

# Free and Low Cost Activities Basildon



BASILDON



# Suggested FREE & Low Cost Activities - Basildon



## RUNNING AND WALKING ACTIVITIES:

PARK RUN/ PARK WALK Free 5k timed weekly walk or running event  
Check the website for locations

[www.5kyourway.org](http://www.5kyourway.org)

## Backside to Trackside

<https://www.basildon.gov.uk/backsidetotrackside>

FREE 0 to 5k running programme as and when planned – check their page

CURRENTLY AT  
BASILDON SPORTING  
VILLAGE



**FIND  
YOUR  
ACTIVE**

BASILDON



**MOVE  
AGAINST  
CANCER.**



# Suggested FREE & Low Cost Activities - Basildon

- MOTIVATED MINDS

Mon from 1PM FREE Activities and walks from the Happy Hub in Basildon

<https://www.motivated-minds.co.uk/>

- MIND WALKS Basildon Mind Twice weekly walking group from Basildon (WEDS) and Vange (FR)

<https://www.basmind.org/>



Various walk, walk/run, running, strength conditioning and other activities £5 a year membership with all sessions free

## LOCAL RUNNING CLUBS:

(yearly memberships applicable)

- BILLERICAY STRIDERS Striders  
<http://www.billericaystriders.co.uk/>
- PHOENIX STRIDERS  
<https://www.phoenixstriders.org.uk/>
- PITSEA RUNNING CLUB  
<https://www.pitsearunningclub.org.uk/>
- THE RUN FIT CLUB  
<https://www.facebook.com/runfit2019>

FIND  
YOUR  
ACTIVE

BASILDON



# Suggested FREE & Low Cost Activities - Basildon

## ATF: FREE ACTIVITIES FOR CHILDREN

[What's on — Achieve Thrive Flourish \(atfcommunity.com\)](http://What's on — Achieve Thrive Flourish (atfcommunity.com))

FREE #MeetMovePlay <https://park-play.com/>

FREE ACTIVITY SESSION FOR FAMILIES IN YOUR LOCAL PARK - Saturday AM



## ESSEX ACTIVATE- FREE SCHOOL HOLIDAY CLUBS AND SUPPORT

[www.activeessex.org/essex-activate-get-supportcet.co.uk](http://www.activeessex.org/essex-activate-get-supportcet.co.uk)

## MOVE IT OR LOSE IT - Seated Exercises / FREE OF CHARGE at the following Locations:

Langdon Hills Methodist Church (Thursdays 11:30-12:30)

Vange Community Center (Fridays 10:30-11:30)

## Leapsprogs - Children Stay & Play

The Beech, 8Austen Road, Basildon SS143 RZ

Langdon Hills Methodist Church (Thursdays 10:30-11:30)

## Youth Community Hub (11 - 18 Years Old)

Vange Community Centre (Thursdays 16.30- 18.00)

King Edwards Community Center (Fridays 17:00 - 19:00)

James Hornsby School (Thursdays 17.00- 19.00)



Achieve Thrive Flourish



BASILDON



**ATF**  
**KING EDWARD TEENAGE Teatime Community Hub**  
EVERY FRIDAY 17:00 - 19:00

- Multi-sports
- Dance / Karaoke
- Crafts
- Snacks & Refreshments Provided
- Football
- & Lots More...

Every session is completely free

King Edward Community Centre  
King Edward Road, Laindon, Basildon, SS16 6DY

Visit Our Website  
[www.atfcommunity.com](http://www.atfcommunity.com)

ActiveEssex ParkPlay Basildon Basildon Council ATF

**ATF**  
**TEENAGE CHILL VANGE COMMUNITY**  
EVERY THURSDAY 16:30 - 18:00

FREE ENTRY 13+

SNACKS & REFRESHMENTS AVAILABLE

Playstation Dance KARAOKE

Contact Jay - 07794329833

**ATF**  
**GAMES HORNSBY SPORTS & ACTIVITY SESSION**  
Location: The James Hornsby School, Leicester Road, Laindon, Basildon, SS15 5NX  
Ages 12 - 24 years old  
All Sessions are Free!

EVERY THURSDAY 17:00 - 19:00

- Snacks & Refreshments provided
- Football, Basketball, Games, Dance, Fitness, Cricket, Archery

Opportunity to chat with coaches & friends and enjoy a great atmosphere

07794 329 833 [www.atfcommunity.com](http://www.atfcommunity.com)  
Kelly: 07701 305822

# ATF BASILDON COMMUNITY SCHEDULE



Achieve, thrive & flourish...

**ATF**

**EVERY WEDNESDAY 16:30 - 17:30**

**BRISCOE COMMUNITY HUB**

- Tennis
- Cricket
- Crafts
- Football
- Net Ball
- 8 Leds More

Please Come Along  
Completely Free of Charge  
Please contact Kelly 07703095822

BRISCOE, PRIMARY SCHOOL  
PELMORES END, BASILDON, SS13 1PN

**ATF**

**The Beech Hub Leapsprogs**

Location: The Beech, 8 Austen Road, Basildon, SS14 3RZ

Ages 18months - 5yrs

All Sessions are Completely Free!

