

F

FREE activity

LC

Low costing:
£5 or under per session

*Developed &
updated by*



Free & Low Cost Physical Activities in Thurrock



Subscription

Subscribe [here](#) to receive this booklet direct to your inbox every month.

Changes

To add or update booklet content, please contact Melissa.Huggins@thurrockcvs.org

Current Version

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

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.

THE COMMUNITY BIG LUNCH 2026

Summer events for the whole family!

12pm - 4pm



THUR
23 Jul

East Tilbury
Goblins Park, Princess Margaret Rd, East Tilbury, RM18 8TN

TUE
11 Aug

Corringham
Corringham Town Park, Gordon Road, Corringham, SS17 7QZ

TUE
28 Jul

South Ockendon
Dikes Park, Fairham Avenue, South Ockendon, RM15 5NN

MON
17 Aug

Blackshots
Impulse Leisure Blackshots, Blackshots Lane, Grays, RM16 2JU

WED
5 Aug

Chadwell St Mary
Pyramid Resource Centre, Heath Rd, Chadwell St Mary, RM16 4XH

Entry and most activities are free but some may incur a small cost.
Refreshments available to buy.



Scan the QR code for more info about what to expect.

Grab a picnic and come along for a family fun afternoon.

Packed with creative activities, live entertainment, sports & more!





Essex ACTIVate

Book onto an
summer holiday club
with Essex ActivAte!

Free holiday club spaces for eligible children and teens
across Essex and Thurrock

- 1 Open your email from **HolidayActivities** and click the green button
- 2 Select 'Continue to email' and log in or sign up
- 3 Make a booking by clicking the green arrow and browsing local activities



Children & Young People's Activities - 1



RIVERVIEW
Youth Project
Connecting Youth to Community and Opportunity

FOOTBALL in Purfleet

Join our free weekly football sessions for young people in Purfleet (term time only), led by qualified FA coaches.

Girls Football	Junior Football	Boys League
Mondays 4:30 – 5:30pm School Years 7-9	Thursdays 4:00 – 5:00pm School Years 7 & 8	Thursdays 5:00 – 6:00pm School Years 9-12

Contact the Youth Team

07376955460 • Purfleet on Thames
• jodeku@riverview.org.uk



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RIVERVIEW
Youth Project
Connecting Youth to Community and Opportunity

EmpowerHer

Girls Wellbeing Hub
Thursday 4:30-6:00pm
(free activity - term time)
Ages 13-18

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

SPORT | CRAFT | MENTORING | FOOD | EMPLOYABILITY

Contact the Youth Team

07376955460 • Purfleet on Thames
• jodeku@riverview.org.uk



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RIVERVIEW
Youth Project
Connecting Youth to Community and Opportunity

YOUTH CLUBS in Purfleet

- Meet friends in a safe, welcoming space
- Try new activities and get involved
- Build confidence with support from qualified youth workers

Senior Youth Club

- Tuesdays
- 5:00 – 8:30pm
- School Years 9-12

Junior Youth Club

- Wednesdays
- 4:30 – 6:00pm
- School Years 7 & 8

SPORT | CRAFTS | MENTORING | FREE FOOD

Contact the Youth Team

07376955460 • Purfleet on Thames
• jodeku@riverview.org.uk



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RIVERVIEW
Youth Project
Connecting Youth to Community and Opportunity

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!

- Mondays & Wednesdays
- 4:50 – 5:50pm
- 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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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

**F**

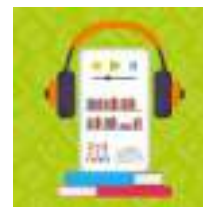
Arts Outburst

Funded spaces available in their Dance sessions for ages 6-9, 10-13 and 14+ with our industry pro Miss Claudia in their Make Some Noise programme.

