

# Purfleet On Thames News







## Foreword

**This magazine has been put together by a range of partners including Purfleet Forum, Purfleet Heritage Centre, the RSPB, local residents and volunteers, High House Community Group and others with support from Thurrock Council.**

The magazine is a continuation of the excellent magazine that the Thurrock Thames Gateway Development Corporation produced last summer. We know how well that publication was received. This publication has followed a similar pattern, with local lives at the heart of the stories and articles included.

We felt it was important to follow this up with another magazine because there is a lot happening in Purfleet. With the exciting plans

for High House, new projects from Thames Gateway, discussions about the possibility of regeneration on the Garrison Estate, news from RSPB and the Heritage Centre, there is certainly a lot going on. We also felt it is important to include some stories of Purfleet's past so we have included some articles from times gone by.

You will find the most relevant contact alongside each article – please make your views known. Several contacts are available. General comments can be passed to me on 01375 413960 or you can e-mail me at [cerydings@thurrock.gov.uk](mailto:cerydings@thurrock.gov.uk).

We will be holding a drop in session on Monday March 17th at the Proof House from 2.00 – 4.00 to discuss this magazine and the possibility of

another one being produced. Would you like to be involved? Could you write, or take photos for a future production? Training can be provided to anyone interested in getting involved – all that's needed for now is enthusiasm, so come along and meet others interested in taking this forward in the future.

**Get involved: The Proof House, River Court, The Garrison, March 27th 2008 2.00pm – 4.00pm, refreshments provided.**



*This magazine has been supported by Thurrock Council's Community Development and Tenant Participation team using recycled paper.*

## Purfleet on Thames Community Forum

**Purfleet on Thames Village Forum is a Community Forum for Purfleet. It was established to act as a voice for the local community. The Forum receives a grant from Thurrock Council to fund projects and ideas put forward by the residents of Purfleet. Funding and projects include:**

- Bought computers for the local youth group
- Funding for the Heritage Centre including recording equipment and tea bar
- The ballpark was created on the Spider Field
- Funded play schemes during school holidays
- Made contributions to the youth flat and the youth drop in centre at St Stephens to take young people to Scotland and a Sailing holiday
- Funded the speed signs on London Road

- The path by the School so Mums didn't have to walk out in the road with their buggies
- Taken up residents concerns with the Primary Care Trust over shortage of GP and medical facilities in Purfleet

Is there anything you would like us to do for you? If you or your organisation have any ideas then please get in touch or come along to one of our meetings.

The Forum meets on the last Tuesday of every month at 7 p.m. for 7.30 p.m. in St Stephen's Church. Tea and coffee are provided and the meetings are open to anyone who is interested.

We regularly have speakers from Thurrock Council, and other organisations including Thurrock Development Corporation and representatives from developers and builders at our meetings. Come to our meetings and air your views - what do you want to say to the people making

plans for your village? Community Forums are independent community groups interested in making a real difference to their community; at the moment there are 20 Forums throughout Thurrock. Membership of a Forum should include individual residents, local community groups, faith groups, businesses and services such as doctors, school, police etc.

By coming together through the Forum you can influence decision-making and the delivery of services. We are always encouraging new people to become involved, so please come along and join us. We look forward to seeing you soon!

**For more information about the Forum please phone John on 01708 866600.**

**Or look on the web site at [www.purfleetcf.org.uk](http://www.purfleetcf.org.uk)**





## Garrison Neighbourhood Renewal Programme

Thurrock Council and the Thurrock Thames Gateway Development Corporation are working together to bring about improvements to the whole of the Borough. The aims of the Renewal Programme include community development and cohesion, developing partnerships between local communities and businesses and improving both local residents' homes and the environment in which they are situated.

The Garrison Estate and the immediate surroundings are the focus of the initial work, as shown on the location map below.



Resident involvement is critical to the success of any such programme and both the Council and the Development Corporation were well represented at the initial resident meeting, which was held on 11th December.