Leapsprogs offers fun, energetic, physical activity sessions allowing children to run, jump, hop and skip off all their excess energy. For ages up to 5.

**EVERY TUESDAY 09:45 - 10:30**

**ATF**

**ATF VANGE COMMUNITY CENTRE**

Move It or Lose It  
Dance After

**VANGE COMMUNITY CENTRE**  
Vange Hill Drive, Basildon, SS16 4DA.

**10:00 - 11:00 EVERY FRIDAY**  
COMPLETELY FREE OF CHARGE

CONTACT: JAY 07794329833

**ATF**

**VANGE COMMUNITY FITNESS**

**14+ ANY ABILITY EVERY THURSDAY**

**BOOTCAMP BOXERCISE FITNESS**

17:00 - 17:30 REGISTER & CHAT  
17:30 - 18:15 FITNESS SESSION  
18:15 - 19:00 REFRESHMENTS & HEALTHY SNACK

CONTACT JAY - 07794329833

**ATF**

**Vange Family Club**

8:00 - 7:00 pm Every Wednesday (Term Time Only)

Free Entry

**PSS Gaming**

**Sports & Activities**

**Dinner & Drinks Provided for all**

Members & Children up to 16 years old welcome!  
Vange Community Centre, Vange Hill Drive, SS16 4DA

**ATF**

**Leapsprogs**

Location: Community Wellness Cafe, Langdon Hills, Methodist Church, Emanuel Rd, Basildon, SS16 6EX

Ages 18months - 5yrs

All Sessions are Completely Free!

Leapsprogs offers fun, energetic, physical activity sessions allowing children to run, jump, hop and skip off all their excess energy. For ages up to 5.

**EVERY THURSDAY 10:30-11:30**

Kelly 0180322046  
Jaye 0749220192

**ATF**

**Community Wellness Cafe**

Location: Langdon Hills Methodist Church, Emanuel Rd, Basildon, SS16 6EX

Date: Every Thursday  
Time: 09:30 - 14:00

Completely Free & Everyone is Welcome!

Join us for:

- Tea & Coffee
- Meet new friends
- Wellness Support
- Self Care
- Community Activities
- & so much more!

Take advantage of social prescribers, Leapprogs, armchair exercise, and community connections!

**Leap 3 Sprogs**

Contact: Kelly - kbeeing@atfcommunity.com



**ATF**

**CHANCE TO SHINE STREET**

**SOFT BALL CRICKET - IT'S FUN, ITS FAST, AND BEST OF ALL... IT'S FREE!**

- TAPE BALL CRICKET
- FUN, FAST & FREE
- NO EQUIPMENT NEEDED
- WEAR WHAT YOU WANT
- ALL GENDERS WELCOME

**FUN INDOOR CRICKET ACTIVITIES AND GAMES 5:00-6:00PM EVERY FRIDAY DURING TERM TIME FOR AGES 8-16**

**JAMES HORNSBY SPORTS HALL, BASILDON, SS15 5NX**

**RUN BY ESSEX CRICKET IN THE COMMUNITY AND ATF, FUNDED BY CHANCE TO SHINE**

TO REGISTER YOUR CHILD SCAN THE QR CODE ABOVE OR CONTACT JAN.GRAY@ESSEXCRICKET.ORG.UK

# Suggested FREE & Low Cost Activities - Basildon

## POPULAR WITH OLDER ADULTS

Over 50s Activity Clubs

Yearly membership plus small class fee per session

<https://www.basildon.gov.uk/activitycentres>

Your local centres are:

- GEORGE HURD CENTRE  
<https://www.basildon.gov.uk/ghc>
- LAINDON ACTIVITY CENTRE  
<https://www.basildon.gov.uk/lac>
- PITSEA ACTIVITY CENTRE  
<https://www.basildon.gov.uk/pac>
- SHORT MAT BOWLS  
Plenty of local clubs available including [Hannakins Short Mat](#) ,  
[Bowls Club, Billericay \(hugofox.com\)](#)
- U3A (UNIVERSITY OF THE THIRD AGE)  
[asildon & Billericay u3a: Groups \(u3asites.org.uk\)](#)



## POPULAR CLASSES (FEES APPLY)

- STROLLERCISE 50s dance fitness  
<https://www.strollercise.co.uk/>
- MOVE IT OR LOSE IT Low impact exercise  
[Find a Class - Move it or Lose i](#)
- ZUMBA GOLD Lower impact version of this popular dance workout  
[www.fitandfab.co.uk](http://www.fitandfab.co.uk)
- MOVEMENT TO MUSIC WITH EMMA Low impact Aerobics  
[Movement With Emma - FACEBOOK](#)



BASILDON

# Suggested FREE & Low Cost Activities - Basildon

## INCLUSIVE ACTIVITIES

- FREE ONLINE CLASSES -Workout Channel  
<http://www.activeessex.org/find-your-active>
- WALKING FOOTBALL - Contact Club for prices  
[Walking Football Near Me - The WFA Club Directory](#)
- WALKING NETBALL  
[Basildon Sporting Village | Gym, Swim, Climbing & More | Everyone Active](#)
- INCLUSIVE FOOTBALL AND SPORTS  
[Inclusive Sport - Providing sports and activities for all abilities](#)
- SNAP - CHARITY FOR PARENTS AND CHILDREN WITH ADDITIONAL NEEDS  
[SNAP - Special Needs And Parents](#)
- MIND BASILDON ( FREE) - Allotment in Vange open on Tuesdays  
[Basildon Mind \(basmind.org\)](#)
- TRUSTLINKS - Gardening and Mental Health Support  
[Growing Together Basildon: Therapeutic Gardening - Trust Links](#)
- SPORT FOR CONFIDENCE - Various Inclusive Activities under £5.00  
[Sport For Confidence](#)