Thameside Complex,
2nd Floor, Orsett Road,
Grays, RM17 5DX

<https://www.artsoutburst.co.uk/project/make-some-noise/>

Grays

**F**

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

Children & Young People's Activities - 3

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JTD ARTS EST 2004

Active Essex Foundation

Youth EXPLOSION

POWER WITHIN PROJECT

FOR MORE INFORMATION: WHATS APP +44 7856 869286

TRAINING OPPORTUNITIES SPORTS & DANCE YOUR OWN SPACE TO CHILL FULL GAMES DIVING & MORE

EVERY **WEDNESDAY**

FREE SESSIONS

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

Community

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CHASEN

AFTER SCHOOL SPORTS CLUB

SPONSORED BY

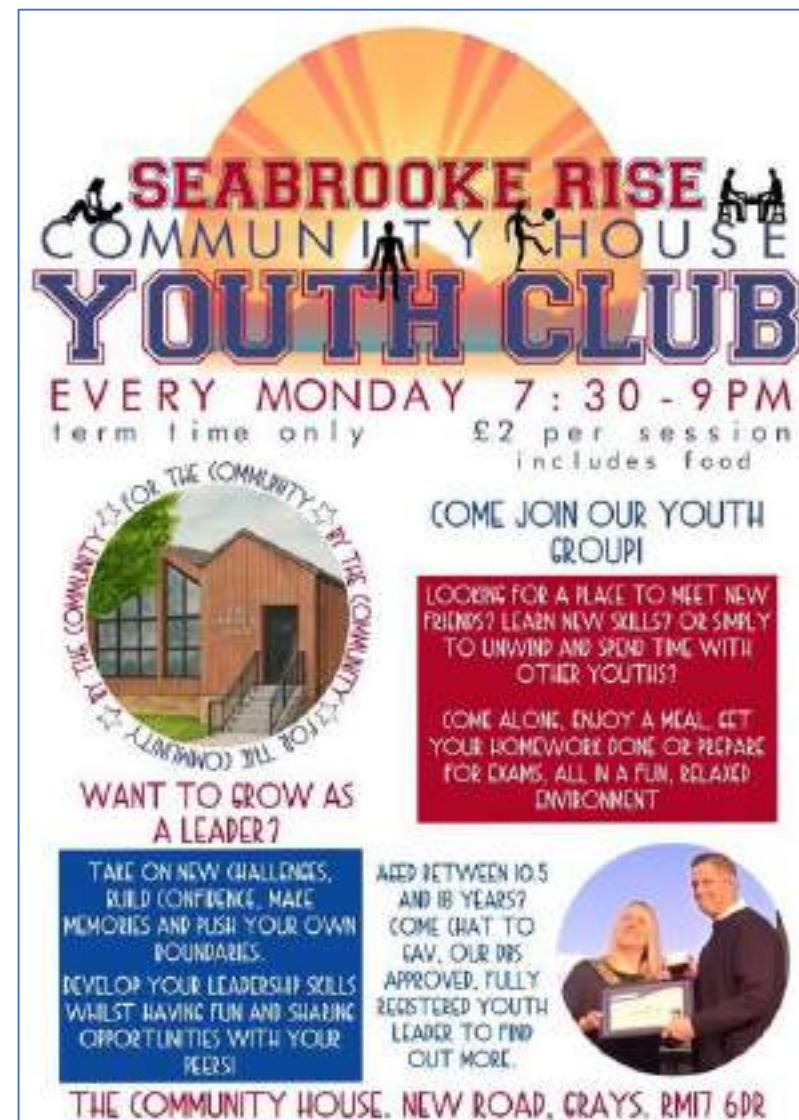
Active Essex Foundation

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

REGISTER TODAY! FOR FREE

www.chosencommunity.org

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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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from Project

outburst

CREATIVE EXPRESS

YOUTH MENTAL HEALTH CLUB

THURSDAYS | 4:30PM - 6:30PM

www.artsoutburst.co.uk/youth-express

Active Essex

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.essexelitogymansticsclub.com
Email:
negchooking@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!

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LEAP PATHWAYS

CHILDREN'S FITNESS CLASSES

Leap Sprogs

ATF

12.30-1.30 EVERY THURSDAY

12.30-1.30 EVERY THURSDAY

LEAPSPROGS IS AT TILBURY LIBRARY

WALKERS TO 5 YEARS OLD
FREE OF CHARGE

MESSAGE VICKY ON 07803331345

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Anchor Park Tilbury

Anchor Park, Tilbury, RM18 8AH

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

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



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

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BLACKSHOTS GRAYS

EVERY
MONDAY
16:30 - 17:30

BLACKSHOTS LANE, GRAYS, ESSEX,
RM16 2JU



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

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

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Koala Park Tilbury

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

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



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

Children & Young People's Activities - 7

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ActiveEssex
Foundation

It's free Youth PROVISION

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

Held at Thurrock Rugby club, Long lane, RM162QH.
we are the first green gate on the left.
Contact us or just turn up
07856 869296

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

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



IN PARTNERSHIP WITH
B
BASKETBALL

PRESENTS

LINES 'n' LAY UPS

A PROJECT ABOUT YOUTH, RESILIENCE AND FINDING YOUR SHOT!

EVERY TUESDAY / 4.30PM - 6.30PM

(TERM TIME ONLY)

FOR UPCOMING PLAYS ABOUT THE CHALLENGES YOUNG PEOPLE FACE TODAY

- EACH PROGRAMME WILL RUN FOR APPROX 12 WEEKS -

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

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

TREETOPS SCHOOL (VIA TREETOPS APPROACH)
THEATRE HALL

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

WWW.DRAMAINMIND.CO.UK

MOORE BECO OVERLOOK



Essex Comets YFC
Est. 2007
Adferia Uignitan

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 07411 190043

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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!



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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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**R.A.M.P IS AN
EXPERIMENTAL PROJECT BREAKING
BARRIERS IN AMBIENT MUSIC BY
OPENING THE SPACE TO MARGINALISED
ARTISTS. WE BLEND SOUNDS RECORDED
FROM NATURE WITH STUDIO PRODUCTION
TO CREATE BEATS FOR ARTISTS TO
EXPRESS THEMSELVES THROUGH.
OUR AIM IS TO AMPLIFY NEW VOICES AND
CREATE A WELLNESS-FOCUSED MIXTAPE,
EXPLORING THEMES OF CLIMATE,
SPIRITUALITY, AND WELLBEING WHILE
CHALLENGING AND DIVERSIFYING THE
MUSIC INDUSTRY.**

R.A.M.P 

For 15-18 year olds. Those interested are encouraged to contact us via our website www.u-turnships.org, or email info@uturnships.org.

Thurrock-wide

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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! Clay Fun! Role Play & Sports! Trips & Adventures!
Residential to Wales & The Lake District!

Cooking Class! Darts & Sports! Arts & Competitions!

Join Us for the Fun!
ALL WELCOME!

F

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! Fun & Games! Sports & Darts!

Trips & Competitions!
Residential to Wales & The Lake District!

Join the Fun!
ALL WELCOME!

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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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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 your discipline or mix it!

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



ARTS COUNCIL
ENGLAND



Funded by:
UK Government

F

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.



ARTS COUNCIL
ENGLAND

www.artsoutburst.co.uk/urban-motion

Arts Outburst



Active Essex
Foundation



CHANCE TO SHINE STREET



SOFT BALL CRICKET

BE ACTIVE
MAKE FRIENDS
DEVELOP SKILLS
PAY NOTHING!



WEEKLY INDOOR SESSIONS
FUN, FAST AND FREE
NO EXPERIENCE OR EQUIPMENT NEEDED
WEAR WHAT YOU WANT
QUALIFIED COACHES

FUN INDOOR CRICKET ACTIVITIES AND GAMES
5.00-6.00PM EVERY TUESDAY DURING TERM TIME
FOR AGES 8-16
EVERYBODY IS WELCOME

TREETOPS SCHOOL SPORTS HALL
TREETOPS APPROACH GRAYS
RM16 2MU

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

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



teamfitness

PLAY GROUND SATURDAYS

Ages 5 - 16 Boys & Girls 12:30 - 14:30

A space for kids to experience a range of activities while having fun with friends.

