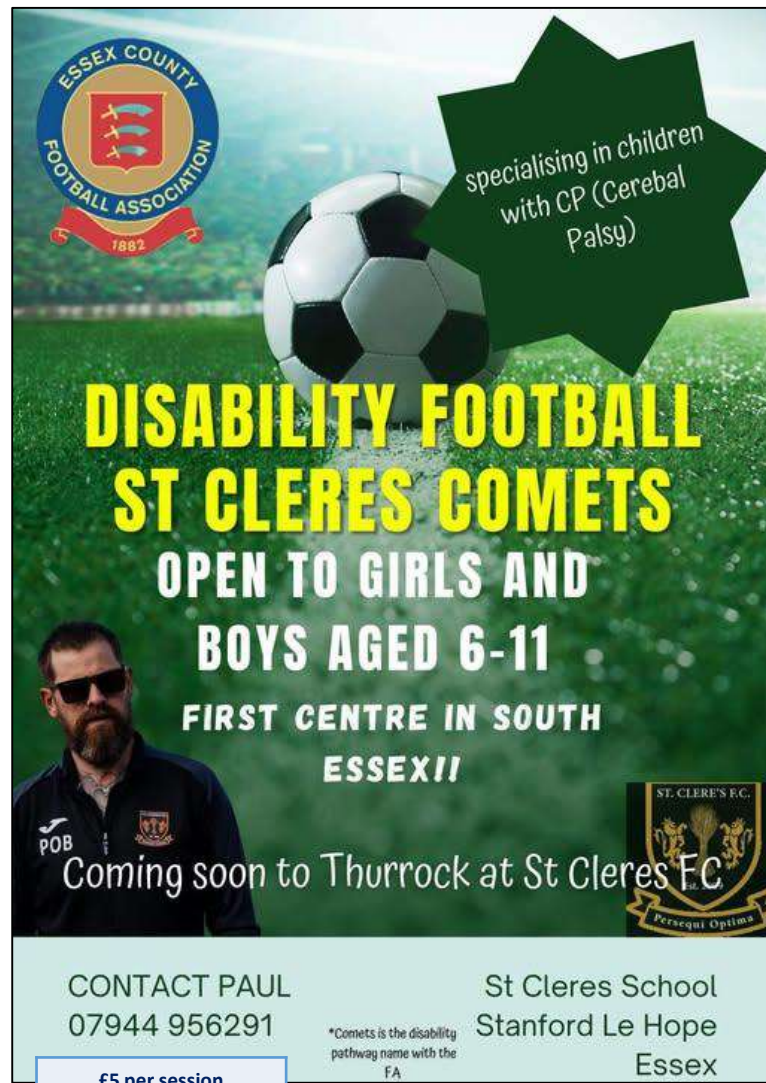
Fri 29th August 11.30am - 12.15pm (5-12yr olds)

**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

Low Impact Activities - 1



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

Grays

Low Impact Activities - 2



F

Zumba® Gold

Monday's at 11am, £4.50 per session

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 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

Or visit their website:

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

Stanford-le-Hope



LC

Mindful Movement

Move to Thrive: Weekly Online Mindful Movement Sessions

Join Aditi, a Purfleet-based wellbeing facilitator, for gentle online sessions blending mindful movement, breathwork, and joyful dance. These classes are designed to release stress, reconnect with your body, and leave you feeling lighter and more grounded.

Every Wednesday, 7–8 PM

Online via Zoom

Thurrock participants: £5 per class
Sessions are open to all bodies, all abilities, no dance experience needed — just come as you are.

Usually £8 – complete the form below to attend the class using the booklet discount

<https://www.move-to-thrive.com/weekly-online-sessions>

Online

F



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.

