

F

FREE activity

LC

Low costing:
£5 or under per session

*Developed &
updated by*



THURROCK

Free & Low Cost Physical Activities in Thurrock



Subscription

Subscribe [here](#) to receive this booklet in your inbox each month.

Disclaimer

FYA Thurrock shares activity information provided directly by local providers. While we aim to keep details up to date, we cannot guarantee accuracy or endorse, or take responsibility for, any listed activities or providers. Please report any inaccurate or inappropriate content so we can work with providers to correct it.

Changes

To add or update booklet content, contact [Mel Huggins](#).

Current Version

If you're viewing an older version, click [here](#) to see the latest booklet online.

LC



FREE FOOTBALL SESSIONS West Thurrock

Join our free weekly football sessions:

- ✔ Open to young people in West Thurrock
- ✔ Led by qualified Youth Workers
- ✔ Fun, friendly and active sessions

Turn up and play!

Wednesday
4:30 – 5:30pm
Ages 10-14



Contact the Youth Team

07376955460

- The Memorial Park Ground 1 Park Ave, Grays RM20 3BX
- jodeku@riverview.org.uk



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Children's Dance, Drama and Singing classes



Wednesday
Babies 18 months-3 years
5:00-5:30pm Mixed styles

Sparkle & shine ages 5-11 years
5:00pm-5:45pm
SEND dance class

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

Senior street ages 12-16 years
6.15pm-7:00pm

Saturday
Minis ages 3-6 years
9.30am-11.15am
Street, tap, ballet, singing, drama,
acrobatics and musical theatre

Juniors and seniors acro
Ages 7-16 years
9:30am-10:15am

Junior & Senior ages 7-16 years
10:30am-12:30pm Musical theatre,
tap, ballet and singing

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

Grays

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MEMBERS ONLY

@ ST STEPHENS
CHURCH PURFLEET
RM19 1QD
Tuesday 7th April
2.00-4.00pm

@ OPERA HOUSE PARK,
PURFLEET RM19 1AF
Wednesday 1st & 8th April
2.50-3.50pm

@ SPIDER PARK, PURFLEET
RM19 1QE
Wednesday 1st & 8th April
4-5pm





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Essex ActivAte

Winter HAF holiday clubs with Essex ActivAte go live to book on Friday 14th November at 12pm midday!

Local club providers will be offering free spaces to eligible children, helping to support their wellbeing through fun and exciting activities!

Keep your eyes peeled for your emailed/text HolidayActivities voucher code, which you will use to book free spaces.

<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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Independent Youth Clubs

Youth clubs are free, safe places to drop-in, chill out, socialise, meet new people and join in with what's going on.

The clubs below are not run by Thurrock Council. They are the responsibility of their organisers.

If you run a club or know of a club in Thurrock please let us know so we can get this added to the website.

<https://www.thurrock.gov.uk/whats-on-for-young-people/independent-youth-clubs>

Multiple locations

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JTD ARTS
EST 2004

Active Essex Foundation

Youth EXPLOSION

POWER WITHIN PROJECT

FOR MORE INFORMATION: WHATS APP +44 7856 869296

TRAINING OPPORTUNITIES SPORTS & DANCE
YOUR OWN SPACE TO CHILL FUN, GAMES, GIVEAWAYS & MORE!

EVERY **WEDNESDAY**

AGES 13-18 YEARS
4.30PM-6PM
TERM TIME ONLY

FREE SESSIONS

Eastern Gateway Project
Community Investment Fund

F

CH⁺SEN

AFTER SCHOOL SPORTS CLUB

SPONSORED BY
Active Essex 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

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New Project

artsoutburst

CREATIVE EXPRESS

YOUTH MENTAL HEALTH CLUB

THURSDAYS | 4:30PM - 6:30PM

www.artsoutburst.co.uk/youth-express

Active Essex Foundation

Funded by UK Government

ESSEX ELITE GYMNASTICS CLUB

BRAND NEW CLASS

TeenieElites

An exciting introduction into the world of Gymnastics

Tuesday 4:00pm - 4:45pm

See Why Parents Love Us - Read Our Google Reviews
Highest Rated Established Club in Grays

Contact:
Website:
www.essexelitegymnasticsclub.com
Email:
eegcbooking@gmail.com
Whatsapp Message:
07399290534

AGE 4 years

Address:
St Peter & St Pauls Church Hall
Grays
Thurrock
RM17 6LN

Only £5.00 per gymnast

We invite You & Your Teddy to Join us!

