

Free & Low Cost Physical Activity in Thurrock

Version: February 2025

Free	F
Low Cost (£5 and under)	LC



Developed &
updated by



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

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

F

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

LC

MINI MILLERS
AGES 4 TO 6

LOOKING FOR A PLACE TO START YOUR CHILD'S FOOTBALL JOURNEY
OR LOOKING TO IMPROVE THEIR SKILLS?
AT MINI MILLERS WE HELP TO DEVELOP THEIR FOOTBALL SKILLS IN
A FUN AND ENJOYABLE WAY.

HARRIS ACADEMY OCKENDON
ERRIFF DRIVE
SOUTH OCKENDON
RM15 5AY

SATURDAY'S 9-10AM
£5 PER SESSION

FOR MORE DETAILS CONTACT US AT: INFO@HEADWAYSPTS.CO.UK
07539 232286

For more information and to book please
contact: 07539 232286

South Ockendon



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 between 4 – 16 years

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

Multiple locations



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Arts Outburst

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

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

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

Grays



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>

Multiple locations

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THURSDAY FOOTBALL

📍 Purfleet Primary Academy, Tank Hill Rd, RM19 1SX

📅 Thursdays

🕒 4pm -5pm (Year 4 - Year 7)
5pm-6pm (Year 8 - Sixth Form)

☎️ 07376 955460 (Rio)

Call Rio
Purfleet

F

CREATIVE EXPRESS

YOUTH MENTAL HEALTH CLUB

THURSDAYS | 4:30PM - 6:30PM

www.artsoutburst.co.uk/youth-express

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

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Are you Interested in FOOTBALL?

FREE Football Training with a Professional Football Coach.

Available for Age 7-19

If you are interested, kindly call:
Anthony on 07735054366
Ashley on 07889670233

Telephone: 0300 102 0055 | 0300 102 4490 | 0300 102 4885
Website: www.fountaindaycentre.org | Email: fdc@fountaindaycentre.org
Venue: Fountain Day Centre, Fountain House, Arcany Road South Ockendon. RM 15 5SX, Thurrock. Essex (Charity Number: 1161369)

Call Anthony or Ashley
South Ockendon



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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/>

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/>

Multiple locations



F

Start Thurrock

15 February – 2 March 2025

Start Thurrock is excited to bring you Green Light two-week programme packed full of FREE creative experiences and tasters for everyone to enjoy.

Amongst the activities for Green Light are family theatre shows, creative writing, dance and movement, arts and crafts, film making, painting and visual art workshops, print workshops and much, much more!

There are sessions for children, teenagers, families and adults, plus intergenerational activities.

<https://www.startthurrock.org/whats-on/green-light-2025/>

Multiple locations



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Volunteer Centre

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/>

Multiple locations



F

Outdoor Gyms

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

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

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

Multiple locations



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Conservation Volunteers

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

Trained leaders provide all the necessary tools and guidance, from complete beginners to those with more experience. They even provide hot drinks and biscuits!