• FOOTBALL	• ROLLER SKATING	• HOCKEY
• BASKETBALL	• SKATEBOARDING	• ROUNDEES
• NETBALL	• ARCHERY	• DODGEBALL
• TAG RUGBY	• BIKING	• BADMINTON
• VOLLEYBALL	• HANDBALL	• TABLE TENNIS

£4ph

Bring siblings/ friends for 10% discount

Harris Academy Riverside London Rd, Purfleet RM19 1QY

TO BOOK CONTACT MIKE WAYANS: 07730 471 131





MAISIE FIELD

68 COWPER AVENUE, TILBURY RM18 8AS

COME ALONG AND JOIN ATF FOR AN **AFTERNOON** OF MANY SPORTS

SNACKS & REFRESHMENTS WILL BE PROVIDED

EVERY THURSDAY 4-5PM

FOOTBALL

TENNIS

BASKETBALL

AND MORE!

PLEASE CONTACT KELLY:
KHERRING@ATFCOMMUNITY.COM
FOR MORE INFORMATION

Children & Young People's Activities - 12

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Contact Rio:
07376 955460
jodeku@riverview.org.uk

RIVERVIEW
Youth Project
Connecting Youth to Community and Opportunity
SUMMER

@ West Thurrock Memorial Ground

27th July & 4 th , 11 th , 18 th August	29th July & 5 th , 12 th , 19 th August
Basketball & Arts & Crafts 2-4pm	Football 2-3pm

 **Thurrock Community Fund**  **COMMUNITY FUND**

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Contact Rio:
07376 955460
jodeku@riverview.org.uk

RIVERVIEW
Youth Project
Connecting Youth to Community and Opportunity
SUMMER

In Purfleet on Thames Members Only

28th July & 4 th , 11 th , 18 th August	29th July & 5 th , 12 th , 19 th August
YOUTH CLUB 2-4pm (St Stephen's Church)	SPORTS IN PARKS 2.40-3.50pm - (Opera park) 4-5pm - (Spider Park)

 **BBC Children in Need**  **COMMUNITY FUND**

LC



U16/U18 B

END OF SCHOOL YEAR SCRIMMAGES

ARE BACK!

EVERY SAT. STARTING

SAT. 4TH JULY

10.00AM - 11.30AM

AT TREETOPS SCHOOL

ONLY £5

DM FOR MORE INFO!

INSTAGRAM @BBALLFUNDAMENTALZ



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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



LC

Men's Shed

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

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

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

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

Aveley



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Start Thurrock

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

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

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

Multiple locations



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Volunteer Centre

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

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

<https://thurrockcvs.org/volunteer-thurrock/>

Multiple locations



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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



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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

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Open Gym in the Park

FREE
EVENT

New to Exercise? Start Here.

Join our free, friendly gym sessions and take your first step with confidence.

Session Dates & Locations

JUNE

23rd - Dikes Park 10am
23rd - West Thurrock Memorial Ground 2pm
30th - Grays Town Park 2pm

JULY

7th - Grays Town Park 2pm
14th - Dikes Park 10am
21st - West Thurrock Memorial Ground 2pm

AUGUST

11th - Dikes Park 10am
18th - West Thurrock Memorial Ground 2pm
25th - Grays Town Park 2pm

What to expect

- Guided group session delivered by a PT
- General fitness advice
- Equipment demonstrations
- Supportive, no-pressure environment

West Thurrock Memorial Ground, 118 Top Road, West Thurrock, RM20 2ES
Dikes Park, Foyle Drive, South Ockendon, RM15 5LT
Grays Town Park, Park Road, Grays, RM17 6RB

Impulseleisure.co.uk

Charity number: Thurrock Community Leisure 1060186

Impulse
LEISURE

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THE FLOWERS COMMUNITY GROUP

at The Flowers Community Hall, Lime Close, South Ockendon

Email address: flowerscg@outlook.com

Providing information to the Flowers community

This Sunday 5th July

If the weather permits and you're up for it, there's a Community Litter-pick

It won't be from the Community Hall and arrangements will be as the last 2 litter picks. If you're not sure what they are, private message Carolynne.

We'll meet at 12.30 p.m. as usual,

This group is intent on making a difference to everyone in its community and you are all very welcome to take part.

On the first Sunday of every month, we plan for volunteers to be litter-picking across the Flowers community

F

**BBQ Food**

OPEN DAY

12.00 till 5pm

Local craft stalls

Join us in our kings award winning Garden For a fun day with all the family

Saturday 11th July



MOLLANDS LANE COMMUNITY GARDEN MOLLANDS LANE ALLOTMENT

OCKENDON RM156DB

Homemade cakes & refreshments

Crafting zone for kids

Raffle prizes to be won



Mollands Lane Community Sensory Garden

Sponsored by





TILBURY RIVERSIDE PROJECT'S

PICNIC

IN THE PARK

13TH AUGUST

STARTS AT 12-4PM

BRING A PICNIC

STRICTLY NO ALCOHOL

FACE PAINTING

FOOTBALL SKILLS

STAGE ENTERTAINMENT

ICE CREAM

REFRESHMENTS

MESSY PLAY

LOCAL DANCE SCHOOLS

THE ANCHOR FIELD

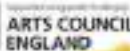
TILBURY















Positive

Well-Being Day

at Grays Town Park

Friday, 3rd July 2026 • 1 pm - 4 pm



• Stalls • Community Information • Performances

• Music • Workshops • Entertainment

Hosted by OLDER PEOPLE COMMUNITY MENTAL HEALTH TEAM

ENTRY IS FREE • EVERYONE IS WELCOME!