LC

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ATF

CHILDREN'S FITNESS CLASSES

Leap Sprogs

11.30AM WEDNESDAY 3RD DECEMBER

LEAPSPROGS IS AT TILBURY LIBRARY

WALKERS TO 5 YEARS OLD
FREE OF CHARGE

MESSAGE VICKY ON 07803331345

JOIN OUR YOUTH GROUP

EVERY TUESDAY
5PM - 8PM

£2.50 PER SESSION

What's youth group?
Join us for a whirlwind of new pals, epic skill-building sessions, and loads of laughs!
Come hungry for our study and dine hour where you can have delicious dinners with friends whilst completing homework or studying for exams. Who knew academic success tasted this good?
Ready to level up your leadership skills? Earn your stripes and become a young leader with us.
Buckle up for thrilling trips and unforgettable getaways! It's a rollercoaster of fun and growth on our residential!

Our youth group is run by two fantastic registered youth workers, both DBS checked and have completed safe-guarding training.

FOR AGES: 10 and a half to 18.

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ATF COMMUNITY SESSIONS TILBURY

We are lucky to be able to provide a variety of sessions across Tilbury.

All sessions are completely free!

Anchor Park - Every Monday 4pm - 5pm
Koala Park - Every Tuesday 4pm - 5pm
Blackshots Grays - Every Monday 4:30pm - 5:30pm

FOR MORE INFORMATION PLEASE CONTACT
KHERRING@ATFCOMMUNITY.COM

www.facebook.com/ATFcommunity/

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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

LC

SPONSORED BY **COMMUNITY FUND**

CHASSEN 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

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It's free Youth PROVISION

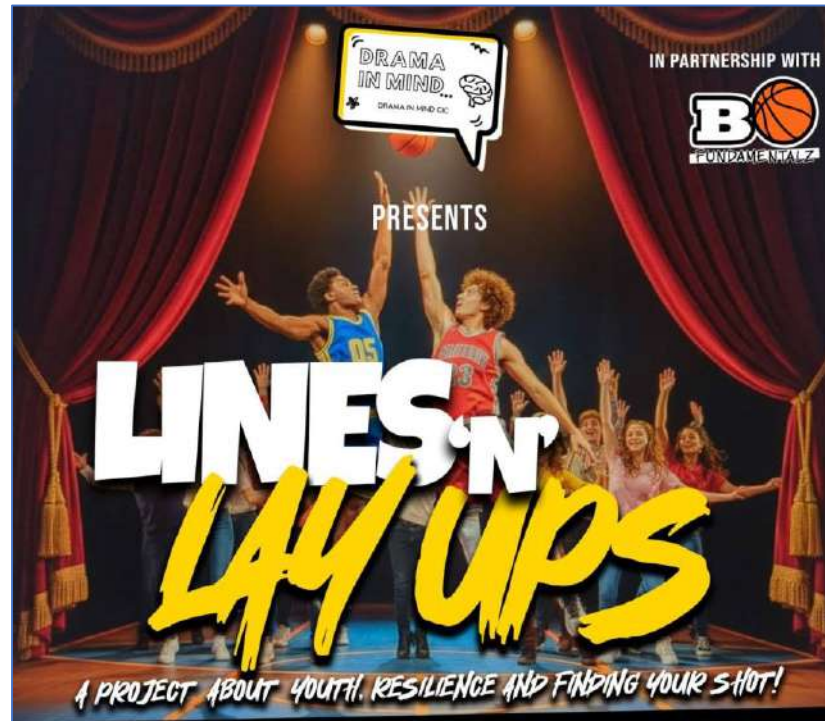
Every Wednesday 5-6pm, yummy foods included ages 13-17 years

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

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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 -

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@DRAINMIND.CO.UK](mailto:info@DRAINMIND.CO.UK)

WWW.DRAINMIND.CO.UK

MORE INFO
OVERLEAF

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 07411198043

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GIRLS ACTIVE and SAFE

ARE YOU A GIRL AGED 11-15, LOOKING FOR A SAFE, FUN SPACE TO DANCE, MOVE, LEARN AND RELAX?

JOIN OUR GIRLS ACTIVE & SAFE PROGRAMME:

- Every Monday & Wednesday (during half terms and school holidays)
- Welcome to the UK, UNIT18, Grays Shopping Centre, RM176QE
- 2:00 PM to 3:30PM

Register now via QR code and enjoy Mindful Movement, Zumba, dancing, wellbeing, and fun with friends!

FOR MORE INFORMATION

- 07342469277
- grays@welcome2theuk.com

SCAN ME!



Community Investment Fund

WELCOME TO THE UK GRAYS

ActiveEssex Foundation

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YOUTH GROUP

MONDAYS

4PM-5.30PM

TERM TIME ONLY

£1.50 INCLUDES SNACK

ARTS & CRAFTS, GAMES, LOTS OF FUN

AGES 4-11

ALL LEADERS ARE DBS CHECKED AND HAVE COMPLETED SAFE-GUARDING TRAINING.

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






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ActiveEssex Foundation

BeatBoxers

FEEL THE BEAT, THROW THE COMBO

EACH TUESDAY & SUNDAY 5-7PM

FOR FURTHER INFORMATION CONTACT:

INFO@UTURNSHIPS.ORG

@U_TURNSHIPS

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Brisbane House YOUTH GROUP

Monday & Friday Evenings!