Lorna Payne, Corporate Director for Community Well-Being, led the Council team, which also included Ian Rydings, Thurrock Council's Head of Housing. Lorna emphasised that this was the first of a series of meetings because she wanted to make sure that local residents' ideas were firmly at the heart of everything that was proposed for the estate and the surrounding area.

Since that meeting, over 20 organisations have been asked to put forward their proposals for how residents' views can best be obtained and incorporated in any plans for the area. They had to submit bids for the initial consultation and investigation work in January, so that their work could start in February, after the best bid had been chosen.

The timescale for the whole programme is estimated to be as follows: -

Garrison Renewal Programme Indicative Timescale		
Activity	Start	Finish
Initial Scoping and Options Appraisal	Feb 08	May 08
Consideration of study and agree outline Proposal	May 08	Mar 09
Finalise proposals, prepare specifications, let contracts	Apr 09	Mar 10
Implementation of Neighbourhood Renewal plans	Apr 10	Mar 15

The second resident meeting was held on 25th February at Mulberry Drive, Sheltered Housing Complex. McBains Cooper, the organisation chosen to do the consultation and investigation work, introduced themselves and explained their approach. If you would like further information regarding the programme please contact Tenant Participation, Clare Rydings on 01375 413960.

## Dracula Day

By Richard Swain



Saturday 10th November 2007 saw more than 150 people attend the Dracula Day activities at Purfleet organised by Thurrock Heritage Forum in partnership with the Purfleet Heritage Centre and Thurrock Museum.

The events took place at the Purfleet Heritage Centre (No. 5 Magazine) and the Proofing House.

Councillor Gareth Davies and prominent members of the community attended the opening of a new Dracula exhibition in the Heritage Centre, linking Purfleet with Count Dracula and also unveiled a Thurrock Heritage Plaque at St Stephen's Church.

Visitors were encouraged to get involved in painting, word searches, dressing up and face painting amongst other Dracula themed activities. The Royal Opera House assisted with a professional theatre make up artist who 'made up' two Draculas. A Goth group turned up to show their support as well, displaying their fashion and music.

Ingrid Pitt, a well known film actress who starred in a Dracula version produced by Hammer House of Horror, was invited to attend the event and was delighted to discover the connection between Purfleet and Dracula. Sylvia Starshine from the Irving Society helped in the unveiling by reading out a page from the book describing Carfax House and its setting, thought to be modelled on Purfleet House in Purfleet (now the site of St Stephen's Church).

Local enthusiasts were delighted with the day. Mike Ostler said "It was a relaxed family event and we are looking forward to a re-run next year". Alan Gosling said "We were delighted with the participation and visitors learnt a lot about Purfleet", while Thurrock Museum and heritage officer Jonathan Catton said "It was fantastic to open up the eyes of those who came to Purfleet, it's a unique place for history, perhaps a new tourist attraction, look out Whitby!"

So to sum up, it was a truly fang-tastic day!





## Affordable Photography

In partnership with  
St Stephen's Church Purfleet  
And Purfleet Children's Centre



### Professional Portrait Studio

Only £5 per session  
Includes one 6"x 4" print  
In cardboard folder

Reprints available to order

To book your half hour session  
Contact Andy on  
01708689757 or 07989988496

## St Stephen's Church Hall Upgrade



St Stephen's Church Hall is a valuable asset. It is one of the most used community buildings in Purfleet.

In March 2007 the Thurrock Thames Gateway Development Corporation Community Fund granted £20,000.00 to St Stephen's Hall to enable the upgrade of its existing facilities to be completed. The upgrade is almost complete and includes a brand new kitchen, a disabled toilet, children's toilet and baby change facilities. This will enable the wide range of activities held in the Hall to continue, including toddlers groups, brownies, public consultations, the Community Forum and other community meetings.