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

Thurrock location listed:
Davy Down in South Ockendon

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

South Ockendon



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/>

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

Multiple locations

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/>

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



FITNESS CLASSES FOR 50+

**SUITABLE FOR ALL FITNESS
LEVELS!**

MONDAYS 10.30 - 12.00

FOLLOWED BY TEA & COFFEE

STARTS MON 25TH SEPTEMBER

@ GRANS JEAN HALL
NUTBERRY FIELDS 2PR,
LONG LANE, GRAYS, RM16 2PJ

CONTACT: MARK ADAMS
EMAIL: markads01@icloud.com
MOBILE: 07711 817253

**COST
£5.00
PAYG**



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Brighter Futures

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

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

Online



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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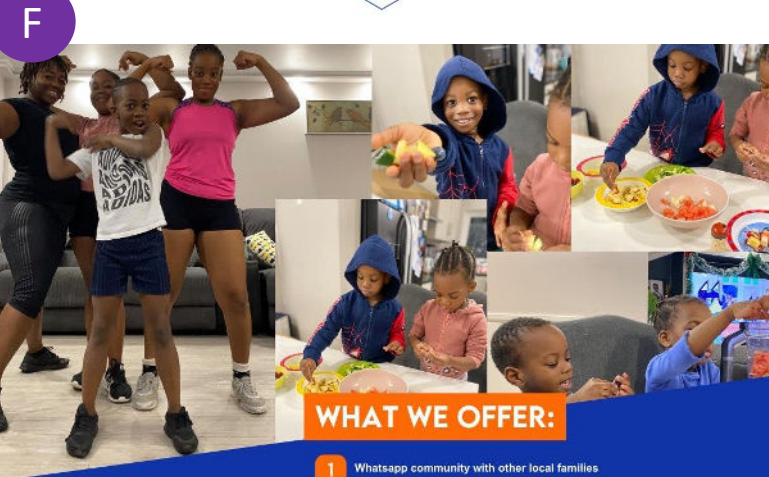
Family Hubs

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



WHAT WE OFFER:

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

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

JOIN A COMMUNITY OF FAMILIES WORKING TOWARDS A HEALTHIER FUTURE

For more information and to book please contact: 07923 918949

Thurrock-wide



LC

Health Referral

Impulse Leisure offer an extensive Health Referral programme to help prevent, maintain and cure illness, injury and mental health conditions throughout their sites

Belhus: Belhus Park, Aveley, South Ockendon RM15 4PX

Blackshots: Blackshots Ln, Grays RM16 2JU

Corringham: Springhouse Rd, Corringham, Stanford-le-Hope SS17 7NB

<https://www.impulseleisure.co.uk/wellbeing/health-referral-schemes>

Multiple locations



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THLS

Thurrock Healthy Lifestyle Service offers an initial assessment of your health.

Depending on the results of the assessment, you can get free help to improve your health.

This includes supporting you to have a healthy weight and also with access to physical activity programmes.

0800 292 2299
thls@thurrock.gov.uk

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

Online



F

Weight Management

This free 12-week programme is designed to tackle inactivity, hypertension, and obesity in our community. It's available to anyone who lives in the Tilbury and Chadwell areas and wants to improve their health and well-being. Spaces are limited, so act fast—only the first 30 applicants will be able to join!

Includes: Platinum Membership Access, Hybrid Support Options, Weekly Check-Ins, Professional Guidance

<https://impulseleisure.co.uk/weight-management-programme>

Multiple locations



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

Multiple locations

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 within groups 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

Multiple locations



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 FEEL GOOD & MOVE!



Our **FREE Friday Zumba® Gold Sessions** are **moving to Chadwell Village Hall** as of the **28th of February**.

Classes run 11:30am - 12:30pm
and there are spaces available!

BOOKING REQUIRED

www.artsoutburst.co.uk/feelgood



Supported using public funding by
ARTS COUNCIL ENGLAND



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

Chadwell St Mary



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



Alzheimer's Society

Together we are help & hope for everyone living with dementia

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



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STAY ACTIVE STAY WELL

POWERED BY IMPULSE LEISURE!

WE ARE EXCITED TO ANNOUNCE WE ARE NOW AT THE FOLLOWING VENUES:

Aveley Library & Community Hub
Fridays at 1:00pm

George Tilbury House, Chadwell St Mary
Mondays at 1:00pm

Inspire Youth Facility, Brennan Road, Tilbury
Mondays at 1:00pm

Lime Close Hall
Wednesdays at 1:30pm

WHAT TO EXPECT:

Weekly Sessions: 45-minute gentle exercise, perfect for all abilities.