Ages 4 - 10	Ages 10 - 16
4:00 PM - 5:30 PM	
£1.50 per session or £8 per month!	£2.50 per session or £10 per month!

Arts & Crafts! Cooking Fun! Outdoor Games! Sports & Darts! Trips & Competitions! Residential to Wales & The Lake District!

Join the Fun!
ALL WELCOME!

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Flowers Community Hall YOUTH GROUP

Wednesday Evenings!

Ages 4 - 10	Ages 10 - 16
4:00 PM - 5:30 PM	5:45 PM - 7:15 PM
£1.50 per session or £8 per month!	£2.50 per session or £10 per month!

Arts & Crafts! Cooking Class! Clay Fun! Darts & Sports! Role Play & Sports! Darts & Sports! Trips & Adventures! Residential to Wales & The Lake District!

Join Us for the Fun!
ALL WELCOME!

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George Tilbury House YOUTH GROUP

Monday & Wednesday Evenings!

Ages 4 - 10	Ages 10 - 16
4:30 PM - 5:45 PM	6:00 PM - 7:30 PM
£1.50 per session or £8 per month!	£2.50 per session or £10 per month!

Arts & Crafts! Cooking Time! Fun & Games! Sports & Darts! Trips & Competitions! Residential to Wales & The Lake District!

Join the Fun!
ALL WELCOME!

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MAKE SOME NOISE

FREE CLASSES

DANCE • DRAMA • MUSIC

Our FREE youth-led, cross-artform programme is now open for all Children and Young People who live or study in Thurrock.

Pick just 1 discipline, or ALL 3!

Tuesday - DANCE
 6-9yrs 4:00 - 5:00pm | 10-13yrs 5:00pm - 6:00pm
 14+yrs Young Dancers Company 6:30pm - 8:00pm

Tuesday - DRAMA
 6-9yrs 5:00 - 6:00pm | 10-13yrs 4:00pm - 5:00pm

Wednesday - MUSIC/SINGING
 6-9yrs 4:00 - 5:00pm | 10-13yrs 5:00pm - 6:00pm
 14+yrs 6:30pm - 8:00pm

Thursday - DRAMA
 14+yrs 6:30pm - 8:00pm

Arts Outburst Studios, Thameside Complex, Orsett Rd, Grays
 01375 386247 | hello@artsoutburst.co.uk
 www.artsoutburst.co.uk

Funded by ARTS COUNCIL ENGLAND and UK Government

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URBAN MOTION

Thursdays | 4:30pm - 6pm | FREE

Urban Motion is a **brand-new**, youth-led programme for ages **10+** who want to push limits, get creative, and own their space. We bring together the best of urban art and movement - and put **YOU** in charge.

- PARKOUR
- LYRIC WRITING
- PHYSICAL THEATRE
- HIP HOP
- GRAFFITI
- MUSIC PRODUCTION

Across the year you'll get stuck into weekly sessions, holiday drop-ins, open studios, and public takeovers.

This is more than just a workshop - it's a crew, a creative outlet and a platform to find your voice, build confidence, and lead the way... It's all about **bringing the energy!**

Visit our website for more information, upcoming special events, how to sign up and much more.

www.artsoutburst.co.uk/urban-motion

Arts Council England logo, Active Essex Foundation logo, and Arts Outburst social media icons.

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Bond & Play

Free Creative Workshops for Mums, Dads & Parents from Bump to Baby ages 0-2 years

Join us for a series of workshops with artist Lucy McDonald, specialising in Art and Play, these sessions are all about connection, curiosity and bonding through creativity.

Bloom & Bond logo



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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

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Men's Shed

Men's Sheds are similar to garden sheds – a place to pursue practical interests at leisure, to practice skills and enjoy making and mending.

Many Sheds get involved in community projects – restoring village features, helping maintain parks and green spaces, and building things for schools, libraries and individuals in need.

Activities in Sheds vary greatly, but you can usually find woodworking, metalworking, repairing and restoring, electronics, model buildings or even car building in a typical Shed.

<https://menssheds.org.uk/find-a-shed/>

Aveley

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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



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Outdoor Gyms

Spending time outdoors to exercise is beneficial for physical and mental health. Outdoor fitness equipment helps communities create outdoor gyms and workout areas in local parks. These outdoor fitness spaces allow people of all ages and abilities to exercise and enjoy the outdoors.

Find the locations of the outdoor gyms in Thurrock which are free to use 365 days a year!

<https://www.thurrock.gov.uk/play-sites/outdoor-gyms>

Multiple locations



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Conservation Volunteers

To get involved with one of their day projects, all you need to do is book a place and turn up – with suitable clothing, footwear, lunch and enthusiasm!

Tasks will be varied in nature depending on the location and time of year. It's an ideal way to make new friends, learn new skills and feel you are giving something back to the community.