The Community Fund is able to assist a wide range of projects to help the community. If you have a project you would like to be considered for a grant from the Community Fund, please contact Jean Angus, Community Development and Funding Officer on 01708 895 400 or email [communityfund@thurrocktgdgc.org.uk](mailto:communityfund@thurrocktgdgc.org.uk).

*"New child-friendly facilities at St Stephen's Church Hall"*

**St Stephen's Church**  
High Street, London Road, Purfleet

### New to St Stephen's Church "Performing Arts"

Every Friday evening from 7.30 to 9.00 pm, everyone welcome open to all ages.

### Drop in Youth Club

Every Wednesday 7.30 to 9.30 pm.

### Church Services

Held every Sunday at 11.00 am.

Anyone interested in hiring out the church hall, (can be hired for private parties, different groups e.g. keep-fit.)

Contact Ann Hales on 01708 222314.

St Stephen's is Part of the Anglican Parish of Aveley and Purfleet in the Diocese of Chelmsford.

## THE FLEET

LONDON ROAD, PURFLEET  
FULLY AIR CONDITIONED

### ENTERTAINMENT

Every Friday & Saturday  
8pm till late

WATCH SKY SPORTS HERE

## FUNCTION ROOM

AVAILABLE FOR PARTIES ETC.

BUFFET FROM £4.00 PER HEAD

2 x WKO - £4.50  
2 x Smirnoff Ice - £4.50

## BAR SNACKS & MEALS

AVAILABLE 12 Noon - 3pm & 5pm - 7pm - Wednesday to Saturday

## SUNDAY CARVERY

from 12 noon - 4pm

Adults £6.99 Child £4.99 (incl Ice Cream)

All enquiries Tel: 01708 890 999





## High House Community Group

High House Community Group was formed in 2002 to promote and protect the heritage and farm buildings at High House in Purfleet.

The group has continually worked in Purfleet to arrange events at High House, and to involve the community in sharing its aspirations for this site's future.

Originally it was hoped that the site would be developed as a community farm. However, the group recognised that supporting the Royal Opera House and its production workshops would really help to promote the site, and would help to celebrate some of the traditional skills still used today such as carpentry when making props and back drops.

We meet every 6 - 8 weeks, and we're very keen to involve new members. We often support consultation events about the site - for example, with High House Park.

We do not have an office but meet at the Proof House (see page 11) and can be contacted via Thurrock Play Network on 01375 389876.

We would love to see more people joining the committee, but please at least consider joining our mailing list so we can keep you up to date. The group really does need a secretary, so if you're looking to brush up your CV why don't you consider helping us with taking minutes.

We are especially keen to hear from children and young people as many of the activities we arrange cater for families and young people.

**You can find out more information**

**by going on to the website at [www.highhousepurfleet.co.uk](http://www.highhousepurfleet.co.uk)**



ROYAL OPERA HOUSE

The Education and Community Engagement Programme in Thurrock is supported by:



LOTTERY FUNDED

**THURROCK COUNCIL**  
[www.thurrock.gov.uk](http://www.thurrock.gov.uk)

The Royal Opera House is inviting local residents to help create

**Costumes, Scenery & Props**  
**For a theatrical performance being held in Tilbury.**

Workshop session will start with an induction on Saturday 29th March from 2-5pm  
Held at Proof House, Garrison Estate, Purfleet  
For more information contact Sue Gard on 01375 413960

## Royal Opera House Production Park at High House – An Update

Plans to create an exciting new Production Park for the performing arts at High House are making significant progress. The Royal Opera House community engagement programme has been established with local school children participating in performing arts-related workshops and activities. The Thurrock Development Corporation recently gave planning approval for the development of new buildings on the site. Built around a central square will be a state-of-the-art Royal Opera House set-building facility and a National Skills Academy that will train people for the performing arts and live music sectors. There will also be workshops for small creative businesses and exhibition space for the Royal Opera House to showcase their extensive set and costume archive.