## SPORT FOR CONFIDENCE

**GYMNASTICS\***  
Mondays 11.30am-12.30pm  
\*AT THE EVERISLEY CENTRE, PITSEA

**BOCCIA**  
Tuesdays 12.00-12.45pm  
5 1.00pm-1.45pm

SENSORY FRIENDLY & THERAPEUTIC  
**SWIMMING**  
Mondays 2.00-2.45pm

**MULTI-SPORTS**  
Tuesdays 2.45-3.45pm  
Wednesdays 1.00-1.45pm

**SWIMMING**  
Mondays 3.00-3.45pm

**CRICKET**  
Tuesdays 4.15-5.00pm

**FOOTBALL FITNESS**  
Mondays 5.30-6.30pm

**INCLUSIVE CYCLING**  
Thursdays 10.00-11.00am

**TABLE TOP TIME**  
Mondays 6.45-7.30pm

**LOVE TO MOVE**  
AIMED AT OLDER PEOPLE AND PEOPLE LIVING WITH DEMENTIA  
Thursdays 11.45am-12.30pm

**TRAMPOLINING**  
Tuesdays 9.45-10.30am  
5 10.45-11.30am

**CREATIVE DANCE**  
Thursdays 12.45-1.45pm

**TRACK SESSION**  
Tuesdays 10.00-10.45am

**NETBALL**  
Fridays 12.00-12.45pm

Come along and try something different, meet new friends and learn new skills.

ALL SPORTS  
**£3.00**  
PER SESSION

**Location\***  
Basildon Sporting Village,  
Cranes Farm Road,  
Basildon SS14 3GR

Cycling and Love to Move are currently a closed session, due to their specialist nature. Please discuss your interest in attending any of the sessions with your Occupational Therapist before arriving.

\*FOR ALL SESSIONS, WITH THE EXCEPTION OF GYMNASTICS, WHICH TAKES PLACE AT THE EVERISLEY CENTRE, PITSEA.



For further information please contact our Occupational Therapists:  
**Lyndsey Barrett on 07809 142805 Megan Potts on 07394 564942**  
or email [info@sportforconfidence.com](mailto:info@sportforconfidence.com)



# Suggested FREE & Low Cost Activities - Basildon

## CURRENT FUNDED / FREE REFERRAL AND NHS SUPPORTED PROGRAMME



- FREE sessions for people with arthritis and MSK Conditions in Pitsea and Laindon  
[Let's Move Essex Programme](#)



- Dance on Prescription / Arts for Health  
[Dance on Prescription/Arts for Health - Central Basildon](#)



- [Yoga 4 Kids](#)  
6-12 year olds  
Thursdays 16:00-16:45  
Northlands Park Family Center, SS13 1QX. Self-referral  
FREE of charge.
- [Yoga 4 Recovery](#)  
In recovery from addiction or alcoholism -  
Online Booking needed  
Happy Hub, Unit 11, Eastgate Shopping  
Center SS14 1AE.

- Cancer Rehab Programmes - Kingswood Health Club  
Referrals made via email : [referme@impulseleisure.co.uk](mailto:referme@impulseleisure.co.uk)
- Bike mechanic training courses - Referral via SP at [info@trailnet.org.uk](mailto:info@trailnet.org.uk)



- Rose Villa Community garden project  
Gardening project in Pitsea / Everyone welcome Email: [Sallyj@trustlinks.org](mailto:Sallyj@trustlinks.org)



# Suggested FREE & Low Cost Activities - Basildon



**PTISEA SCHOOL UNIFORM BANK**

**Hello,**  
*We are Pitsea School Uniform Bank.*

EVERY MONDAY  
10AM-12.30PM

[www.facebook.com/PitseaSchoolUniformBank](http://www.facebook.com/PitseaSchoolUniformBank)

**HOME**

Chalvedon Community Centre  
and Social Club  
SS13 3QX

**Our favorites**

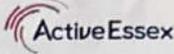
- Clean
- Reusable

**Dislikes**

- Holey knees
- Whiteboard markers
- Chewed cuffs

**My Favorite Quote**

*"Take what you need, plus 1 more"*



Mid and South Essex Integrated Care System

## Funding to help

### Help our communities be more active

Work in mid and south Essex?  
Can funding help you with your work to get local communities active? Get in touch!

We are passionate about improving long term health by helping our residents get more active. That's why we are working with partners and community groups across mid and south Essex on a range of projects and initiatives.

If you are working in the local community on projects to help people get more active, we can help. We can provide resources, funding, physical packs and more.

Some project examples include supporting wellbeing at work, creating physical activities and wellbeing initiatives, and supporting work around falls prevention.