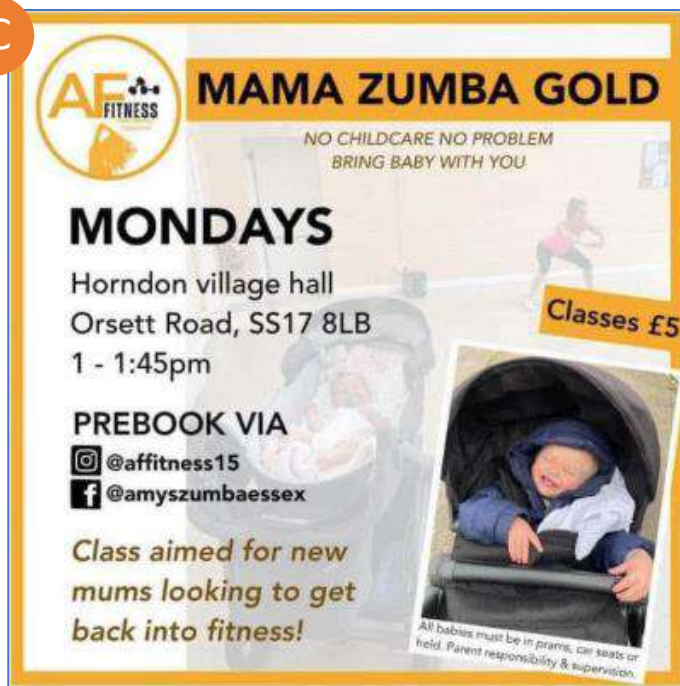
FOR MORE INFORMATION

CONTACT

07428697038

Low Impact Activities - 3

LC



AF FITNESS **MAMA ZUMBA GOLD**
NO CHILDCARE NO PROBLEM
BRING BABY WITH YOU

MONDAYS
Horndon village hall
Orsett Road, SS17 8LB
1 - 1:45pm

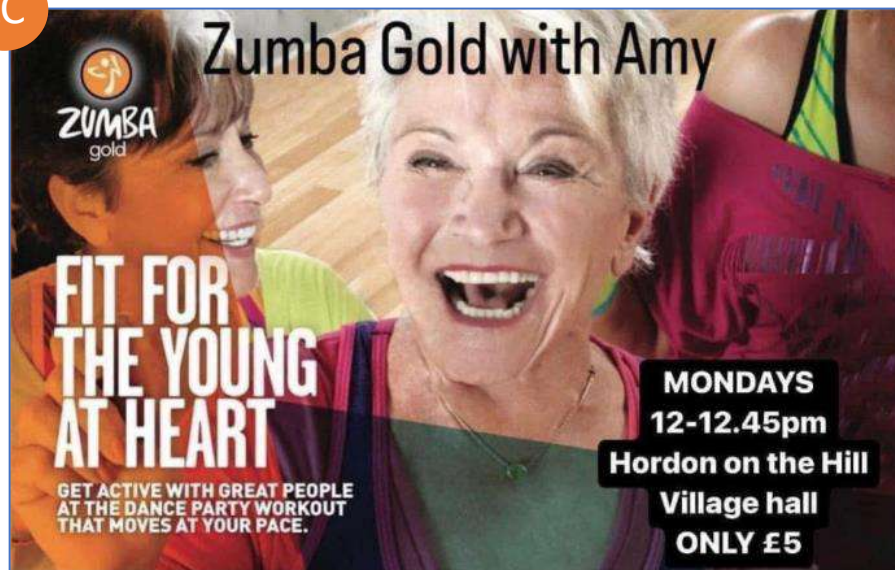
Classes £5

PREBOOK VIA
@affitness15
@amyszumbaessex

Class aimed for new mums looking to get back into fitness!

All babies must be in prams, car seats or held. Parent responsibility & supervision.

LC



ZUMBA gold **Zumba Gold with Amy**

FIT FOR THE YOUNG AT HEART
GET ACTIVE WITH GREAT PEOPLE
AT THE DANCE PARTY WORKOUT
THAT MOVES AT YOUR PACE.