Venue: Grays Park, Grays RM17 6QZ

In support of:



























Dance classes - 1



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

STARTING 23RD JUNE 2026

LINE DANCING WITH DREW

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

**BULPHAN VILLAGE HALL
CHURCH ROAD,
BULPHAN
RM14 3RU**

TUESDAYS 11-12

£5.00 PER PERSON PER WEEK



**TO BOOK YOUR PLACE CALL DREW ON
07951 509930
OR E MAIL
DANCEWITHDREW@OUTLOOK.COM**

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**

LC

LINE DANCING WITH DREW

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

**ST MARGARET'S CHURCH HALL
STANFORD LE HOPE
SS17 0EP**

WEDNESDAY 18.30 - 19.30

£5.00 PER SESSION



**TO BOOK YOUR PLACE CALL DREW ON
07951 509930
OR E MAIL
DANCEWITHDREW@OUTLOOK.COM**

Dance classes - 3

LC



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
Instagram: @affitness15
Facebook: @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

CLASS SCHEDULE

MONDAY
6pm
CHADWELL VILLAGE HALL
RM16 4NX
Fortnightly additional class "Dance n' Smile" - ask for info!

£5 PAY AS YOU GO

WEDNESDAY
9.30am
CHADWELL SOCIAL CLUB
RM16 4DH

THURSDAY
6.45pm
CHADWELL SOCIAL CLUB
RM16 4DH



WE LOOK FORWARD TO STEPPING WITH YOU!
SARAH & RONNIE

@STEPNSMILEFITNESS

LC

Music in motion by Sarah presents:

ZUMBA

Class

North Stifford Village Hall
RM16 5UG

Only £5 per session

- Fun & Engaging
- Burns calories
- Boosts mood
- Reduces stress
- Strengthens muscles
- Increases flexibility
- Enhances cardiovascular strength

EVERY WEDNESDAY 6:00pm - 7:00pm

To Book:
Text or Call:
07703 665563
email:
sarah.ford99@virginmedia.com



LC



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
9.50am – 10.10am Street
10.10am – 10.30am Tap
£4 per session or £10 for all 3

Junior Tap £5
10.30am – 11am

Junior Ballet £5
11am – 11.30am

Junior Modern / Street £5
11.30am – 12pm

Primaries aged: 2 1/2 yrs – 6 yrs

Juniors aged: 7yrs – 12yrs

Venue:
1st Corringham Scout Hall
15 Herd Lane
Corringham
SS17 9BQ

For more information and to book your place contact Miss Tammy:
☎ 01921670188
✉ twinkletoes@twinkletoes.co.uk
📘 Find us on Facebook
[@twinkletoes.schoolofdance](https://www.facebook.com/twinkletoes.schoolofdance)

F



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

📞 Arts Outburst
01375 386247 | hello@artsoutburst.co.uk
www.artsoutburst.co.uk

ARTS COUNCIL ENGLAND

SPORT ENGLAND

Funded by UK Government

F



FEEL GOOD & MOVE

JOIN US FOR FREE FITNESS CLASSES!

MONDAYS  **ZUMBA** *with La Fitness* **PILATES** @ **GRAYS**

TUESDAYS  **ZUMBA** @ **CHADWELL**

THURSDAYS  **ZUMBA** @ **GRAYS**

PLUS MORE TO COME...

BOOKING ESSENTIAL
www.artsoutburst.co.uk
01375 386247

Fantastic instructor! Good for mind & body. — PARTICIPANT

📞 Arts Outburst
01375 386247 | hello@artsoutburst.co.uk
www.artsoutburst.co.uk

ARTS COUNCIL ENGLAND

SPORT ENGLAND

Funded by UK Government

Exercise classes - 1

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

F



HIIT class

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

07950804808
info@ego-free.club

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

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

West Thurrock

LC

to booking needed
Just turn up!

The logo for AF FITNESS, featuring the letters 'AF' in a large, bold, orange font with 'FITNESS' in a smaller font below it, all within a circular frame.

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	

Exercise classes - 2

LC



Outdoor exercise
CIRCUITS

Burn calories · Build strength · Boost energy



Move with Mel
PERSONAL TRAINER

Grays Riverfront
7:00 – 7:30am
Every Tuesday

Only £5
Loyalty card discounts

Join us this Tuesday!

 @melhuggins_pt

LC



"Balance your body and mind"

**FITNESS CLASSES
FOR 50+**

**SUITABLE FOR ALL FITNESS
LEVELS!**

GRANSJEAN HALL
Long Lane
Grays RM16 2PJ
Mondays 11.00 to
12.00

COST £5.00

IMPROVE
POSTURE
MOBILITY
CARDIO
BALANCE
FLEXIBILITY
FITNESS &
WELLBEING

CONTACT
MARK ADAMS
EMAIL: MARKADSO1@ICLOUD.COM
TEL: 07711 817253

Suitable for all levels

LC



**ARE YOU READY TO
ROCK YOUR WORKOUT?**

Treetops Hall, Treetops School
Buxton Road, RM16 2WU

Joining for the first time?
Use the entrance off Stanford Road
opposite Orsett Heath Academy

Email ign@heorgage360@gmail.com
with any queries



Every Friday, 18:30-19:30
PAYG: £6.00, or £20 for 4 classes
Bring a yoga mat and water - Ripstix provided

POUNCE

Family Activities - 1

LC



MONKEY'S PLAYGROUP

SNACK **CHAT** **SING** **PLAY**

FRIDAYS
10AM - 11:30AM
TERM TIME ONLY

HORNDON VILLAGE HALL,
MILL LANE, SS17 8LB

0 - 1 YEARS: £2.50
1 - 4 YEARS: £4.50
SIBLINGS: £2.50 EACH

CASH ONLY - PAYC

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-in welcome!

Maisie
07488 963339

F



Thurrock Nurture & Nourish

A free weekly group for parents & carers supporting children & young people aged 0-12 years

Nutrition, Physical Activity, and wellbeing for early parenthood

A voluntary program designed to help you and your little one thrive during the early years

- Learn to prepare healthy, nutritious meals for parents and infants
- Access support, practice weight management guidance for parents
- Enjoy gentle activities such as parent-child yoga and baby massage
- Builds language-rich baby play and home learning ideas for babies and toddlers
- Receives guidance and signposting to local mental health and parenting support services
- Connect Local Communities Together

Where?
Thurrock Community Centre, Essex
Thurrock
Honey House

Free to join
Join Us!