Thurrock location listed:
Davy Down in South Ockendon

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

South Ockendon



F

Elm Road Open Space

Jim run's a Community Shed at Elm Road Open Space.

The session is open every Tuesday between 10 – 11am, free for anyone to go and get involved!

Get in touch with Jim if you have questions or drop by to see what it is all about!

Contact Jim if you have any questions:
07951 457745

Grays



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

- As well as floor toning in South
Ockendon venue after Zumba
- @ 7.30pm

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!

£5 for all 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

LC



Twinkletoes
School of Dances

**FUN LESSONS
NO EXAMS**

Ballet Tap Modern Street

Monday Adult Classes

- Adult Tap £5
7.15pm – 7.45pm
- Adult Modern / Street £5
7.45pm – 8.15pm
- Adult Advanced Tap £5
8.15pm – 8.45pm
- Adult Ballet £5
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

Primates aged: 2 ½ yrs – 6 yrs Juniors aged: 7 yrs – 12 yrs

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

Step'n'Smile FITNESS & WELLBEING

@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**

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FEEL GOOD & MOVE



JOIN US FOR FREE FITNESS CLASSES!

MONDAYS



@ GRAYS

TUESDAYS



@ CHADWELL

THURSDAYS



@ GRAYS

PLUS MORE TO COME...

BOOKING ESSENTIAL

www.artsoutburst.co.uk
01375 386247

Fantastic instructor! Good for mind & body. — PARTICIPANT

@ ArtsOutburst
01375 386247 | hello@artsoutburst.co.uk
www.artsoutburst.co.uk



FEEL GOOD & MOVE



FRIDAYS

12:15pm - 1pm

TEST & TRIAL CLASS

With Feel Good & Move

Arts Outburst Studios, Thameside Complex, Grays, RM17 5DX

IT'S FREE!

BOOKING ESSENTIAL

www.artsoutburst.co.uk
01375 386247

Fantastic instructor! Good for mind & body. — PARTICIPANT


@ ArtsOutburst
01375 386247 | hello@artsoutburst.co.uk
www.artsoutburst.co.uk



Exercise classes - 1

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 IMPROVE
Long Lane POSTURE
Grays RM16 2PJ MOBILITY
Suitable for all levels CARDIO
BALANCE
FLEXABILITY
FITNESS & WELLBEING

CONTACT
MARK ADAMS
EMAIL: MARHADS01@ICLOUD.COM
TEL: 07711 817253

£5.00 PAYG

LC



Floor Toning

These classes take place at The Royal British Legion

- Monday's 7.30pm
- Thursday's 7.30pm

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

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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

LC

OUTSIDE CIRCUITS

Move with Mel
HOLISTIC PERSONAL TRAINER

EVERY **TUESDAY**
7AM

ON **GRAYS RIVERFRONT**

£5 A CLASS

EVERYONE WELCOME

Book here: contact@movewithmelpt.com

LC

AE 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

Join us every Friday for a **Rockout Workout...**

Where: **Aveley Community Hub**
RM15 4BX

Time: 18:15 registration
18:30 start

JOIN THE BAND

Bring: Your Rockstar attitude, mat & water

Investment : £6.00 PAYG
£20.00 upfront (4 classes to be used within 6 weeks)

Message 07487558233 to book your spot (Alternating weeks with Pound & Pound Unplugged)

MONKEY'S PLAYGROUP

SNACK CHAT

FRIDAYS
10AM - 11:30AM
TERM TIME ONLY

HORNDON VILLAGE HALL,
MILL LANE, SS17 8LB

SING PLAY

0 - 1 YEARS: £2.50
1 - 4 YEARS: £4.50
SIBLINGS: £2.50 EACH
CASH ONLY - PAYG

LC

LC

STAY & PLAY
— Aveley Village Social Club —

A fun, friendly parent & child play group
for babies, toddlers & their grown-ups!

Come along for play, chats and a relaxed morning together!

Aveley Village Social Club
8 Mill Road, Aveley, RM15 4SJ
 Parking on site

Thursdays
 9:30am - 11:30am
 Every Thursday including school holidays

Ages 0-5 years
 Toys & free play
 Snack included

Prices

- ★ £3 per child
- ★ £2 per sibling
- ★ Free for babies under 6 months
- ★ Free for registered childminders

Booking preferred but walk-ins welcome!

Maisie
07488 963339

Thurrock Nurture & Nourish

A free weekly group for parents & carers supporting Parents & Carers of Children Aged 0-2 Years

Nutrition, Physical Activity, and wellbeing for early parenthood

A welcoming programme designed to help you and your little one thrive during the early years:

- Learn to prepare healthy, nutritious meals for parents and infants
- Access supportive, practical, weight management guidance for parents
- Enjoy gentle activities such as parent-infant yoga and babywearing dance
- Explore language-rich sensory play and home learning ideas for babies and toddlers
- Receive guidance and signposting to local mental health and parenting support services
- Connect, Learn, Grow — together.