MONDAYS
12-12.45pm
Hordon on the Hill
Village hall
ONLY £5

F



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
Find out more: rachel@togetherproductions.co.uk
or message/call us on 07378 968443



Essex
Wildlife Trust

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

Stanford-le-Hope



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
Website: www.nafhealth.org

 @NAFHEALTH.ORG
 @NAFHEALTH
 @NAFHEALTH

Powered by



F

Please contact us for further information and enrolment by email at: 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

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

Running & Walking Activities - 2



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) before turning up in case they are starting elsewhere that day

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

Grays



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/e/walkie-talkies-talk-walk-sessions-for-pregnant-and-new-parents-oct-tickets-1494427375509?aff=ebdsoporgprofile>

Multiple Locations



F

Mummy's Day Out

Move, connect, and enjoy the fresh air together on a fun and relaxing walk. Whether you're looking to meet new friends, stay active, or enjoy some well-deserved "me time," this is the perfect opportunity to recharge and build connections.

What to Expect:

- A gentle, family-friendly walk in a scenic location.
- Opportunities to chat and connect with other local mums.
- Supportive and welcoming vibes for mamas of all fitness levels.
 - FREE light refreshments

<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 stroll and free 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

BELHUS WALKING GROUP

Every Thursday 10:30am to 11:30am
Meet at Belhus Library
South Ockendon RM15 5DX

01708 851212
belhus.library@thurrock.gov.uk

Come join in with our weekly walking group, have a gentle stroll and meet new friends.
All abilities welcome.

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



Run club

Join their invigorating weekly 5K runs, where you'll experience a friendly and EGO-FREE community atmosphere! They meet every Saturday morning at 7 AM to enjoy the fresh air and camaraderie.

The starting location alternates weekly between the beautiful Chafford Gorge, scenic Lakeside, and Harvester Grays. They will send out a confirmation each week detailing the location and any other updates, so you'll always know where to find them.

<https://www.ego-free.club/service-page/run-club>

Chafford Hundred

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.

Sport Specific Activities - 1



LC

Grays Judo Club

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

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

One Session: £5
A Month: £25

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

Grays



LC

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

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

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



tekio.cempa@yahoo.com
www.tekio-cempa.weebly.com
Facebook/tekiocempamartialarts

DON'T BE A VICTIM

St Johns Church Hall,
Victoria Avenue,
Grays
Essex RM16 2RP

Practical Martial Arts & Personal Safety for
children and adults

Thursday
JUNIORS: 5pm - 6pm
CADETS: 6pm - 7pm
ADULTS: 7pm - 8pm

Phone: 07757 689557

£5 per class

Grays



LC

Group badminton

Join the EGO-FREE team for a fun and lighthearted game of badminton! Whether you're a seasoned player or a beginner, everyone is welcome to participate and enjoy a stimulating environment.

Bring your friends, and let's make some great memories on the court!

This 1 hour session at Storm Fitness and Leisure, Chadwell Rd, Grays RM17 5TD costs £5 for hire of the space & entrance to the gym.

If you need one, rackets can be hired at the center for £1.

<https://www.ego-free.club/service-page/badminton>

Grays

Upcoming Low Cost & Free Events

Older People's Day Celebration

Wednesday 1st October
Grays

Walkie Talkie

6th, 17th & 20th October
Various locations

Youth Voice Day

Saturday 11th October
Chelmsford

Free Bike Check and Repair

2nd, 9th, 10th & 16th Oct
Various locations

Ghost and Folklore Walk

Saturday 15th November
Purfleet

Walk and Talk

Wednesday 15th October
Belhus

Dracula Day walks

Sunday 26th October
Purfleet

Fun Palace

3rd – 5th Oct
Grays and Chadwell

Start of new Belhus walking group

Thursday 16th Oct
South Ockendon

Community Litter Pick

Saturday 4th October
West Thurrock

Community Litter Pick

Sunday 5th October
South Ockendon

Mental Elf Festive 5K Fun Run

Saturday 6th December
Belhus

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 / resources

[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

[Corringham Town Park survey](#)

Thurrock Council

[Dilkes Park survey](#)

Thurrock Council

October Half Term

The Essex Activate programme does not run in Thurrock during half term holiday's.

However, there are a wide range of local clubs, activities & events advertised on the Find Your Active Thurrock Facebook page. Some which incur a cost and some are FOC.

If you are looking for something specific, please get in touch with Mel: Melissa.Huggins@thurrockcvs.org

<https://www.facebook.com/profile.php?id=61566311833215>



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>