Interested? Find out more and scan the QR code or follow the link below.



For more details, please contact [maria.medina5@nhs.net](mailto:maria.medina5@nhs.net)

[virtualviews.midandsouthessex.ics.nhs.uk/active-alliance](http://virtualviews.midandsouthessex.ics.nhs.uk/active-alliance)



Our weekly Youth Club helps neurodiverse children aged between 6 and 12 years old who may be socially isolated or have immature social skills to develop their interactions with other children and develop their social communication through play-based experiences.

Each week we have an art/craft activity plus, activities which support development of hand/eye co-ordination, teamwork, creativity etc. This approach follows the ethos: Your Place, Your Space, Your Pace.

Parents/carers always stay onsite, offering an opportunity for them to network and receive valuable guidance from our volunteers.



Come and join us at Conn-X every Thursday 5-6.15pm (term-time) at Presidents Hall, Hoover Drive, Laindon SS15 6LF

Call / Text / WhatsApp

07923 426502

Email Us

[basildonp4p@outlook.com](mailto:basildonp4p@outlook.com)



# FREE FUN SEATED EXERCISE CLASS

**AEROBIC, STRENGTH AND MOBILITY SESSION, HAVING FUN WITH FITNESS!**

**THE NEVENDON CENTRE , WICKFORD  
1ST & 3RD WEDNESDAYS OF THE MONTH  
FROM 21/1/26  
11.30-12.15**

As places are limited , if you would like to join in please email [ellen.hinkley@nhs.net](mailto:ellen.hinkley@nhs.net) so that we can reserve a chair. If you cannot attend please kindly let us know as we will have a waiting list



# MOVE IT OR LOSE IT!

WITH TINA



## Community class timetable



**MONDAY**  
MIRACLE HOUSE ( ON THE WICK COMMUNITY CENTRE )  
12-1

**TUESDAY**  
RAYLEIGH SALVATION ARMY HALL  
1.30-2.30 ( SEATED ONLY )

**WEDNESDAY**  
WICK COMMUNITY CENTRE  
10-11

RAYLEIGH METHODIST CHURCH  
1.15-2.15

**FUN FITNESS CLASSES FOR THE OVER 60S**

FIRST CLASS FREE  
£7 PAYG

( WITH THE EXCEPTION OF THE RAYLEIGH SEATED CLASS WHICH IS £5 )

FOR MORE DETAILS CALL /MESSAGE ME ON  
07985 745406



If you're looking for a low impact exercise class that will help you with balance , coordination and flexibility to help you carry on doing all the activities you love then maybe you should think about trying one of these classes. Can be done seated or standing .

Tina is a qualified Move it or Lose it instructor specialising in exercise for the over 60s. She is also a level 2 Exercise to Music Instructor and have a level 3 award in 'Developing Exercise Sessions for Older Adults' . Tina has classes in Wickford and Rayleigh . Please see class timetable below :

MONDAY 12 & 1.30pm Miracle House ( on the Wick

TUESDAY 1.30pm Rayleigh Salvation Army ( seated only)

WEDNESDAY 10am Wick Community Centre and 1.15pm Rayleigh Methodist Church

PAYG £7 with the exception of the Rayleigh Salvation Army which is only £4

For more details please call Tina 07985 745406

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

The classes below are COMPLETELY free  
of charge.

# KING EDWARDS PARK

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

EVERY  
WEDNESDAY

TIME:  
16:00 - 17:00

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

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

EVERYONE IS WELCOME TO  
JOIN, AND IT IS COMPLETELY  
FREE

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

ATF



**TrustLinks**  
Growing Communities • Transforming Lives

## Free Yoga & Peer Support sessions for 17-25 year olds

Join us for a free 10 week course!

Each session includes yoga practice, and techniques for managing mental wellbeing, including mindfulness, grounding and anxiety management.



The course is suitable for anyone experiencing mental health challenges, including depression, anxiety and social isolation

Yoga sessions follow the Yoga4Health programme:  
[www.yoga4all.co/yogaonprescription](http://www.yoga4all.co/yogaonprescription)

### Start dates

Monday 16th June, 1:00-3:00pm at Trust Links Rochford  
Thursday 12th June, 6:00-8:00pm at Trust Links Thundersley

To book a place please complete a referral form via the QR code or link:  
<https://forms.office.com/e/k3AV1zEpGm>

Self referrals are welcome



Please contact Debbie for further information:  
[debbie@trustlinks.org](mailto:debbie@trustlinks.org)

Referral form

<https://forms.office.com/e/k3AV1zEpGm>



# BENFLEET COMMUNITY FAYRE

SUNDAY 1ST JUNE 2025

12 NOON - 5 PM

WOODSIDE PARK, BENFLEET

A community event with fun for all the family

Charity & Support Groups

Food Stalls & Picnic Area

Live Music & Bar

Local Crafts & Businesses

Yoga Festival

Raffle & Tombola

Activity Demos

Youth Market

& much, much more!