Free to join

Join Us!
Every Tuesday & Thursday from 10:00 AM - 11:20 AM

Where?

- Tuesdays: South Ockendon, Essex
- Thursdays: Grays, Essex

Message us to sign up or ask questions.
Email: info@nafhealth.org
Website: www.nafhealth.org
Tel: 07395 421 720

F

F

NOURISH TO FLOURISH

Food, Fitness, and Wellbeing for Young Minds Age 10 - 16

Free to join

Location: Grays

SIGN UP NOW!
Contact us at:
 07985 421 726
 info@nafhealth.org

Every Thursday
3:45 PM - 5:15PM

Each class includes:

- Nutrition Education
- Cooking Workshop
- Physical Activity Session

www.nafhealth.org @nafhealth @nafhealth @nafhealth

parent & toddler group

come along to our free playgroup sessions!
Wednesdays 10:00-11:45

Aveley Christian Centre,
Entrance off Aveley Close,
RM15 4AB

(During termtimes only)
check out our website for more details
www.aveleycc.org

LC



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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



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

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

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



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

<https://www.thurrock.gov.uk/public-health/health-trainers-professional-support-to-help-you-live-well>

Online



F

Falls Prevention

The [Impulse Leisure - Thurrock](#) over-65s Falls Prevention programme helps you build strength, improve balance, and stay active. Join the FREE 36-week course and discover how small habits can help you in the long term.

Message or call to discuss which programme suits your needs. Head to their online referral form and sign up today

<https://secure.referral.net/referrals/ImpulseLeisure/Refer>

Multiple locations



Mid and South Essex
NHS Foundation Trust

F

Henry

Henry: A free health support service in Thurrock

Do you have a child aged 5-12 years old?

You can join a free programme to support your child's health and development, covering topics like nutrition, physical activity, emotional well-being and parenting techniques.

<https://www.nelft.nhs.uk/henry---healthy-families-growing-up>

Online

F

Super 1s



ALL DISABILITIES WELCOME
AGES 12 - 25
FREE INCLUSIVE CRICKET SESSIONS
GET ACTIVE AND MAKE NEW FRIENDS!

WHEN:
WEDNESDAYS
5-6PM
STARTING

10th
September
2025

WHERE:

Treetops Free School,
 Treetops Approach,
 Grays,
 Essex RM16 2WU



CONTACT:

 **BRADLEY DONOVAN**

BRADLEY.DONOVAN@ESSEXCRICKET.ORG.UK



LORD'S TAVERNERS
 Empowering young people through cricket

www.lordstaverners.org/super1s
 Registered Charity No. 306054 | OSCR No. SICO46238



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

LC

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

F

**1ST FRIDAY
OF EACH MONTH**
for SEND children age 7-18 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



**PINEAPPLE CARE
SERVICES LTD**

'Club Pineapple'

Social Inclusion Hub

Pineapple Care Services would like to invite you
to 'Club Pineapple'.

EVERY WEDNESDAY 10:30-12:30



Headon Hall,
Crawford Avenue
Stifford Clays
RM16 2AS

Welcome to Club Pineapple, a Social Inclusion Hub based at Headon Hall,
Stifford Clays. We are inviting the residents of Thurrock to get together,
have a chat over a cup of tea and biscuits, play games and other
organised activities, or to simply enjoy a change of scenery. Follow our
Facebook (@Pineapple Care Services LTD) for further details and events
OR call our office to book your space.

www.pineapple.care

CALL US: 01375 808303



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



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

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

Low Impact Activities - 3

Zumba Gold with Amy

LC

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

FIT FOR THE YOUNG AT HEART

GET ACTIVE WITH GREAT PEOPLE AT THE DANCE PARTY WORKOUT THAT MOVES AT YOUR PACE.

LC

STAY ACTIVE STAY WELL

POWERED BY IMPULSE LEISURE!

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

- Pilates Classes** **NEW FROM 19.01!**
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 20.01!**
Chadwell Village Hall
Tuesdays from 1:00pm to 2:00pm
- Chair-Based Exercise**
Lansbury Gardens Sheltered Housing Complex Tilbury
Mondays from 1:00pm 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 31ST OCTOBER 2026 **NO BOOKING REQUIRED**

Impulse LEISURE

Impulseleisure.co.uk
Charity number: Thurrock Community Leisure 1080186

FRIDAYS
10:30am - 11:15am

FEEL GOOD & MOVE

Seated & Low Impact
EXERCISE CLASS

Crown Court, 17 Newton Rd,
Tilbury RM18 8YL

IT'S FREE!

BOOKING ESSENTIAL
www.artsoutburst.co.uk
01375 386247

Fantastic instructor! Good for mind & body. — PARTICIPANT

@ArtsOutburst
01375 386247 | hello@artsoutburst.co.uk
www.artsoutburst.co.uk

ARTS COUNCIL ENGLAND SPORT ENGLAND Funded by UK Government

AGEING WELL-BEING & DEMENTIA CLUB

EVERY THURSDAY

WHOLENESS HAVEN

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.