FREE OF CHARGE – STARTING WEEK COMMENCING 13TH JANUARY 2025

NO BOOKING REQUIRED



thurrock.gov.uk

impulseleisure.co.uk

Charity number: Thurrock Community Leisure 1080186





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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/>

Chadwell St Mary

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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

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: fola@nafhealth.org
Website: www.nafhealth.org

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

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

@NAFHEALTH.ORG
@NAFHEALTH
@NAFHEALTH



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

Multiple locations

Big Local JOG GONERS

FREE

SATURDAY

Complete beginners welcome

Family friendly walking *OR* jogging

Train for your first 3km/5km/10km

Elm Road Open Space RM17 6LB

(only 2 REAL reasons you can't do this)
9--10 AM

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

Grays

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](https://t100festival.co.uk)

FIND YOUR ACTIVE THURROCK

TILBURY RIVERSIDE PROJECT, Bata, Inspiral London, MITRcollective.com

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

Multiple locations

PURFLEET HERITAGE & MILITARY CENTRE
Magazine No.5, Centurion Way, Purfleet-on-Thames, Essex, RM19 1ZZ
Charity No: 1080629
Website: purfleet-hmc.org

PURFLEET-ON-THAMES - GHOST & FOLKLORE WALK
SATURDAY 22nd FEBRUARY 2025 - SOLD OUT
SATURDAY 17th MAY - 9 P.M.
SATURDAY 16th AUGUST - 9 P.M.
SATURDAY 15th NOVEMBER - 5 P.M.

From Heritage Centre Car Park
£5 (INCLUDING TEA/COFFEE & BISCUITS)
Please bring a torch
Recommended Age 16+

PLEASE NOTE WALKS ARE PRE-BOOKING ONLY
Pre-bookings: paulhounsell64@outlook.com

LC

To prebook contact Paul: paulhounsell64@outlook.com

Purfleet



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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



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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

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



F 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>

Multiple locations



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>

Multiple locations



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



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 £5 per session plus £20 annual membership which includes insurance.

Contact Rod for more information:
+44 (0)7854 897227

Grays

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Mama Meet-Up Walk

Meeting Point: Creamstry Dessert Shop, 6 Derwent Parade, South Ockendon RM15 5EE

They welcome women from all walks of life and stages of motherhood for this child-friendly walk followed by free light refreshments

Every Friday 10am-12pm, starting from 10th January, for 17 weeks

<https://www.eventbrite.co.uk/e/mama-meet-up-thurrock-tickets-1109222196449>

Ockendon

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

Payment: Pre-booking only until March

Booking contact:
paulhounsell64@outlook.com

Purfleet-on-Thames

F

Couch to 5K app

A running programme for absolute beginners, Couch to 5K has helped millions of people like you start running.

The app:

- Has a choice of 5 trainers to motivate you
- Works with your music player tracks your runs
- Connects you with other Couch to 5K runners

Couch to 5K can be completed in as little as 9 weeks, or longer if you want to go at your own pace.

<https://www.nhs.uk/better-health/get-active/>

Online



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 they 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, they 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

Gateway Cycling Club

Meet others get outdoors, 4th Monday every month Gateway Cycling invites you for a short 7 mile, slow bike ride along Grays riverfront, with a stop on the way for refreshments.

Ideal for beginners and for those who have not ridden for a long time. Please ensure that your bike is in working order. Helmets must be worn and please bring along a bike lock.

Meet up outside the Blackshots Leisure Centre, Blackshots Lane, RM16 3LU for a 10.00am start.

For queries:
recreation_secretary@gatewaycycling.org.uk

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 £3 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



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

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/>

Online



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>

Online



F

Better Health

Healthy changes start with little changes. Whether you want to lose weight, drink less alcohol, get active or quit smoking, you have access to lots of free tools and support through Better Health. You can also find simple ways to lift your mood with Every Mind Matters.

There has never been a better time to kickstart your health. Let's do this!

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

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

Active 10 app

The Active 10 app anonymously records every minute of walking you do. Just pop your phone in your pocket and away you go!

The app:

- Tracks your steps
- Helps you set goals
- Shows you your achievements
- Gives you tips to boost your activity

Did you know walking briskly, even for 1 minute, counts as exercise? What are you waiting for - take your first steps today!

<https://www.nhs.uk/better-health/get-active/>

Online



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/>

Multiple locations