Book your place now!
Call 07954 411 118

F



NOURISH TO FLOURISH

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

Each class includes:
• Nutrition Education
• Cooking Workshop
• Physical Activity Session

Free to join
Local Area Groups

SIGN UP NOW!
Contact us at:
07955 421 726
info@nuffhealth.org

Every Thursday
3:45 PM - 5:15 PM

www.nuffhealth.org @nuffhealth

LC



parent & toddler group

come along to our free playgroup session!

Wednesdays 10:00-11:45

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

(During term time only)
Email us on the website for more details
www.aveleycc.org

F



Blooming & Bond

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.

F



ATF

FREE SESSION

FAMILY FUN GAMES

FREE FAMILY FUN IS CALLING!

JOIN ATF FOR ACTION-PACKED GAMES, SPORTS, AND NONSTOP EXCITEMENT. BRING EVERYONE AND LET'S PLAY!

EVERY SATURDAY
11AM - 12:30PM

KOALA PARK, TILBURY

Kherring@atfcommunity.com

F



RIVERVIEW
FIRST STEPS
An Early Years and Family Wellbeing Programme

Babies & Toddlers

Have fun and meet new friends with our **FREE** weekly groups

First Steps
(for babies 0-15 months)
🕒 Tuesdays 11:30am-1pm

Baby & Toddler Group
(Ages 0-4 years) Term time only
🕒 Tuesdays 9:45am-11am
🕒 Thursdays 10:00 - 11:15am

BOOK NOW

- 📍 St Stephen's Church
London Rd, Purfleet, RM19 1QD
- 📧 enquiry@riverview.org.uk
- ☎ 07376 955460
- 📘 riverviewcharitabletrust.org

- 🎨 Sensory play and fun activities
- 🗣 Build social and communication skills
- 👥 Meet other parents in a relaxed, supportive environment
- 🍌 Healthy snacks and refreshments

RIVERVIEW CHARITABLE TRUST
Supporting Communities, Improving Lives

BEST START IN LIFE

COMMUNITY FUND



F

Brighter Futures

The Thurrock 0-19 Brighter Futures Healthy Families Service is an integrated service encompassing Health Visiting, School Health (historically School Nursing), targeted support and a range of health interventions for children, young people and their families.

<https://www.nelft.nhs.uk/services-thurrock-brighter-futures-healthy-families/>

Online



F

Family Hubs

8 Family Hubs in Thurrock which offer a wide range of free activities:

Information and advice for families, regular drop-in sessions and activities, family health services, parenting support including support for young people with SEND.

<https://www.thurrock.gov.uk/family-hubs>

Multiple locations



LC

Grangewaters Outdoor Education Centre

Grangewaters is a year-round outdoor education centre set in Thurrock's countryside, covering over 70 acres of woodland, grassland, two lakes, activity areas and accommodation.

We offer activities for adults, children and families, with a focus on accessibility, including specialist equipment and inclusive facilities.

Our accessible accommodation ensures a comfortable stay for all. Book your visit via the link below and follow us on [Facebook](#) and [Instagram](#) for updates and information.

<https://www.grangewaters.co.uk/>

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

F



Together Create

Making art together. Making change together.

Activities for you and your family to get creative together. Create shared artworks, boost wellbeing, meet new friends and make a difference

Sing

Make

Inspire change

Free snacks!

Meet new people

Join us for weekly visual arts sessions:

Landsowne Primary Academy, Tilbury - Wednesdays 3-5pm

Welcome to the UK, Grays - Thursdays 10am-12pm

Sessions run w/c 20th Apr - w/c 22nd June except w/c 1st June (half term break) and w/c 29th June when we will be running special activities to mark Refugee Week

Book your FREE place via our website (see below)

Learn new textile techniques from around the globe as we create a pop up community art space. Whether you're a beginner or have lots of creative experience, come and discover new skills, make friends and become part of something special.

No experience required. All are welcome

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



F

Family Hubs

FREE Sensory Play with
Thurrock Family Hubs
The sensory room at Tilbury
Family Hub has availability

Monday-Fridays: 9.30am -
10.30am, 11am - Midday,
1.30pm - 2.30pm, 3pm - 4pm
Monday and Wednesday there
is a availability for SEN children
4-8 years: 4pm - 4.30pm

To book a FREE session please
call Tilbury Family Hub on
01375 858243

Tilbury

LC



2026 New school starter meet ups

Meet your new school friends in a play setting
£5 per child
Weekends
Pre Book online

ABBOTT HALL - 4TH JULY 9 AM
ARTHUR BUGULAR - 5TH JULY 9 AM
CHADWELL ST MARY ACADEMY - 12TH JULY 9 AM
CORRINGHAM - 12TH JULY 11 AM
EAST TILBURY - 12TH JULY 1 PM
GIFFORDS - 25TH JULY 9 AM
GRAHAM JAMES - 26TH JULY 9 AM
HORNDON ON THE HILL - 1ST AUG 9 AM
LEYS DOWN - 2ND AUG 9 AM
MANOR WAY - 2ND AUG 11 AM
MOSSBOURNE HERD LANE ACADEMY - 8TH AUG 9 AM
PIONEER ACADEMY - 9TH AUG 9 AM
ST JOSEPH CATHOLIC - 16TH AUG 9 AM
STANFORD LE HOPE - 16TH AUG 11 AM
QUARRY HILL - 16TH AUG 1 PM

A great way to meet their new class friends and to talk to the grown ups in a play setting.