F

FOR MORE INFORMATION CONTACT 07428697938

F

WALK WITH US!

WEEKLY 5K WALK

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

SIGN UP NOW!

For more information please contact lead - Fola

Phone: 07985 421 726
Email: folo@nafhealth.org
Website: www.nafhealth.org

NUTRITION WORKSHOPS:
EVERY THURSDAY
6:30PM - 7:30PM

GROUP WALKS:
EVERY SATURDAY
8:30AM - 9:30AM

@NAFHEALTH.ORG
@NAFHEALTH
@NAFHEALTH



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



LC

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

Running 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

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://parents1st.org.uk/activity/walkie-talkies-thurrock-november>

Multiple Locations



F

Rhyme Time

Join us for a relaxed and welcoming Rhyme Time & Chill session where you and your little ones can enjoy music, connection, and community.

We'll be taking part in a fun library rhyme time session, giving children the chance to sing, move, and learn through music.

- Tea and culturally sensitive refreshments, including puff puff
- A supportive space to connect with other parents and carers
- Weekly Free food packages with ingredients for Afro-Caribbean meals
- Swap shop - an opportunity to give away your pre-loved items

<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.

Also, coming up they have their annual festival:

Seeing Thurrock Differently: A Journey Home

From heritage walks to graffiti workshops, poetry in dye gardens to citizen science at dusk, playful performances to a joyful festival finale in Tilbury, this year's programme brings Thurrock into motion – connecting where we've come from with where we might go next.

More information [here](#)

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

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

Stanford-le-Hope



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



TILBURY WALKING GROUP

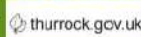



**Every Thursday
10:30am to 11:30am**

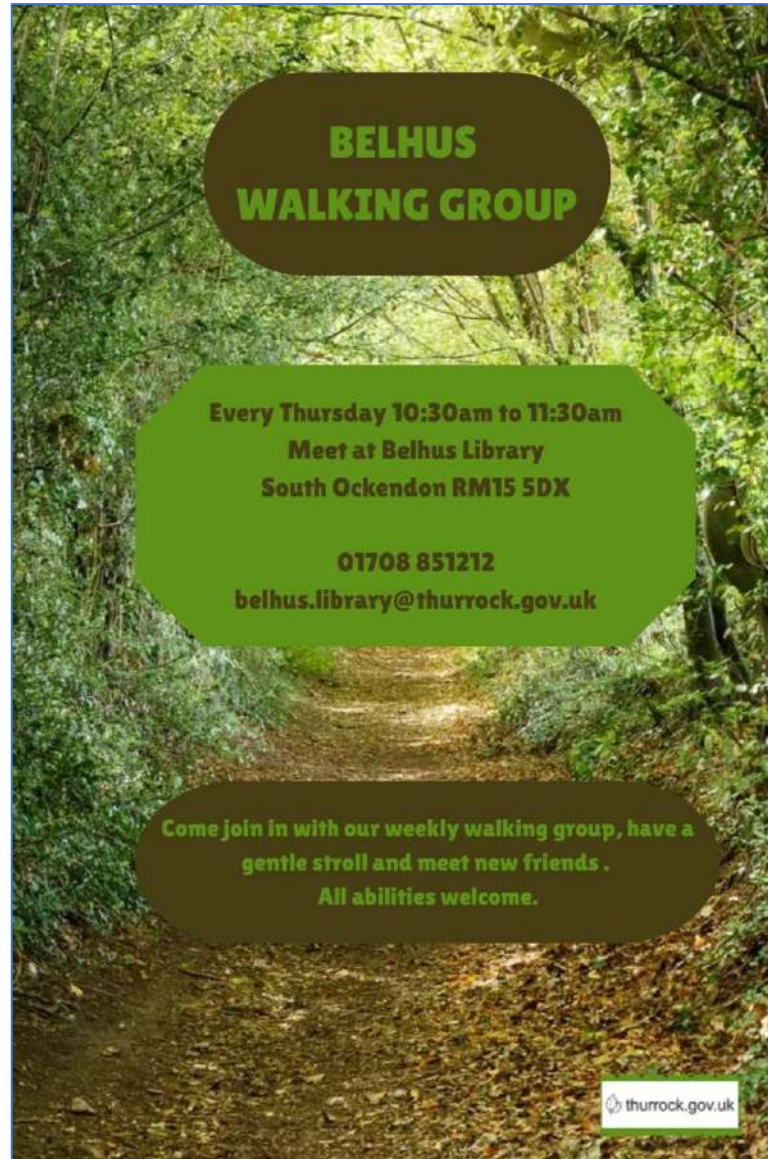
First Thursday of the month will include community Litter pick
Meet at Tilbury Library and hub
Civic Square Tilbury RM18 8AD
Tel: 01375 842612

Come join in with our weekly walking group, meet new friends, and increase fitness. The walk starts and finishes at Tilbury Library and Hub.