**£1 ENTRY**

All proceeds donated to our chosen charities

Yellow Door

&

Headway Essex

Follow Us • Visit Us • Email Us

for further info and event updates

Benfleet Community Fayre

[tinyurl.com/BenfleetCommunityFayre](http://tinyurl.com/BenfleetCommunityFayre)



Thursday  
530 - 630 pm  
and 630 to  
730 pm  
Trinity  
Church Hall  
481 clay Hall  
Road  
basildon ss16

# KIDS KARATE SELF DEFENSE

All ages welcome any information just ask here to help sensei Steve fb@essexkarate fbsteve budo. gain confidence respect balance self defence bullies dont be a victim family freindly run club

for more info

07504814485



## 4nn WE OFFERED CLASSES

- ✓ Self Defense
- ✓ Discipline
- ✓ Respect
- ✓ Coordination
- ✓ Confidence
- ✓ Self Respect
- ✓ Discipline
- ✓ Self Defense
- ✓ Coordination
- ✓ Confidence

CONTACT US 07504814485 07901212364

07504814485



# KIDS KARATE SELF DEFENSE

Wednesday 5-6 pm Laindon community centre Aston Rd Laindon basildon 5-6 pm

fb@essexkarate

www.website.com



## WE OFFERED CLASSES

- ✓ Self Defense
- ✓ Discipline
- ✓ Respect
- ✓ Coordination
- ✓ Confidence
- ✓ Self Respect
- ✓ Discipline
- ✓ Self Defense
- ✓ Coordination
- ✓ Confidence

All ages  
welcome

CONTACT US 07901212364



Steven  
Perry  
karate  
school

Page · Martial  
arts school ·  
Sports team ·  
School

Teaching  
students gaining  
confidence  
respect balance  
self defence and  
fitness skills self  
esteem

+44 7504  
814485



Supporting Families  
in our Community

## CHILDREN'S OCCUPATIONAL THERAPY SERVICE

**NHS** HELPING YOUR NEURODIVERGENT CHILD **NHS**



Come along to learn more about the wide range of support they offer – from helping children improve their fine motor skills, co-ordination and sensory processing, to practical advice for daily activities at home or school.

Wednesday 4th June 2025

12.30 - 2.30 pm

Beech Community Hub, 8 Austen Road, SS14 3RZ

We have 3 ways to book:

[CLICK HERE](#) to book via Eventbrite!

Call/Text/Whatsapp - 07923 426 502

Email - [basildonp4p@outlook.com](mailto:basildonp4p@outlook.com)

Real Words from Real Parents...

*Some really good suggestions of how to help my child. Definitely going to implement them.  
Thank you.*

*Great course looking forward to accessing the links to learn more.*



Essex County Council



Essex  
Community  
Foundation

Sanctuary  
Group

Do you have a neurodivergent child? Want to learn how to support them at home or school?

Join [Basildon Parents 4 Parents](#)

on 4th June for a session with the Children's Occupational Therapy Team (NHS) to explore how they can assist with fine motor skills, coordination, sensory processing, and more!

Date: Wednesday, 4th June 2025

Time: 12:30 – 2:30pm

Location: Beech Community Hub,  
8 Austen Road, SS14 3RZ

Free to attend, but book your place:

<https://ow.ly/Jcim50VWZAL>

Call/Text/WhatsApp: 07923 426 502

Email: [basildonp4p@outlook.com](mailto:basildonp4p@outlook.com)



Saturdays: Basildon , Sundays: Hockley

## SEND Football Classes

Fun, Inclusive And Confidence Building Football Classes For Children Aged 3-16!

We Specialise In Working With Children With SEND, Offering Flexible And Enjoyable Football Classes!

Our Sessions Are Designed To:

- Improve Mobility And Co-ordination
- Build Confidence And Social Skills
- Create A Safe, Supportive Environment Where Every Child Can Thrive
- Focus On Having Fun!

For More Information Follow Our Facebook Or Pop Us An Email!

Facebook: S.E.N Little Steps Sports

Email: [senlittlesteps@hotmail.com](mailto:senlittlesteps@hotmail.com)



# MIND CRAFT

Join Iris for our popular weekly MIND Craft session. Peer led, this friendly group meet, chat and enjoy various mindful craft activities, such as card making, and seasonal crafts.

£3 Per Session

Drinks and refreshments available from our onsite cafe.

Tuesdays 1 Pm - 2.30 Pm @ the  **HAPPY Hub**  
One Stop Wellness Shop



If you have any unwanted or broken bikes bring to us!

Our men's bike maintenance & mental health support group meet every Friday @ 10am

HAPPY Hub, Eastgate Shopping Centre, Basildon, Essex SS14 1AE  
www.motivated-minds.co.uk

01268 520 785



## FULLY FUNDED

### BOXING & KICKBOXING

12 week programme that engages young people in activity to improve mental and physical well-being.