Proposals to restore the dilapidated High House farm buildings are being worked up separately by specialist conservation architects. The buildings will be refurbished to provide a range of community and business uses, including flexible learning spaces, meeting areas and leisure opportunities. Visitors will be able to enjoy cutting edge facilities within a beautifully restored historic setting. Outdoor areas, including a formal garden, a meadow and an orchard, will feature plants previously grown on the site. The Coachman's cottage will be transformed into a coffee shop and the former stables converted into an exhibition space that retains the horses feeding troughs.

### What will happen next?

- Ecological and archaeological surveys will be completed
- Works will be undertaken to repair the roof of High House and to prevent further collapse of the Coachman's Cottage.
- Planning and listed building applications will be submitted for the restoration and conversion of the High House buildings.
- The National Skills Academy will continue to work on the designs for the Academy building.
- Groundwork on the site will begin in Spring 2008.





# Purfleet Christmas Evening



**On December 13th the Purfleet Forum and Thurrock Council's Community Development Department organised an evening of Christmas festivities. The Purfleet Forum had arranged for a 30ft Christmas tree to be delivered to St Stevens Church.**

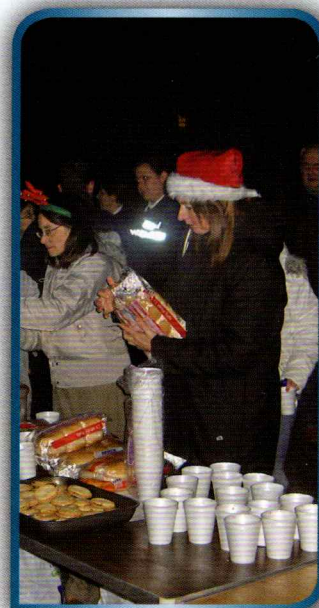
Councillor Sue MacPherson (portfolio for Community Development) was delighted that she had been invited to turn on the Christmas tree lights. The tree looked spectacular lit in blue and white lights. Around 50 local residents attended the evening. The Vicar dressed up as Santa Claus and led the Carol Service, along with the local choir; a large screen was erected so that everyone could sing along.

It was a very cold evening but hot home made soup; mulled wine and mince pies were handed out to warm people up.

After the Carol singing everyone moved inside where a young local rock band "*Understated*" played music in the church.

The evening was very successful; the Purfleet Forum said,

**"This is now likely to become an annual event".**







# The Heritage Centre



Sunday 4th May 2008

Bram Stoker – Dracula day

## FANGS FOR THE MEMORY II

Commemorating the author of one of the most chilling fictional horror creatures in literature and film, including the famous Hammer Horror films.

FUN FOR ALL THE FAMILY

It is hoped that some actors from the horror films will be in attendance to meet the public.

Please check website for further details nearer the date.

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Sunday 10th August 2008

90th anniversary of the Royal Air Force event

A special event to commemorate the forming of the

## ROYAL AIR FORCE in April 1918

Veterans from WW II and since will be in attendance including re-enactment groups and a flypast by WW II aircraft etc.

For update on news of this and other special events please use our website [www.purfleet-heritage.com](http://www.purfleet-heritage.com)

Centurion Way, Purfleet, Essex RM19 1PQ

Opening times: Thursday, Sunday and Bank Holiday Mondays Tel: 01708 890874  
November-March 10.00am - 3.00pm April - October 10.00am - 4.30pm





## An Appeal to the People of Purfleet

Dear Purfleet,

My name is Alan Gosling and I am chairman of The Purfleet Heritage Centre, and we, at the Centre, are asking for your help. Sometime in 2008 we would like to put together an exhibition regarding the Americans in Purfleet during WW II.

The years are passing very fast I know but perhaps there is a chance that some of you may have memories you would like to share with us, or have a friend that was here during the war who could enlighten us with their tales.