All abilities welcome.



F

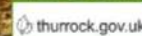


BELHUS WALKING GROUP

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.



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CHADWELL WALKING GROUP



**Every Tuesday Starting 18th November
10:30am to 11:30am**

Meet at Chadwell Library
Brentwood Road Chadwell St Mary RM16 4JP
Tel: 01375 842511

Join our new weekly walking group — open to all abilities! It's a great way to get some fresh air, explore your local area, and meet new friends. No booking required — just turn up and take part!





F

The Proper Blokes Club

Team Corringham is led by Jim.

This group started in September, it take place every Tuesday at 7pm.

Open for free to any local lads that wants to join their peer to peer walk&talk group

<https://www.facebook.com/photo.php?fbid=1589467808711366>

Corringham

F

BEREVITALISE
IMPACTING LIFE AND MAKING A VISIBLE CHANGE

WALK FOR ALL

Our weekly walk resumes
13th January 2026
Every Tuesday from 18:15pm till 19:15pm
Everyone is Welcome!

Covering: West Thurrock, Chafford
Hundred routes, and many more

- ✓ Improve your health and fitness
- ✓ Boost your mood and energy
- ✓ Walk and talk
- ✓ Connect with family & friends
- ✓ Enjoy the fresh air together!

Grab your trainers and join us

#Community #Health #Fitness #Wellbeing

F

BELHUS PARK

FAMILY FUN RUN

1KM OR 2KM ROUTE?
YOU CHOOSE!

EVERY SUNDAY
START TIME:
9:00AM

STARTING POINT:
BELHUS PARK LEISURE
CENTRE CAR PARK
(LEFT SIDE OF CENTRE'S ENTRANCE)

Bring your friends, family,
buggies, and onergy
**All ages and abilities
are welcome!**

- ✓ **FREE** to attend
- ✓ No minimum age
- ✓ Family-friendly & community-focused

**Walk, jog, or run,
It's up to you!**

REGISTER HERE:

Supported by Public Health
 thurrock.gov.uk

impulseleisure.co.uk/funtrail
Charity number: Thurrock Community Leisure 1080186



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

Waders

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

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

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



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

JUNE 2026 **COMBAT ACADEMY**

BEGINNERS ONLY
16 WEEKS FREE MMA TRAINING

ULTIMATE MMA SHOWCASE EVENT

- ✓ Train for **FREE** for 16 weeks
- ✓ Fight on a fully promoted show
- ✓ Raise money for local charities

SIGN UP NOW!
OVER 18 ONLY

WHATSAPP 07890 962455

松涛館 DO MU KYOKU

FREE KARATE TRAINING
With **REX SENSEI**
You are **CRAZY AMAZING!**

NEURODIVERSITY - ADHD, ASD AND DISABILITY.
TERMS AND CONDITIONS APPLY

CALL US ON **07487774820**
WWW.DOMUKYOKU-KARATE.COM



F

O5BM Table Tennis Grays

A men's group for people aged 50+ with a passion for staying active and connecting with others

Come along to show off your table tennis skills with the group.

Weekly sessions in Thurrock CVS in Grays, every Wednesday 7 – 9pm.

<https://www.eventbrite.co.uk/e/o5b-m-table-tennis-grays-tickets-1536489213599>

Grays



F

Tilbury Friendly Football

- ✓ Top quality 3G astroturf pitch,
- 👋 Balls, bibs and referee are provided for
- 👉 ALL abilities welcome (18 or over only)
- \$ £5 per person 1 hour game
- 🚗 Free onsite parking
- 💪 GREAT to burn off stress, meet local people and to lose weight / fitness

Tuesday 7pm and 8pm - Gateway Academy, Tilbury – 7/8 a side

<https://footyaddicts.com/football-venues/1498-the-gateway-academy-thurrock#upcoming>

Tilbury



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

DO YOU DELIVER PHYSICAL ACTIVITIES IN THESE AREAS IN THURROCK?



Come join a Thurrock Physical Activity Network

Tilbury | Chadwell St Mary | South Ockendon

-  Launching New Networks In Chadwell St Mary & South Ockendon
-  Network & Collaborate With Local Partners
-  Promote & Develop Physical Activity Programmes
-  Access Local Insight & Updates
-  Support & Training Opportunities
-  Funding Resources Available
-  Monthly Meetings



Scan to join

Contact for more info!

Melissa.Huggins@thurrockcvs.org 07500 946803

Building Active Communities

We're growing our Thurrock Physical Activity Networks across Thurrock and inviting local organisations, community groups, and partners to get involved if they deliver or want to deliver physical activity in the area

These Networks bring people together to share ideas, collaborate, and develop activities that help residents stay active or become more active. Whether you're already delivering sessions or thinking about starting something new, you'll have access to networking opportunities, local insight, training, funding support, and the chance to co-design projects that make a real difference in your community.