- ✓ Boxing
- ✓ Kickboxing
- ✓ Mentoring
- ✓ Sports Based Games
- ✓ Light Meal Included

# FREE!!



## ARE YOU LOOKING FOR DAYTIME ACTIVITIES?

## ARE YOU OVER 50? WHY NOT COME ALONG

# LAINDON ACTIVITY CENTRE DANCE & EXERCISE CLASSES

Including FIT STEPS - ZUMBA - YOGA  
TEA DANCE - BALLROOM DANCING  
CARDIO - PILATES - AEROBICS  
LINE DANCING - SEQUENCE DANCE  
SEATED EXERCISE - CHAIR YOGA - CHAIR PILATES & MORE

Our classes help reduce stress and anxiety, Socialise with like-minded people, helping to combat loneliness, Improve social interaction and confidence, Promote relaxation and a sense of purpose, and help learn new skills or build on existing creative hobbies

### Why choose the Laindon Activity Centre?

We have over 1000 members who enjoy our various classes  
Classes from £3 per session - Annual membership from £15  
Over 50 classes a week, so there's something for everybody  
We have provided essential daytime activities, trips and social events for over 30 years

Laindon Activity Centre For Over 50s  
Aston Road, Laindon, SS15 6NX 01268 411753  
Facebook - @laindonactivitycentreforover50s

## Women's cycle ride

Every Wednesday  
10:30AM - 12:00PM  
Basildon Sporting Village,  
SS14 3GR

Join us for a **beginner-friendly** cycle around Gloucester Park, followed by refreshments and a chat.

Women of **all backgrounds, abilities, and identities** are welcome.

Please contact us to let us know you are coming. We have bicycles and helmets if you need to borrow to take part.

BasildonEPP@theaws.org  
07749 491638



   
**YOGA & MENTAL WELLBEING COURSE**  
for 17-25 year olds



Join our free 10 week course! Each session includes yoga practice, and group activities for managing mental wellbeing, eg: creative activities, cooking, journaling and more!

The course is suitable for anyone experiencing mental health challenges, including depression, anxiety and social isolation.

Free!

Upcoming Start Dates  
Monday 6<sup>th</sup> October 2025  
6-8pm Trust Links Richmond  
Thursday 8<sup>th</sup> January 2026  
6-8pm at Trust Links Thurdesley

To register: scan the QR code or visit: [www.biz.ly](http://www.biz.ly)  
Yoga wellbeing course  
Self-referrals are welcome!



Funded by Active Essex Foundation, part of the Foundation Age Mental Health & Physical Activity Project  
www.activeessexfoundation.org/project/trustlinks-age-mental-health-and-physical-activity-project  
Charity No. 1092324 01702 211134 www.trustlinks.org

# ACL

## Community & Family Learning Courses

### ACL Online Live

Course	Start Date	End Date	Time	Fee
Understand Anxiety for SEND Child	10/09/2025	17/09/2025	09:30-11:30	£0
Positive Parenting	10/09/2025	15/10/2025	19:00-21:00	£0
ESOL for Families	11/09/2025	16/10/2025	09:30-11:30	£0
Support Your Child Attend School	11/09/2025	16/10/2025	09:30-11:30	£0
Understanding ASD In Children	12/09/2025	19/09/2025	09:00-11:30	£0
Setting Boundaries	16/09/2025	23/09/2025	10:00-12:00	£0

[acessex.com](http://acessex.com)  
0345 603 7635



Essex County Council



### FREE PARENT COURSE

## SEND IASS PRESENT THE RAINBOW PARENT COURSE

EXPLORING AUTISM TOGETHER

A six-week course delivered live online for parents / carers  
This course has been developed for parents / carers who have children or young people recently diagnosed as autistic, are on the diagnostic journey, and those who wish to explore more about autism.

The Rainbow course has been written by Angie Purdy and Hazel Smece, both highly experienced specialist teachers and consultants working with families and schools supporting autistic children and young people. Check out their websites at: [www.angiepurdy.co.uk](http://www.angiepurdy.co.uk) and [www.autismsupportandtraining.co.uk](http://www.autismsupportandtraining.co.uk)

The Rainbow course will be delivered in the Autumn Term 2025  
by Angie Purdy and Hazel Smece

The course will be presented through live sessions via Zoom. Each session includes input through a PowerPoint presentation and the opportunity to share experiences, learn from each other and ask questions. A copy of the notes from the presentation are made available before each session. Places will be limited to ensure tailored information and advice is provided.

#### COURSE CONTENT

- Week 1 - Exploring autism - building on your understanding of your child.
- Week 2 - The art of communication - understanding your child's communication skills and how to support them.
- Week 3 - Being social - how to support your child's social understanding.
- Week 4 - Sensational senses - exploring differences in sensory processing and what it means for your child.
- Week 5 - Managing well-being and emotional regulation - anxiety and helping your child understand how they feel.
- Week 6 - Behaviour as communication - making sense of the tricky bits.

#### DATES FOR AUTUMN TERM 2025

TUESDAY EVENINGS - 7.45pm - 9.30pm - 30<sup>th</sup> Sept, 7<sup>th</sup> Oct, 14<sup>th</sup> Oct, 21<sup>st</sup> Oct (HALF TERM)  
4<sup>th</sup> Nov, 11<sup>th</sup> Nov

Two family members may attend together on the same session  
Please book your place via the [small below](http://small below).  
[iasspromotion.development@essex.gov.uk](mailto:iasspromotion.development@essex.gov.uk)

Fridays | 3:45 PM – 6:00 PM

Just £2.50 per session. Please be reminded that we are a cashless centre.

All participants will need a FREE Everyone Active card to book in.

