

Free & Low Cost Physical Activity in Thurrock

Version: December '24

Free	F
Low Cost:	LC



Developed &
updated by



This is a living document, so for your content to be added or amended please contact Melissa.Huggins@thurrockcvs.org



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>

Thurrock-wide



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

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

Grays



LC

Essex Wildlife Trust

Join team on a stroll around our reserve to learn about our 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

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WALK WITH US!

WEEKLY 5K WALK

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

SIGN UP NOW!

For more information please contact lead - Fola

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

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

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

Facebook: @NAFHEALTH.ORG
Twitter: @NAFHEALTH
Instagram: @NAFHEALTH

Powered by

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

Thurrock-wide

F

MEET OTHERS, GET OUTDOORS!

WITH **T100** FESTIVAL

Head outdoors with the T100 Festival team from January to April 2025 with a free line-up of activities.

MEANDERING MONDAYS

Join us on the second Monday of every month for a relaxed stroll, followed by chats over tea. 10am - 12pm. All welcome, no booking required. Start locations on our website.

- 13 JAN, CHADWELL ST MARY
- 10 FEB, HORNDON ON THE HILL
- 10 MAR, EAST TILBURY
- 14 APR, TILBURY

WEEKEND TRAILS

A longer, themed walk each month led by artists, historians or environmentalists. 10am - 1pm. Booking required, via our website.

- SUN 26 JAN, BELHUS COUNTRY PARK
- SUN 23 FEB, MADE IN THE MARDYKE
- SUN 30 MAR, HADLEIGH CASTLE
- SUN 27 APR, CRANHAM MARSH

INTERESTED IN GARDENING? OR LEARNING ABOUT NATURAL DYES?

Take part in our Garden Working Parties - every third Wednesday of the month in our Community Natural Dye Garden located in the grounds of High House Production Park, Purfleet.

BOOK & FIND OUT MORE [@T100FESTIVAL](http://T100FESTIVAL.CO.UK)

To attend or volunteer visit:
<https://t100festival.co.uk/2024-year-round-walks/>

Thurrock-wide

F

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

Contact Jim for more information or just turn up & attend, no booking required: jimworking@mail.com

Grays



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Ramblers Wellbeing Walks

April 2024 – March 2025
Wellbeing Walks is a national programme which encourages people to exercise for the benefit of their health.

Walking is suitable for people of all ages and abilities and Walks range from a leisurely 30 minutes suitable for complete beginners, to a brisker 90 minutes (4-5 miles) for more experienced walkers and are graded from easy to hard.

<https://tinyurl.com/5cstdwbs>

Thurrock-wide



F

Wild Challenge

Are you ready to take on a Wild Challenge? You can help wildlife, explore nature and enjoy lots of wild, fun activities.

Take part within your school or with your family!

Send results by 24
February 2025

<https://www.rspb.org.uk/helping-nature/what-you-can-do/activities/wild-challenge>

Thurrock-wide



F

MSA

Every Thursday MSA host free Nordic Walks 10:00-11:00am for 16yrs+

Tese take place at Venue:
Thames Chase Forest
Centre

Parking costs £2

<https://muslimahsports.org.uk/msa-nordic-walks/>

Upminster



F

SS17 Walkers

Every Tuesday, friendly walking group

Like their Facebook page to see regular updates for their weekly walks.

<https://www.facebook.com/S17Walkers>

Stanford-le-Hope

Brighter Futures Healthy Families

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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/>

Thurrock-wide



LC

Forest School For All

Forest School is an inspirational process, that offers ALL learners regular opportunities to achieve and develop confidence and self-esteem through hands-on learning experiences in a woodland or natural environment with trees.

Parent and Toddler Group:
Friday morning 9 – 11 a.m. at
Grays Beach Park, Grays Essex

First child:
£6.00 per session
Additional Siblings:
£5.00 per session*

<https://www.forestschoolforall.co.uk/parent%20and%20toddler/>

Grays



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Parent's 1st

Walkie Talkies: Talk & Walk sessions for pregnant and new parents Oct-Dec 2024

Join us for outdoor talk and walks and keep healthy during pregnancy and after birth.