Our established Tilbury Network continues to welcome new members, while two new Networks in Chadwell St Mary and South Ockendon have recently launched and are an exciting addition in our aim to support both residents & local groups / organisations.

If you're passionate about improving physical activity locally, we'd love to hear from you!

JOIN HERE: <https://forms.office.com/e/5KEHQ3PngK>

QUESTIONS: Melissa.Huggins@thurrockcvs.org

Thurrock-wide



**Easter HAF
holiday clubs
with Essex
ActivAte!**

Easter holiday clubs with Essex ActivAte are now live to book!

Local club providers are offering free spaces to eligible children, helping to support their wellbeing through fun and exciting activities!

Look out for your emailed HolidayActivities voucher code to book, or simply pop in your location, find a local club and see what's on near you.

Primary & Secondary	AQ Basketball (copy)	Gateway Academy, Marshfoot Rd, Tilbury, Grays
Primary	Arts Outburst Chadwell St Mary Village Hall (copy)	Chadwell St Mary Village Hall, Waterson Road, Chadwell St Mary.
Primary	ARTS OUTBURST LTD Thameside Complex - Primary (copy)	Arts Outburst, 2nd Floor, Thameside Complex, Orsett Road, Grays
Secondary	ARTS OUTBURST LTD Thameside Complex - Secondary (copy)	Arts Outburst, 2nd Floor, Thameside Complex, Orsett Road, Grays
Primary & Secondary	ARTS OUTBURST LTD Thameside Complex - Secondary MWB (copy)	Arts Outburst, 2nd Floor, Thameside Complex, Orsett Road, Grays
Secondary	ATF Koala Park (copy)	Koala Park
Primary	C Knight Dance Thurrock (copy)	East Thurrock Community Association
Primary	Camp 4 Champs Harris Academy - South Ockendon (copy)	Harris Academy Ockendon
Primary & Secondary	Cast A Thought Weir Pool Thurrock (copy)	Puddledock
Primary	Chafford Tots to Teens Childcare Services Ltd (copy)	Chafford Tots to Teens, Unit 1A, Lakeside Business Village, Fleming Road, Chafford Hundred
Primary & Secondary	Essex Boys and Girls Club Brisbane House (copy)	Brisbane House, Tilbury
Primary & Secondary	Essex Boys and Girls Club Chadwell St Mary (copy)	Chadwell St Mary, Thurrock
Primary & Secondary	Essex Boys and Girls Club Flowers Community Hall (copy)	Flowers Community Hall, South Ockendon
Primary & Secondary	Essex Boys and Girls Club Seabrook Rise (copy)	Seabrook Rise Community House, Thurrock
Primary & Secondary	Get With The Kids Vibe Thurrock (copy)	Rock-Up Thurrock, Lakeside Shopping Centre, intu, West Thurrock, Essex
Primary & Secondary	Golf in the community/Unleash your drive (BELHUS GOLF CLUB) (copy)	Belhus Golf Club, south Ockendon
Primary & Secondary	Grangewaters (copy)	Grangewaters Outdoor Education Centre, Buckles Lane, South Ockendon
Primary	Holloway Coaching LTD (copy)	Tudor Court Primary School, Bark Burr Rd, Chafford Hundred, Grays
Primary	JTD Arts LTD Thurrock - Primary (copy)	Thurrock Rugby Football Club, Oakfield Long Lane, Grays
Secondary	JTD Arts LTD Thurrock - Secondary (copy)	Thurrock Rugby Football Club, Oakfield Long Lane, Grays
Primary & Secondary	JTD Arts LTD Thurrock - SEND (copy)	Thurrock Rugby Football Club, Oakfield Long Lane, Grays
Primary & Secondary	Legends Learning Centre (copy)	Hathaway Academy, Hathaway Rod, Grays
Primary & Secondary	Legends Learning Centre SEND (copy)	Hathaway Academy, Hathaway Rod, Grays
Primary	MALEARN (All Saints) (copy)	Maldon Youth Centre, Carmelite Way, Maldon,
Primary	MALEARN (South Ockendon) (copy)	South Ockendon Village Hall, 65 North Road
Primary	Prosports Solutions (Woodside Primary Academy) (copy)	Woodside Primary Academy
Primary	Rise Sports Ltd (copy)	Mossbourne Herd Lane Academy, Herd Lane, Stanford Le Hope
Primary & Secondary	The Future of Sport (Lansdowne Academy) (copy)	Lansdowne Academy, Lansdowne Road, Tilbury, Essex
Primary & Secondary	The Future of Sport (St Clere's School) (copy)	St Clere's School, Butts Lane, Stanford-le-Hope, Essex
Primary	The PE Specialists LTD - Purfleet (copy)	Purfleet Primary Academy, Tank Hill Road, Purfleet-on-Thames, Purfleet

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

[Your Essex Community Learning Series](#)
Active Essex