How to join:

- Head to

[www.everyoneactive.com/centre/basildon-sporting-village/](http://www.everyoneactive.com/centre/basildon-sporting-village/)

- Scroll to "Activities at This Centre" and search for "Youth Night"

# EVERYONE LOVES A FRIDAY NIGHT

## AT BASILDON SPORTING VILLAGE



**Time:**  
**3.45PM - 6PM**

**Age Range:**  
**12 - 15 Year Olds**

**Activities:**

- Dance
- Football
- Gym Sessions\*
- Sports Hall activities which may include:
  - Badminton
  - Basketball
  - Table Tennis

**Cost:**  
**£2.50**

**BOOK**  
via the  
Everyone  
Active app or  
website

# GROUP CLASSES

## MONDAY & THURSDAY 7-8PM

at Kentview Road Community Hall,  
Kentview Road, Vange

### £5 PER CLASS

### BOOK EARLY TO SAVE DISAPPOINTMENT

# FREE

**HOME START**  
Essex

## Baby Massage Classes

IN BASILDON!

Creator Space, Basildon Library, The Basildon Centre  
St. Martin's Square, Basildon SS14 1EE



For baby pre-crawlers aged 0-1  
5 Week Course

BOOK NOW! 01345 647410  
info@home-startessex.org.uk

Starting 15 January 2026!

10.00 - 11.30am

## STAY ACTIVE STAY WELL

POWERED BY IMPULSE LEISURE!

We are excited to announce that we now have two additional classes:

**Pilates Classes** NEW FROM 18.00!  
Aveley Library & Community Hub  
Mondays from 10:30am to 11:30am

**Chair-Based Exercise**  
Aveley Library & Community Hub  
Fridays from 1:00pm to 2:00pm

**Chair-Based Exercise** NEW FROM 20.00!  
Chadwell Village Hall  
Tuesdays from 1:00pm to 2:00pm

**Chair-Based Exercise**  
Lansbury Gardens Sheltered  
Housing Complex Tilbury  
Mondays from 10:00pm to 2:00pm

**Chair-Based Exercise**  
The Flowers Community Hall Lime Close  
Wednesdays from 1:30pm to 2:30pm

ONLY  
£2.00  
PER CLASS!

ENDS 31<sup>ST</sup> OCTOBER 2026

NO BOOKING REQUIRED



thurrock.gov.uk

impulseleisure.co.uk

Charity number: Thurrock Community Leisures 1080166

**Impulse**  
LEISURE

## FREE FUNDED FITNESS CLASS

Enjoy trampoline workouts, boxing, circuits, drumming-based exercise and strength and conditioning sessions are FREE, relaxed and can be performed on the trampoline, standing or a chair, the class is focused on feeling good mentally and physically.



Free to attend

www.bookwhen.com/bouncebillerica

Active Essex



SPORT ENGLAND ((BOUNCE))

BOOK NOW



HK Dance Studio, Summerhill Farm,  
Hardings Elm Road, Billerica CM11 2UJ

**ZUMBA FITNESS**

EVERY MONDAY

LUNCIES HALL  
LUNCIES ROAD, SS14 1SA  
BASILDON  
(FREE PARKING ON SITE)

£5  
PAY WEEKLY  
FIRST CLASS  
HALF PRICE

hcrj  
Care Group

Essex Child and Family  
Wellbeing Service

Believe in  
children  
Barnardo's

## South School Age Community Drop-in

The School Age team at Essex Child and Family Wellbeing Services will provide drop-ins for parents/carers and school aged young people across South East Essex. The drop-ins are available for all young people including those who may be home educated or unable to access the support they require in the school environment.

**Support offered:** Emotional health and wellbeing, Improving sleep, Nutrition support Physical and sexual health, Personal hygiene, Managing health conditions, Signposting, advice and support.

### Signpost Basidon

#### The Unity Centre

(opposite the food court)

86 Eastgate Centre

Basidon SS14 1AF

16:00 - 17:00

2nd and 4th

Tuesday

of the month



### Doddinghurst Road

#### Community Church

56 - 60 Doddinghurst Rd

Brentwood, CM15 9EH

16:00 - 17:00

2<sup>nd</sup> & 4<sup>th</sup>

Wednesday

of the month

### Human Kind Cafe

111 High Street

Billerica, CM12 9AJ

15:00 - 16:00

1st and 3rd

Thursday

of each month

### Mega Centre

The Mega Centre Rayleigh,

7 Brook Road, Rayleigh,

Essex, SS6 7UT

16:00-17:00

Every Thursday

No need to book, just come along

For more information Call 0300 247 0013 (Mon-Fri 9am-5pm)

Service commissioned by:



Our weekly Youth Club, TeenZone, helps neurodiverse children aged between 13 and 18 years old who may be socially isolated or have immature social skills to develop their interactions with other children and develop their social communication through play-based experiences.

Each week we have an art/craft activity plus, activities which support development of hand/eye co-ordination, teamwork, creativity etc. This approach follows the ethos: Your Place, Your Space, Your Pace.

Parents/carers always stay onsite, offering an opportunity for them to network and receive valuable guidance from our volunteers.