Play time 1.5hrs, costs £5

Siblings are welcomed but limited spaces available £3.50

Annual child pass - free - still need to book

Attending adults only £1

Book here: www.totsworld.org/bookings

Multiple locations

F

Prenatal & Postnatal Courses

A safe and supportive way to:

- Stay active
- Build strength
- Feel your best at every stage of your pregnancy journey.*

Delivered by instructors qualified in Level 3 Pre & Post-Natal Exercise (CIMSPA recognised)

12-week course £60 TOTAL
Payable as 2x £30 blocks
(booked to £5 per class)

first payment before week 1
second payment before the week 7 class

For pre-natal:
Suitable from conception to birth

For post-natal:
Join once cleared for exercise by your GP or midwife

Corringham Leisure Centre	Belhus Leisure Centre	Blackshots Leisure Centre
21st July to 5th October	29th September to 15th December	11th January 2027 to 31st March 2027
Pre: 11:00-12:00 Post: 12:30-13:30	Pre: 9:00-10:00 Post: 10:30-11:30	Pre: 12:30-13:30 Post: 12:45-13:45

To sign up, please visit or call the reception line

*Please discuss any medical conditions or complications with your healthcare provider before starting our classes.

Charity number: Thurrock Community Leisure 1090186

Impulse
LEISURE

F

Inner Beauty

Growth doesn't begin when you're "ready"—it begins when you take the first step.

Calling all young and new mothers!

A space where you can show up exactly as you are!

- ♥ Exploring creativity & connecting with people
- ♥ Connect with other young women and mums
- ♥ Build confidence and resilience

No experience is needed, and no pressure!

- ♦ Free to attend
- ♦ Location: South Essex College - Grays Campus
- ♦ Days & Time: 3rd July - 7th August
Every Friday 10 am - 12 pm

Funded by:

Book your spot now!
Follow the link in the caption or scan the QR code!
Read caption for more info!

FIND YOUR ACTIVE



F

KOALA PARK SUMMER OF FUN

SATURDAY 20TH JUNE MINI GOLF

SATURDAY 11TH JULY INFLATABLES

KOALA PARK TILBURY

ATF

12 - 13:30

kherring@atfcommunity.com

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. 304054 | OSCF No. SC044238

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



specialising in children
with CP (Cerebral
Palsy)

DISABILITY FOOTBALL ST CLERES COMETS

OPEN TO GIRLS AND
BOYS AGED 6-11
FIRST CENTRE IN SOUTH
ESSEX!!



Coming soon to Thurrock at St Cleres FC



CONTACT PAUL
07944 956291

£5 per session
Waiting list may apply

St Cleres School
Stanford Le Hope
Essex

*Comets is the disability
affiliated centre with the
FA

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**

Low Impact Activities - 1



F

Oomph Sessions

Low impact exercise class, open to all abilities and free for all, in 29 locations across Thurrock!

Get active and make friends, reduce social isolation and improve mental, physical and emotional well-being regardless of age, gender or mobility.

Timetables for Stanford, Grays, Chadwell, South Ockendon & Purfleet on the link below

<https://thurrockcvs.org/2024/11/29/improve-your-mental-physical-and-emotional-wellbeing-with-oomph/>

Multiple locations



LC

U3A

U3A' aim is to keep their bodies, brains and other faculties fully functional, through activities (both physical and mental) that involve others of a like mind.

Various movement sessions including: Aqua Aerobics, Boules/Petanque, Rambling, Strollers, Short Mat Bowls & Table Tennis

£20 annual membership

<https://thurrock.u3asite.uk/groups/>

Multiple locations



LC

Happy Days

Happy Days Creative Group at Tyrrells Hall, 67 Dock Rd

For those with memory loss accompanied by their carer. Enjoy gentle dance, singing, art and other fun activities.

Every other Tuesday 4pm – 6pm

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

Contact: Claire after 4pm
07903 963601

Grays



F

Friday Men's Club

Relaxed group that play pool, table tennis, card games and get together for a chat. If a carer attend's they must be male due to this being a men's group.

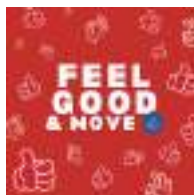
First Friday of the month
7.30pm – 9.30pm
Cost: Free (no booking necessary)

Venue: St John's Grays North Hall, 8A Victoria Avenue

Contact: Kevin 01375 382417
/ 07850 585763 /
mrkspring@hotmail.com

Grays

Low Impact Activities - 2



F

Zumba® Gold

Monday's at 11am, £4.50 per session

The session is a low impact dance fitness session – suitable for everyone to take part in – even if you need a chair, the routines are totally adaptable to do seated so you can still enjoy the session.

Followed by the option of relaxing in a warm space with a tea. An opportunity to get active and meet new people – all in a friendly space.

<https://www.artsoutburst.co.uk/project/feelgood/>

Grays



F

Hardie Park

Hardie Park Weekly Groups at Hardie Road, SS17 0PB

Such as SS17 Walkers, Adult Craft Club, Hardie Gardeners, Pétanque, Knit and Natter.

Contact Hardie Park for more information: 07732 086162 / info@friendsofhardiepark.co.uk

Or visit their website:

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

Stanford-le-Hope



LC

Mindful Movement

Move to Thrive: Weekly Online Mindful Movement Sessions

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

Every Wednesday, 7–8 PM

Online via Zoom

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

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

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

Online



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

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 19.00!
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 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 1090106

LC



FEEL GOOD & MOVE

FRIDAYS
10:30am - 11:15am

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

F



AGEING WELL BEING & DEMENTIA CLUB

EVERY THURSDAY

WHOLENESS MATTER

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

SESSIONS
EVERY THURSDAY 11-12:30

LOCATION
BEACONSFIELD PLACE
CALCUTTA ROAD,
TILBURY, ESSEX RM18 7EN

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GRAYS TOWN PARK CAFE & DIANA YOURZEN ABC PRESENTS

YOGA FOR EVERY BODY

Where breath meets body and calm meets mind



**STARTING FRIDAY 8TH MAY 2026
AT 1:35PM
FREE FOR ALL AGES AND ABILITIES**

F

PURFLEET MEN'S GROUP

— CONNECT, SUPPORT, GROW —



Join us for regular meetups every Thursday 12-1.30, starting 16th April

Engage in social activities each week such as walking, talking, gardening and games.