<https://parents1st.org.uk/activity/walkie-talkies-talk-and-walk-sessions-for-pregnant-and-new-mums>

Thurrock-wide



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

Sea Cadets

At Thurrock we aim to give young people an experience that will help them grow into the person they want to be in a safe and friendly environment. Through various activities and adventures, we learn teamwork, respect, loyalty, self-confidence, commitment, self-discipline, honesty and how to be the best version of ourselves.

Volunteering opportunities to get involved!

<https://www.sea-cadets.org/thurrock/volunteer-with-us>

Tilbury



F

Forward Motion

ForwardMotion is an initiative to encourage people to think differently about the way they travel around South Essex instead of jumping in the car for every journey.

They provide signposting to services that make alternative travel options accessible by providing links to cycling maps, cycling safety information & also links to local clubs.

Please note – the Cycling Hub shop in Tilbury is now closed.

<https://forwardmotionsouthessex.co.uk/services-near-me/thurrock/>

Thurrock-wide



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 £3 per session and on a pay as you play basis

Hockey stick and equipment are available for the session

<https://forwardmotionsouthessex.co.uk/services-near-me/thurrock/>

Grays



LC

Impulse Leisure

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>

Thurrock-wide



F

Football vs Fat

Over the course of the 12-week Football v Fat weight management scheme, you will attend 2 sessions per week which including football based fitness sessions

Mondays 8pm - 9pm & Wednesdays 7pm - 8pm at:

USP College,
Chadwell Road,
Grays,
RM17 5TD

<https://impulseleisure.co.uk/wellbeing>

Grays



LC

Slimming World

Slimming World offers a 12-week course of group sessions to help people eat more healthily and have a more active lifestyle. You can check your weight each week to see your progress, and you'll be given ideas and recipes to help you lose weight.

To use this service for free you must register with Thurrock Healthy Lifestyle Service.

<https://www.thurrock.gov.uk/public-health/thurrock-healthy-lifestyle-service>

Thurrock-wide



LC

Thurrock Council

Help is available for Thurrock residents whose weight puts them at higher risk of ill-health.

Thurrock Council signpost to services & they also organize local programmes that can help with weight management.

These are for eligible adults aged 18 years-old or older. Schemes are both free or low costing.

<https://www.thurrock.gov.uk/help-to-have-healthy-weight/where-to-get-help>

Thurrock-wide



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/>

Thurrock-wide



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/>

Thurrock-wide



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: £6.50 annual fee for venue/ membership. £1 for tea/ coffee

Contact: Claire after 4pm
07903 963601

Grays



LC

Mature Movers

Gentle exercise class in Grays every Tuesday 1.45 – 2.45pm at Grays United Reform Church.

Enjoy movement and exercise at a gentle appropriate pace. Programme includes chair based, aerobic and standing movement. Designed to improve posture and maintain mobility. Promote relaxation and restful sleep, enjoy mental and physical wellbeing.

£4 per session – first one FREE!

Email: densplayden@gmail.com

Grays



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Zumba® Gold

Fridays 11:30am – 12:30pm

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/?fbclid=IwY2xjawGhRiVleHRuA2FlbQixMAABHVS7xZ90hiRLv0fd1tH2tzOZVTnAUJ9nTo5caNlb-K2jVG5uIVNNAcujA_aem_GGZyPlkFRisYqLbtZq0U-w

Grays



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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

[uk](http://www.friendsofhardiepark.co.uk)

Or visit their website:

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

Stanford-le-Hope



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

Sugarloaf RDA

Volunteering opportunity on Tuesdays, Thursdays & Saturday mornings 9.15-12.30

Sugarloaf riding for the Disabled meet at Little Fields Farm, Stifford Clays Road Orsett RM16 3ND.

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+

<http://www.sugarloafrda.org/>

Orsett



F

Community Gardens

There are many Community Gardens, Allotments & Sensory Gardens you can visit & get involved with in Thurrock.