If you have any stories, photos or items you feel may help us to put on this exhibition you can contact me on 07985606549 to arrange a meeting.

The Heritage Centre is the home to a lot of Purfleet's social and military past and we are always looking for articles that are specifically Purfleet. So if you have a piece of local history sitting on a shelf or in the shed, or even an old letter in a drawer, come and show us and share your experiences. If you are unable to get to us you can write to me at this address.

8 Rapier Close,  
Purfleet on Thames,  
Essex,  
RM19 1QQ.

*From Alan, a friend of Purfleet.*

## The night Thurrock flooded - 31st January 1953

By Ken Rydings



I well remember the night Thurrock flooded. That Saturday afternoon I had at last obtained from Horncastles Furniture store a pouffe that I had ordered as a wedding present for my brother who had married the previous August. I delivered it to my sister's house, 10 Mill Road Purfleet, where my brother and his wife had rooms. Early on Sunday morning my brother woke me at my house and said we have been flooded. I would not believe

him. On dressing I went to Purfleet to see for myself the extent of the disaster. The water reached right up to the London road, my sister, her husband and two children, together with my brother and his wife were rescued from out of the front bedroom window. The scene along that stretch of the Thames was catastrophic. Four reels of paper from the Thames board mills had floated away and were strewn along and over the railway, empty oil tankers likewise. Local industry devastated. Many workers were employed on filling sand bags, chains of men toiling night and day under floodlights, carrying and dumping bags to raise the sea defences. It looked like a scene from a Russian Gulag.

The miracle of the floods was the fact that industry recovered so swiftly. Van den Bergh and Jurgens were back in production after two weeks, having stripped and replaced literally many miles of electric cables throughout their factory. Thames Board likewise. Families were not so lucky; many remained in temporary accommodation for many many weeks.

When my sister and brother returned to Mill Road they found a waterlogged pouffe that was impossible to lift, and stuck to the chimney breast, the cover from the book "The Cruel Sea"





# Spring into Summer with Rainham Marshes - We have something for everyone!



Looking for the perfect day out? Then look no further than Purfleet's new Rainham Marshes nature reserve. Facilities include an award-winning Visitor Centre, café, shop, a network of trails and boardwalks through the marshland, bird watching viewpoints, as well as picnic areas by the riverside.

There are only a few ancient landscapes left in London and Rainham Marshes is one of them. The medieval grazing marsh is well known for its wildlife, particularly wild birds and water voles, but it also supports a wide range of rare plants and insects.

A full range of events and activities for people of all ages and abilities are held regularly. However a relaxing and rejuvenating stroll around the reserve can be had any day of the week. Opening times are 9.30am to 4.30pm daily.

We have serious plans to develop the site – in both the short and long term. Over the next 12-18 months we will extend the boardwalks, build two new bird watching hides and work will start on another elevated viewing platform in the woodland area. New seating and artwork will also start to appear. In the longer term, Rainham Marshes will be a part of the ambitious 'Wild Spaces' project, a program to create the London Riverside Conservation Park, a huge area of green space open to the people of London and Essex.

Rainham Marshes has something for everyone from a hot cuppa in the café with panoramic views of the River Thames and marshland, to a true wildlife experience in a part of Essex that has not changed much for the last 400 years.

Easily accessed by public transport or cycle. By road, turn off the A13 onto the A1306 and head for Purfleet, then follow the brown signs to our striking Visitor Centre off New Tank Hill Road, Purfleet RM19 1SZ. For more information call us on 01708 899 840 or visit [www.rspb.org.uk/rainham](http://www.rspb.org.uk/rainham)

The reserve is free for residents of Havering and Thurrock, as well as for RSPB members. If you are not a local resident or member there is a £2.50 entrance fee for adults and £1 for children under 16.



'Walking the Way to Health' is a national initiative from the British Heart Foundation and the Countryside Agency and here in Thurrock we have launched our very own Walking Scheme.