Refreshments provided after at Purfleet Pantry

**THURSDAYS 12-1.30
PURFLEET COMMUNITY HUB**

For more enquiries contact
feyi.wemi@gmail.com

18+ only no children



F



HARDIE PARK

Hardie Men's Club

Starting Thursday 16 April

Every Thursday, 11am – 1pm

All ages welcome.

Are you, or someone you know, feeling lonely or looking to make new friends? Come along, have a chat, and connect with others in a friendly, welcoming space.



F



Grays URC
A place to pause, and then step forward.

Chair Pilates

with Michelle

STARTING
TUESDAY 2ND JUNE
AT 12 NOON



-  Fun
-  Fellowship
-  Build Up Strength
-  Improve Balance and Posture

DONATION £5
Thank you!

 **Grays United Reformed Church**
Bradleigh Avenue, Grays

For more information please contact
densplayden@gmail.com

F

FALLS PREVENTION

FREE 36-Week Fall Prevention Programme in Thurrock

Further 12 week chargeable shorter courses are available

Limited Spaces!



Classes designed to help you improve your strength, balance, and everyday mobility.

Enjoy tea, biscuits, & good company in every session!



Scan here to reserve your place,
or call **01375 375533 (ext 350)**

impulseleisure.co.uk

Charity number: Thurrock Community Leisure 1060196



Running & Walking Activities - 1

WALK WITH US!

WEEKLY 5K WALK

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

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

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

SOON UP NEXT!

For more information please contact Neil - Fals

Phone: 01708 401 725
Email: neil@nafhealth.org
Website: www.nafhealth.org

[f](#) @NAPHEALTHORG
[t](#) @NAPHEALTH
[i](#) @NAPHEALTH

Powered by

F

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

Multiple locations

Big Local

JOG GONERS

FREE

SATURDAY

Complete beginners welcome

Family friendly walking/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

Running & Walking Activities - 2



F

Parkrun

Free 5km timed weekly walk, jog or running event.

Taking place every Saturday Morning at 9am over:

Pyramid Centre,
Heath Road,
Chadwell St Mary,
Essex,
RM16 4XH

<https://www.parkrun.org.uk/thurrock/>

Chadwell St Mary's



F

Thurrock Ramblers

We arrange walks most Sundays as well as Wednesday evenings during the summer months. Sunday walks are typically from 8 to 10 miles and include a pub stop where possible.

<https://www.ramblers.org.uk/go-walking/ramblers-groups/thurrock-group>

Multiple locations



F

Thurrock Nomads

A very friendly running and walking group meeting on Tuesdays at 7pm and Thursday at 6pm at:

Thurrock Rugby Club,
Oakfield, Long Lane,
Grays,
Essex,
RM16 2QH

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

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

Grays



F

The Walkie Talkies

Parent's 1st offer Walkie Talkie sessions and also online fitness sessions for mums completely free of charge!

These outdoor talk and walk sessions are for both pregnant and new parents. Enjoy some light outdoor exercise whilst meeting other local parents. Walks will last 1 hour and will be followed by a hot drink and a chat.

A fun and friendly weekly online exercise group that helps expectant mums to keep healthy. Exercise sessions are adapted to suit all stages of pregnancy and all fitness levels.

<https://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, dancing, 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

Regular Walks

Offering:

Meandering Mondays (every second Monday of the month – no booking required)

Weekend Trails (longer walks taking place on Saturdays or Sundays each month – booking required).

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

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 RM16 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.

FIND YOUR ACTIVE THURROCK

thurrock.gov.uk

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.

FIND YOUR ACTIVE THURROCK

thurrock.gov.uk

F



CHADWELL WALKING GROUP

Every Tuesday Starting 18th November
10:30am to 11:30am
Meet at Chadwell Library
Brentwood Road Chadwell St Mary RM16 1UP
Tel: 01375 842611

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!

FIND YOUR ACTIVE THURROCK

thurrock.gov.uk

F

TEAM CORRINGHAM

Men's Walk & Talk Project

BROUGHT TO YOU BY THE PROPER BLOKES CLUB



JOIN US!

Outside Corringham
Medical Centre, 114
Giffords Cross Rd

Meeting
Every Tuesday
7pm



GETTING MEN ACTIVE. GETTING MEN TALKING.

07397501110

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 energy
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 1090185



Running & Walking Activities - 6

F



BOOKING FOR THURROCK IS NOW OPEN!

Use the link, scan the QR code or go to the website to book

<https://bookwhen.com/backsidetotracksidethurrock>

Programme starts WJC May 11th with a 5k fun run finale on Saturday July 11th. Go to the website for more information.

www.backsidetotrackside.co.uk

thurrock.gov.uk

 Follow us now on  



F



Every Wednesday 11:00am to Midday

Meet at Aveley Library and hub
Recreation Ground, High Street, Aveley South Ockendon RM15 4BN
Tel: 01708 885667

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

All abilities welcome.

 thurrock.gov.uk

F



Tuesday evenings and Saturday mornings across Thurrock

All abilities welcome!

Scan the QR code below to join our community WhatsApp!

@HotSteppersRunClub

F

LC*

NIHR

Applied Research Collaboration

T100

PRESENTED BY KINETIKA

University of Hertfordshire

UH

Grays Riverside Meandering Monday

Organised by KINETIKA T100, University of Hertfordshire & NIHR Applied Research Collaboration (ARC) East of England

- Date: Monday 13th July 2026
- Time: 10am - 12pm
- Duration: 1hr walking and 1hr for tea and chats
- Meeting point: In front of **Waves Coffee Shop**, South Essex College High Street, Grays RM17 6TF

Come and join us for a relaxed, guided community walk along the Thames river as it runs along Grays town centre. A chance to meet others and take a gentle stroll in one of Thurrock's most iconic riverside stretches.

Through the collaboration with NIHR ARC East of England and the University of Hertfordshire, this event offers a chance to explore health and care research that supports community wellbeing - and help shape it around local needs.