Enjoy being within your community growing, enjoying the green spaces learning new skills and knowledge about outdoor education.

At the community gardens you can go along to enjoy the views and being within nature and also you can volunteer your time to help develop the grounds working together with other volunteers.

<https://strongertogetherthurrock.org.uk/community-allotments-gardens/>

Thurrock-wide



F

Essex ActivAte

Essex ActivAte run fun and exciting holiday programmes during school holidays to support children's physical health and wellbeing through a range of engaging activities.

Clubs are free to eligible school aged children aged 4 – 16 years

<https://www.activeessex.org/children-young-people/essex-activate/>

Thurrock-wide



F

Arts Outburst

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

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

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

Grays



F

JTD Arts

Fully inclusive youth club
Wednesdays 5-6pm

Free sports and fun activities for 14-19 years: darts, bush craft, dance, indoor football, pool, games

& food provided!

The Community House -
Seabrooke Rise, New Rd,
Grays RM17 6DR

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

Grays



F

Thurrock Libraries

All Libraries offer this class weekly for children and their parents to join them in singing and dancing together for rhyme time!

It is a chance to meet other parents and enjoy sharing nursery rhymes with your child.

<https://www.thurrock.gov.uk/whats-on-at-your-library/rhyme-time>

Thurrock-wide

LC

Children's Dance, Drama and Singing classes



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

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

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

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

Saturday
Minis ages 3-6 years
9.30am-11.15am

Street, tap, ballet, singing, drama,
acrobatics and musical theatre

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

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

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

Grays

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Youth Programmes

All programmes are term time



For more information please get in touch with Rio:
jodeku@riverview.org.uk | 07376 955460

Youth Clubs

Over 13s
Tuesdays: 5 - 6:30pm

Under 13s
Wednesdays: 4:30 - 6pm
St Stephen's Church, London Road,
Purfleet-on-Thames, Essex, RM19 1QD



Sports Programmes

Girls Football
Mondays: 4 - 5pm (ages 10-13)

Street Football
Thursdays: 4 - 5pm (under 13s)
Thursdays: 5 - 6pm (over 13s)
Purfleet Primary Academy, Tank Hill Rd,
Purfleet RM19 1SX



Health & Wellbeing

EmpowerHer
Girls Wellbeing Hub
4:30 - 6pm (over 13s)
St Stephen's Church, London Road,
Purfleet-on-Thames, Essex, RM19 1QD



For more information please visit:
<https://riverview.org.uk/>

Purfleet

F

new Project

outburst

CREATIVE EXPRESS

YOUTH MENTAL HEALTH CLUB

THURSDAYS | 4:30PM - 6:30PM

www.artsoutburst.co.uk/youth-express

ARTS COUNCIL ENGLAND

ActiveEssex Foundation

Funded by UK Government

For more information please visit:
<https://www.artsoutburst.co.uk/>

Grays



F

Activity Alliance

Alliance Activity is a national charity that enables organisations to support disabled people to be, and stay, active for life. It is for everyone with lived experience of disability or health conditions.

Useful guide for getting started being active:

https://www.activityalliance.org.uk/assets/000/000/149/2518_BeingActiveReport_A4_FINAL%281%29_original.pdf?1461165840

Thurrock-wide

Waders

LC

W.A.D.E.R.S.

Waders offers exercise in water for Adults with physical difficulties.

Corringham Pool
Fridays 11.30-12.10pm / 12.20pm-1pm

Blackshots Teaching Pool
Tuesdays 7.15-8.30pm / 8.30-9pm

£5 including pool entry

<https://www.waders.org.uk/>

Corringham & Grays



LC

Alternative Movement

With almost all of their clients living with disabilities their mission is to help educate, inspire and help those in the adaptive community reach their full potential.

Using Strength and conditioning we aim to work on your strength, conditioning and rehabilitation.

Treetops School
Buxton Road
Grays
RM162WU

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

Grays



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.