So if you hardly leave your front door? Know walking is good for you but don't get round to it? Want to walk but get bored doing it on your own? Have health problems & difficulty moving around? Then why not come join us on one of our **FREE** walks. The walks last about for 20 minutes so you can fit them in around your lifestyle and can have the added bonus of improving your health in all sorts of ways!

**Walking just one mile can burn up at least 100 kcal**

## Walks take place:

### **Mondays at 12.30pm**

Thurrock Council Civic Offices, New Road, Grays  
Meet at Main reception (Ground floor)

### **Tuesdays at 10.30am**

Blackshots Leisure Centre, Blackshots Lane  
Meet at the front steps

### **Tuesdays at 2.00pm**

Coalhouse Fort, East Tilbury Village  
Meet at the Rangers Office

### **Every 2nd Wednesday at 4pm**

Tilbury Civic Square  
Meet at the Police Station

### **Thursdays at 12.15pm**

RSPB New Tank Till Road, Purfleet  
Meet at the main centre

### **Friday at 9.30pm**

Chafford Hundred, Gorges Nature Reserve, Drake Road,  
Chafford Hundred Grays

### **Friday 1.30 pm**

Pumping Station, Davy Down Riverside Park, Off Pilgrims Lane North Stifford  
Meet at the main entrance

You don't need to book – just come along on the day. The walks take place in the rain or shine so whatever the weather wrap up well.

If it's your first time attending a walk, please arrive 20 minutes early to complete paperwork

**For more information please call  
01708 805089**





## First Impressions

By Sandra Griffith

Resident – Garrison Estate

My first impression of Purfleet was that it was quiet and clean. My property was a nice size with great views of the river. There is a post office and local general shop where I can buy mostly what I need, and a takeaway just over the road. When I registered with the Doctors (also just over the road) I found it had a new and modern building with a chemist next door and friendly staff. I was also impressed with the primary school which is next door to the chemist.

My estate officer and the local council office were very helpful and gave me all the information I needed to make my move as easy as possible.

I was a little concerned before moving as I don't drive, but have been pleasantly pleased that public transport is better than I expected with a bus stop nearby to Lakeside and a train station to Grays and London. When walking to the train station I found the path near the Royal Hotel leading to the river walk, which I find really relaxing and calming.

I have been here for two months and we are very happy and want to live here forever.



**Yes I would like my name added to the Consultation Panel mailing list!**

**Name:**

.....

.....

**Address:**

.....

.....

**Contact details:**

.....

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## Garrison Estate Inspections

**Come along and have your say...**

Your estate officer and caretakers walk around the estate to see how clean and tidy it is and take note of any other environmental issues, such as abandoned cars, any repairs needed or improvements that could be made in the future. You're welcome to attend an inspection, just turn up on the day and take part.

**Marine & River Court**

**every 1st Thursday of the month**

**Chieftan Drive & Comet Close**

**every 4th Thursday of the month**

**For all inspections meet outside the Local Office at 1.30pm**

**For further information, please contact the Local Office on:**

**01708 864898**



## THURROCK COUNCIL TENANTS

Do you want to be involved in decisions that concern Tenants?

Do you want to give us your input on various topics?

Join our group of Tenants on the Consultation Panel and tell us what you think

Add your contact details to our mailing list and we will keep you informed

Examples of issues that the Consultation Panel has been involved in recently are:

**Tenants First Annual Conference**  
**Repairs & Maintenance panel**  
**Annual Rent setting priorities**  
**Service Charges**  
**Readers panel**

Please return the adjacent form to your local area Housing office or  
**Tenant Participation Team, Community Development, Thurrock Council**  
**6th Floor Thameside Complex, Orsett Road, Grays Essex, RM17 5DX**  
Or telephone **01375 413960**