Highlights:

Free event • Family friendly • Refreshments provided • Accessible route

About us:
Presented by Kinetika, T100 is a free cultural programme inviting you to connect with Thurrock in new and unexpected ways. Through exploring local places, sharing stories, and creativity, we bring people together and celebrate unique community voices.

The NIHR Applied Research Collaboration brings together local communities, health and care practitioners, and researchers to improve health and wellbeing. Visit our website to find out more: www.arc-east-nihr.ac.uk/

Scan the QR code to register



Grays 10K & 3K

Walk, Jog or Run

Medal for all participants



Sunday, 6th September 2026

Not just a run but also amazing stalls and great food for the whole family

Scan



Here

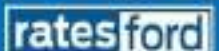
Supported by



10K Advance online fee £15

3K Registration on the day

U15s Free 15+ £3



More details visit www.graysrun.co.uk

Sport Specific Activities - 1



LC

Grays Judo Club

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

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

One Session: £5
A Month: £25

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

Grays



LC

Thurrock Hockey Club

First training session is free (come and try hockey to see if you like the game and setup)

Any session attended after that is £4 per session and on a pay as you play basis

Hockey stick and equipment are available for the session

<https://www.facebook.com/ThurrockHockeyClub>

Grays



LC

Grays Athletic Fitness FC

Join Grays Athletic Fitness & Football at Palmers College Astro to get fit through football!

They play twice a week, Monday and Wednesday at 7pm.

Age range is 18+

First game is free! Then costs £20 per month or £5 per session if you prefer pay as you play.

<https://www.facebook.com/profile.php?id=100095363793655>

Grays



LC

Grays Athletic Walking FC

Over 50's Men's Football Club

Address: Lakeside Sports Ground,
A1306 Arterial Rd West Thurrock,
Chafford Hundred, Grays RM16
6DN

Train on Monday and Friday
Mornings between 10am and
11.30am.

First game is free then £6.50 per session.

Use special booklet discount code to pay £5 per session: FYAT5

<https://www.gawfc.co.uk/>

Grays

LC

KARATE

SELF DEFENCE & FITNESS

New beginners class

All ages welcome

Your child will learn the old ways of Karate that will improve and develop their strength, confidence and health.

Martial Arts and fitness are also great for the brain, improving memory, combating stress and anxiety, which will carry over into your child's school work and home life.

ENROL NOW

limited spaces available

WEDNESDAYS 4-5pm

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

07810 186820

£5 per class

Aveley

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



£5 per class

Grays



LC

Group badminton

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

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

This 1 hour session every Friday, 7pm 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



Free Park Tennis at Blackshots

Blackshots Park, every Saturday, 10am - 11am

The sessions are open to all ages and abilities, with all equipment provided.

To book your place, visit: <https://orlo.uk/MHI9I>

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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

Moving to new venue after 8th July

<https://www.eventbrite.co.uk/e/o5bm-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

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**ATF
TENNIS**

BLACKSHOTS
GRAYS, ESSEX, RM16 2JU

**EVERY
SATURDAY
10:30 - 12:00**

ATF

MORE INFO:
KHERRING@ATFCOMMUNITY.COM

LC



Grangewaters

**Wavemakers is a paddle sports club,
offering opportunities to paddleboard,
kayak or canoe**

The club is designed for children and young people with
disabilities and/or not in education, employment or training

Wavemaker sessions run every
Saturday morning at Grangewaters
Outdoor Education Centre,
from **11 April to 12 September**
Places are limited

For more information
call **01708 855 228**
or email grangewaters.co.uk

Wavemakers is funded by Active Thames and Active Essex



Discover your next adventure



thurrock.gov.uk



Opportunities for Thurrock deliverers

DO YOU DELIVER PHYSICAL ACTIVITIES IN THURROCK?



Come join a **Thurrock Physical Activity Network**

North | East | South | West

-  Launching redeveloped Networks for all of Thurrock in June 2026
-  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

Physical Activity Networks

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.

Scan to view the locations covered by each network

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

Tilbury Parks

📍 Do you currently run activities or sessions in Tilbury parks?

★ Or have you been thinking about starting something new in one of our local green spaces?

We'd love to hear from you!

There is a new opportunity for ****support and funding**** available to help bring more activities, wellbeing sessions, community events and physical activity into Tilbury parks.

Whether you already deliver sessions or have a new idea you'd like to explore, please get in touch to find out more.

✉ Send us a message or comment below and we'll be in touch.

DO YOU RUN SESSIONS IN THE PARKS IN TILBURY?



Exciting news!

There's a **new free promotional opportunity** for anyone running or looking to start sessions in **Tilbury's parks**.



Get involved and showcase your sessions.



Contact

Melissa.Huggins@thurrockcvs.org

to find out more information

Other activity directories



F

FYA Thurrock Facebook

Follow our page for activities, events and news!

A wide range of physical activity opportunities across Thurrock so you can get out moving in the community in a way you enjoy!!

<https://essexfrontline.org.uk/>

Online



F

Activity Finder

Here you will find lots of clubs and activities listed on the Active Essex Activity Finder.

Also if you run a session you can add your activities to promote for free!

<https://www.activeessex.org/activity-finder/>

Online



F

Essex Youth Map

There are over 7000 groups/activities in Essex, with over 290,000 places for young people to join in! Find out about youth groups / activities near you.

Use the Essex youth map by searching Thurrock to find a group/activity near you!

<https://ecvys.org.uk/youth-groups/>

Multiple locations



F

Physical Activity

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

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

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

Multiple locations

Other support / resources

[Local Wellbeing Services](#)

Frontline

[Getting Started Guide](#)

Activity Alliance

[Better Health](#)

NHS

[Cycling Routes](#)

Forward Motion South Essex

[Couch to 5K app](#)

NHS

[Active 10 app](#)

NHS

[Weight management support](#)

Thurrock Council

[Instagram Blog](#)

Find Your Active Thurrock

[Your Essex Community Learning Series](#)

Active Essex