We 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 **CoDa Dance Company**

Supporting people with neuro-disabilities and their families they're offering free interactive dance sessions from October 2024 to January 2025.

These bespoke sessions are fun, relaxed and they use clever technology to get people moving. No experience is necessary and they'll come to you!

Steph:

admin@codadance.com

Thurrock-wide



F **Impulse Leisure**

Impulse Leisure have created this Health Booklet with detailed information of their referral programmes and pathways.

They are dedicated to enhancing the health and well-being of the community through specialised programmes, tailored to individuals with long-term health conditions.

<https://tinyurl.com/mv37zyh9>

Thurrock-wide



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

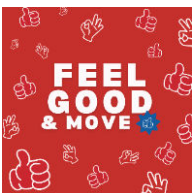


Wats app

07856 869296

email: activejtd@hotmail.com

Dance classes



F

Arts Outburst

Zumba® on Thursdays 6:05pm – 6:50pm with Arts Outburst

This well-attended session is now FREE. Enjoy a lively mix of worldly rhythms in our studio.

Tune out the world and get lost in some 'you time' with us.

https://www.artsoutburst.co.uk/project/feelgood/?fbclid=IwY2xjawGhRIVleHRuA2FibQIxMAABHVS7xZ90hiRlv0fD1tH2tzOZVTDnAUJ9nT05caNlb-K2jVG5uIVNNACujA_aem_GGZyPlkFRisYqLBtZg0U-w

Grays



LC

Vicky's Fitness

Zumba for £5

South Ockendon @ The Royal British Legion

- Monday's 6.30am
- Wednesday's 9.30am
- Thursday's 6.30pm

& in Aveley @ Aveley Band Hall
- Saturday's 9am

Vicky's classes are suitable for everyone, all ages and abilities are welcome to this fun class which is also a great way to meet new people, to get fit and have fun!

No contracts no booking scheme, just pay as you go for £5 a session, also with a loyalty scheme to achieve free classes

Just turn up or contact Vicky ahead if you have questions: 07753216009

Thurrock-wide

LC

SARAH & RONNIE RUN DANCE BASED FITNESS CLASSES, SHORT ROUTINES TO FEEL GOOD SING-ALONG MUSIC FROM ALL DECADES!

PAY AS YOU GO OR PURCHASE A CLASS PASS TODAY!

DAY	TIME	PLACE
MONDAY	6PM	CHADWELL VILLAGE HALL £5
WEDNESDAY	9.30AM	CHADWELL WORKING MENS CLUB £5
THURSDAY	1.30PM & 6.45PM	NORTH STIFFORD VILLAGE HALL & CHADWELL WORKING MENS CLUB £5

For more information please visit:

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

Thurrock-wide

Other support & ways to get active

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8 Family Hubs in Thurrock which offer:

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

<p>Aveley Family Hub</p> <p>Aveley Primary School Stifford Road Aveley RM15 4AA</p>	<p>East Tilbury Family Hub</p> <p>Princess Margaret Road East Tilbury Tilbury RM18 8SB</p>	<p>Purfleet Family Hub</p> <p>Centurion Way Purfleet-on-Thames RM19 1QA</p>	<p>Thameside Family Hub</p> <p>Thameside Primary School Manor Road Grays RM17 6EF</p>
<p>Chadwell Family Hub</p> <p>Claudian Way Chadwell St Mary Grays RM16 4QE</p>	<p>Ockendon Family Hub</p> <p>2a Afton Drive South Ockendon RM15 5PA</p>	<p>Stanford Family Hub</p> <p>Copland Road Stanford-le-Hope SS17 0DF</p>	<p>Tilbury Family Hub</p> <p>London Road Tilbury RM18 8EY</p>

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

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Frontline

Frontline is a community project.

It helps frontline workers and the public to quickly find details on local health and wellbeing services and to contact services through call back and referral options.

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

Thurrock-wide

F



Volunteer Essex

Volunteering can be a stepping stone to employment, a chance to make new friends or provide you the opportunity to try something new.

Also, it is a way you can get more active in your community!

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

Thurrock-wide