## PCSOs

I work along side with two other PCSOs, Mark LAWRENCE and Shane BROOK. We also have a neighbourhood Specialist Officer PC Laura SIMMONS. My role along with the other PCSO'S is to patrol Purfleet, building community bonds and providing a high visible presence. The Police have recently undergone changes that will provide members of the Purfleet community with a much better service. With these changes we are now able to provide the community of Purfleet with more officers and can focus our attention on issues, which affect peoples day-to-day living. I have been working in the Purfleet area for nearly two years and in that time have established bonds with many residents. I look forward to meeting more people in the area and I'm happy to speak to residents either by e-mail, telephone or in person about any issue, concerns or suggestions they may have about the community they live in. My e-mail address is [Kelly-Marie.Howell@essex.pnn.police.uk](mailto:Kelly-Marie.Howell@essex.pnn.police.uk) and phone no 01708 805759.

## The Proof House

The building known locally as the Barrel Store was built in 1765 and was used to test or 'prove' small quantities of gunpowder that supplied both the army and navy. The Proof House was part of a much larger Garrison that consisted of 5 magazines, barracks and a clock tower surrounded by a boundary wall. The garrison was demolished and developed for housing in the 1970's. Only three structures now survive -Number 5 magazine (Purfleet Heritage Centre), the Clock Tower and the Proof House.

The Proof House is a rare and unique building that is nationally recognised as a Scheduled Ancient Monument. In 2003 the Proof House was restored and renovated with a substantial grant from the Heritage Lottery Fund, match funding from Waste Recycling Environmental (WREN) and additional funds from Thames Gateway South Essex.

The Proof House located in Centurion Way, is now an active community facility run by the Thurrock Play Network. The building is centrally heated, has a compact fully equipped kitchen, ladies and gents toilets and access/facilities for disabled visitors. A number of local organisations make use of the building, regular activities include a Toy Library, Stay and Play sessions, Children's Craft, Activity and Cooking clubs, A Saturday Club for dads and their children, a meeting place for committees, a training venue and annual events organised by Purfleet Heritage Centre.

If you would like more information concerning the activities on offer or your organisation would be interested in using the Proof House please contact Thurrock Play Network on 01375 389876.

# The Royal Hotel

High Street, London Road, Purfleet, RM19 1QA.

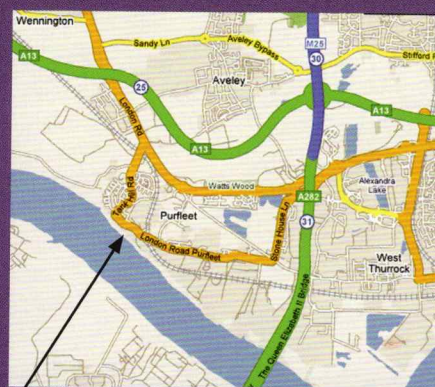
The Royal Hotel boasts a superb riverside location, with terraces overlooking the Thames, part of the hotel is Grade II listed dating back to the 16th Century. Just a 5 minute drive from Lakeside Shopping Centre and just 20 minutes from Blue Water Shopping Centre. The hotel is an ideal stopover hotel on your way to the port of Dover, Brands Hatch and London's West End are both only 30 mins away. Purfleet train station is only a minute drive away with rail links to London taking only 20 minutes.

The Royal Hotel has 30 rooms, of which 21 have river views, the restaurant has a wide range of fantastic meals, with a special 'Two for £10' deal all day every day.

The Royal is a place to come and relax, by yourself or with others, come try it out.