**Come and join us at TeenZone every Tuesday  
5-6.15pm (term-time) at King Edward  
Community Centre, Laindon SS15 6GY**

**Call / Text / WhatsApp  
07923 426502**

**Email Us  
basildonp4p@outlook.com**

# Suggested FREE & Low Cost Activities - Basildon

## OTHER IDEAS:

- Andy`s Man Club - Peer to Peer Support  
#Itsgoodtotalk  
[Andy`s Man Club](#)



- Billericay Men`s Shed  
Call: 07544 752686

- Craig Tyler Trust - Mental Health support groups and suicide prevention  
[Craig Tyler Trust](#)



**The Craig Tyler Trust**

- Mother's Kitchen Basildon-  
Come along every Tuesday from 7:00-9:00PM  
[Mother`s Kitchen](#)

- [#ThisGirlCanEssex](#), in celebration of International Women's Day!

**THIS  
GIRL  
CAN**

## PITSEA MENS GROUP

Join our  
facebook group



**77%**

Of all suicides  
are  
men.

In a world where men often feel pressured to stay silent, it is vital to create spaces where we can openly discuss challenges and triumphs without fear or judgment. Your presence matters. Join us in a supportive environment where men can share experiences and access essential mental health resources. It's crucial that we address men's mental health as a community.



One in three men in the UK  
have experienced suicidal  
thoughts  
as a result of  
stress.

**EVERY TUESDAY 7-9 PM  
FROM 29TH OCTOBER 2024**

**MOTHER'S KITCHEN**

**6 FELMORES END**

**PITSEA**

**SS13 1PN**

**A FREE PEER TO PEER SUPPORT**

**GROUP FOR ALL MEN**

IN CO-CREATION WITH



**Mother's  
Kitchen**

07958 427 854

[www.theenergyalchemist.co.uk/bmg](http://www.theenergyalchemist.co.uk/bmg)

CHALLENGING THE STIGMA THAT SURROUNDS MEN'S MENTAL HEALTH

# Suggested FREE & Low Cost Activities - Basildon



## Community Gardens and Gardening

- ❑ [Friends Of Lake Meadows](#)



- ❑ [Friends of Great Berry Community Group](#)



- ❑ [Billericay Community Garden](#)



- ❑ [Friends of Wickford Memorial Park](#)



- ❑ [Trust links community Projects](#)



## LITTER PICKING

- ❑ [Billericay Litter Pickers / FACEBOOK](#)
- ❑ [Wembley Wombles / FACEBOOK](#)



# Suggested FREE & Low Cost Activities - Basildon

## Adult Women's Badminton

From Everyone Active Basildon Sporting Village

A turn up and play badminton session in a safe, fun environment aimed specifically at females. There is no instructor so just come along and play with and against some like-minded people. A chance to make friends and play the sport you love. Wear suitable clothing and footwear and bring a drink.

Women Only

Monday: 11:45 - 13:15

### About Everyone Active Basildon Sporting Village

Swimming pool, gym, badminton, outdoor courts and pitches, athletics, basketball, aqua aerobics, football, and more.

**Date / Time**

**Cost**

£4.10

## Badminton 55 Minutes

From Everyone Active Basildon Sporting Village

A game with rackets in which a shuttlecock is hit back and forth across a net. It's a great way to get the blood pumping and a game that's fantastic fun to play with friends.

60 Minute Sessions

Everyone Welcome

Everyday 08:45 - 21:50

### About Everyone Active Basildon Sporting Village

Swimming pool, gym, badminton, outdoor courts and pitches, athletics, basketball, aqua aerobics, football, and more.

**Date / Time**

**Cost**

£12.75

## Adult Men's Badminton

From Everyone Active Basildon Sporting Village

A turn up and play badminton session in a safe, fun environment aimed specifically at men. There is no instructor so just come along and play with and against some like-minded people. A chance to make friends and play the sport you love. Wear suitable clothing and footwear and bring a drink.

Men Only

Monday: 13:15 - 14:45

### About Everyone Active Basildon Sporting Village

Swimming pool, gym, badminton, outdoor courts and pitches, athletics, basketball, aqua aerobics, football, and more.

**Date / Time**

**Cost**

£4.10



Call 01268 722450

**FIND  
YOUR  
ACTIVE**  
BASILDON

## Suggested FREE & Low Cost Activities - Basildon

Essex  
pedal  
Power

Applications Now Open!



Applicants must be a permanent resident of Basildon (town), Laindon, Vange or Pitsea.

- Applicant does NOT currently have access to a working bike.
- Applicant is aged 16 or over.
- Applicant commits to riding the bike regularly.

 [APPLY HERE !!!](#)  
Active Essex

FIND  
YOUR  
ACTIVE  
BASILDON



# HOW CAN I HELP?



- Promote activities through our facebook page and within the community
- Signpost individuals to an activity
- Come along to and promote your activities
- Provide pop ups for organisations and the public



## FOR ANY HELP FINDING AN ACTIVITY...

PLEASE JOIN : [FIND YOUR ACTIVE BASILDON](#)

Message through the facebook page or email: [mteodorescu@atfcommunity.com](mailto:mteodorescu@atfcommunity.com)

Search and add activities for free here: [Active Essex activity finder](#)

**Mira Teodorescu**

Find Your Active Place Navigator - Basildon and Surrounding Areas.