### Hotel Prices (Room Only)

Monday to Thursday - £55.00 Friday to Sunday - £45.00



The Royal Hotel

**spirit**  
GROUP

Telephone: 01708 865432 Fax: 01708 860852



## The Children's Centre



West Thurrock, South Stifford and  
Purfleet on Thames

## The 'all new' Pukka Tukka Group - 8 week course

- Top tips and ideas on getting children to eat 5-a day
- Cooking wholesome meals on a budget (includes practical cookery sessions)
- Nutritional advice for healthy living
- Advice from our nutritionist on allergies and restricted diets

One session per week - choose from:

Tuesdays (1pm - 2.30pm) at Purfleet Children's Centre:

22nd Jan - 18th March (excl. Half Term) **OR**

Fridays (1pm - 2.30pm) at West Thurrock Children's Centre:

25th Jan - 14th March (incl. Half Term)

Call Elaine Stokes on 07795 970 752 to reserve your place on the course and book the creche by Friday 18th January at the latest.

# On-going activities at Purfleet Children's Centre St. Stephen's Church hall, London Road

	Morning Session	Afternoon Session
<b>Monday</b>	<b>10am - 12noon</b> 1st Monday in every month (Apart from Bank Holidays) <b>BABY PORTRAITS</b> - for new parents who have received their voucher in their 'new birth packs' from Health Visitor. <i>With Rev Andy Hudson</i>	<b>1.15pm - 2.30pm</b> <b>**PILATE'S</b> £3 a session (Term time only) Crèche bookings are essential. (Crèche is held at The Riverlane Centre.) <i>With Wendy - Healthy Living Centre</i>
<b>Tuesday</b>	<b>10am - 12noon</b> <b>'STAY AND PLAY'</b> - Informal baby & toddler group £1.50 a session (Term time only) <i>With Tracey Luck</i>	<b>12.30pm - 2pm</b> <b>'LETS EXPLORE TOGETHER' - AGE 0-12 MTHS</b> Discover new ways to play with & stimulate your baby. £1.50 a session (Term time only) Includes playsacks to use at home. <i>With Tracey Luck</i>
<b>Wednesday</b>		
<b>Thursday</b>	<b>10am - 12noon</b> <b>'LETS EXPLORE TOGETHER' - AGE 1-3 YEARS</b> Discover new ways to play with & stimulate your toddler. £1.50 a session (Term time only) Includes playsacks to use at home. <i>With Tracey Luck</i>	<b>12.30pm - 2pm</b> <b>'LET'S GET PHYSICAL'</b> - Parent and Toddler physical activity group £1.50 a session (Term time only) <i>With Tracey Luck</i>
<b>Friday</b>		

## Riverlane Centre

	Morning Session	Afternoon Session
<b>Monday</b>	<b>10am - 12pm</b> <b>JOY'S JAMBOREE</b> Baby and Toddler Group for Parents/Carers and Childminders £1 a session (Term time only) <i>With Joyce Chapman</i>	
<b>Tuesday</b>	<b>10am - 12pm</b> <b>YOUNG PARENTS DROP-IN GROUP**</b> Informal group for young parents and parents-to-be. (29th Jan - 18th March) FREE <i>Contact Debbie Shepherd on 07920 750 949</i>	
<b>Wednesday</b>	<b>9.30am - 1pm</b> <b>'FAMILY LEARNING CAFE'</b> Breakfast, lunch and fun structured activities for all the family. (Term time only) £2 donation per family. Includes library service <i>With Leigh Stevens</i>	<b>BREASTFEEDING SUPPORT - BY APPOINTMENT ONLY.</b> Ring before 11am for a same day appointment between 12 and 2pm. Contact Denise or Wendy from Thurrock Community Mums & Dads on 01375 858512.
<b>Thursday</b>	<b>10.30 - 11.45am</b> <b>'MUCKY PUPS' - MESSY PLAY</b> £1 a session for each child aged 1 year plus (Term time only) <i>With Diane Sealey</i>	
<b>Friday</b>	<b>10am - 12pm</b> <b>'CARD MAKING FOR ADULTS'</b> - learn professional card making techniques** £1 per session (Term time only) <i>With Leigh Stevens</i>	

\*\* Crèche booking available for these sessions. Please contact Joyce Chapman on 01375 370831 or 07811 943768.