

Spring Term Activity Timetable 3 January – 14 April 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY								
<p>John Smith</p> <p>9am-5pm Midwife Clinic U⓪</p> <p>9am-3pm Supporting Families Employment Advisor U</p> <p>10-11am Creative Play with Half Moon Theatre U</p> <p><i>For ages 18 months - 3 years</i></p> <p>10am-12noon Ready Steady Go U</p> <p>10am-1pm Triple P U</p> <p><i>13 weeks starting 16th January</i></p> <p>11am-12.30pm Parents Forum U</p> <p><i>9 January, 13 February, 13 March</i></p> <p>1-3pm Family Learning ESOL U</p> <p><i>10 weeks from 9th January</i></p> <p>1.30-3pm Play Together U</p> <p><i>For ages 18 months - 3 years</i></p> <p>5-7.30pm Kidstime U</p> <p><i>2nd Monday of the month only</i></p>	<p>John Smith</p> <p>9am-1pm Midwife Clinic U⓪</p> <p><i>Starts 7 February 2023</i></p> <p>9am-5pm Health Visitor Clinic U</p> <p>9.30am-4.30pm Health Visitor Clinic U⓪</p> <p>9.30am-2.30pm Understanding Autism U</p> <p><i>12 weeks from 17th January</i></p> <p>10-11.30am Little Talkers U</p> <p>10-12noon Doves U</p> <p>10-12noon <i>Tuesday 14 February</i></p> <p>4.30-6.30pm <i>Tuesday 14 March</i> EHCP Annual Review Workshop for Parents U</p> <p><i>To book call 020 7364 6489 or email towerhamlets&city.sendiass@towerhamlets.gov.uk</i></p> <p>1.30-3pm Communication Stay and Play U</p>	<p>John Smith</p> <p>9am-4pm Health Visitor Clinic U⓪</p> <p>9am-5pm Speech and Language Therapy U⓪</p> <p>10-11.30am Childminders Group U</p> <p>Play & Connect U</p> <p>My Time 1-2-1 Support U</p> <p>1.30-3pm Young Parents Group U</p> <p><i>1st Wednesday of the month</i></p>	<p>John Smith</p> <p>9am-5pm Newborn Hearing Clinic U⓪</p> <p><i>Fortnightly from 5 January 2023</i></p> <p>9.30am-4pm Health Visitor Clinic U⓪</p> <p>10-11.30am Invitation to Play U</p> <p><i>From 14th January</i></p> <p>10am-12noon Positive Change U</p> <p>Positive Change Children's Group U</p> <p>1.30-3pm Communication Stay and Play U</p>	<p>John Smith</p> <p>9am-4pm Health Visitor Clinic U⓪</p> <p>9am-5pm Midwife Clinic U⓪</p> <p>Speech and Language Therapy U⓪</p> <p>10-11.30am Sensory Play for Babies including Starting Solids U</p> <p>Support Group for Families with children with Downs Syndrome U</p> <p><i>27 January – 10 March 2023</i> <i>For ages 0-12 months under sensory play.</i></p> <p>1.30-3.15pm School Readiness Stay and Play U</p> <p><i>Harry Gosling Primary School</i> <i>For ages 18 months - 5 years</i></p>								
<p>Ocean</p> <p>9.30am-4.30pm Health Visitor Clinic U⓪</p> <p>10-11.30am Active Stay and Play U</p> <p>1.30-3pm Parents Forum U</p> <p><i>4th Monday of the month</i> School Readiness Stay and Play U</p> <p><i>1st, 2nd and 3rd Monday</i> <i>For ages 18 months - 5 years</i></p>	<p>Ocean</p> <p>9.30am-4.30pm Health Visitor Clinic U⓪</p> <p>10-11.30am Childminders Group U</p> <p>10-11.30am Communication Stay and Play U</p> <p><i>Shadwell</i></p> <p>1.30-3pm Play Plus U</p> <p>2-3pm Drop-in social group for Ukrainian refugees U</p> <p><i>Shadwell</i></p> <p>2-4.30pm Health Visitor Clinic U⓪</p>	<p>Ocean</p> <p>9am-4.30pm Health Visitor Clinic U⓪</p> <p><i>Shadwell</i></p> <p>10-11.30am Sensory Play for Babies including Starting Solids U</p> <p>10am-12noon ESOL U</p> <p><i>8 February and 1 March 2023 – 29 March 2023</i></p>	<p>Ocean</p> <p>9am-5pm NHS Talking Therapies Employment Service U</p> <p>9.30am-4.30pm Health Visitor Clinic U⓪</p> <p><i>Shadwell</i></p> <p>10-11.30am Baby Feeding Drop-in U</p> <p><i>Shadwell</i> Active Stay and Play U</p> <p>10am-12noon Safer Together & Healthy Relationships U</p> <p><i>9th - 30th March only</i> Mums Matter U</p> <p><i>12th January - 23rd February</i></p>	<p>Ocean</p> <p>9am-12noon Health Visitor Clinic U⓪</p> <p>9.30am-4.30pm Health Visitor Clinic U⓪</p> <p><i>Shadwell</i></p> <p>10-11.30am Play Together U</p> <p><i>For ages 18 months - 3 years</i></p> <p>1.30-3pm My Time 1-2-1 Support U</p> <p>2-3pm Baby Massage including Starting Solids U</p> <p><i>For babies under 12 months</i></p> <p>4-4.45pm Get Ready for School U</p>								
<p>Wapping and Bigland</p> <p>9am-1pm Midwife Clinic U⓪</p> <p><i>Starts from 6 February</i></p> <p>10-11am Baby Massage including Starting Solids U</p> <p><i>For babies under 12 months</i></p> <p>10-11.30am My Time 1-2-1 Support U</p> <p>1.30-3pm Little Talkers U</p>	<p>Wapping and Bigland</p> <p>9am-3pm Supporting Families Employment Advisor U</p> <p><i>1st and 3rd Tuesday only</i></p> <p>9.30-11am Active Stay and Play U</p> <p><i>Wapping One O'Clock Club</i></p> <p>2-3pm Baby Club (pre-birth - 12 months) including Starting Solids U</p>	<p>Wapping and Bigland</p> <p>10-11.30am School Readiness Stay and Play U</p> <p><i>For ages 18 months - 5 years</i></p> <p>1-4pm Health Visitor Clinic U⓪</p>	<p>Wapping and Bigland</p> <p>9am-4pm Health Visitor Clinic U⓪</p> <p>Midwife Clinic U⓪</p> <p>9.30-11am Active Stay and Play U</p> <p><i>Wapping One O'Clock Club</i></p> <p>1.30-3pm Play Together U</p> <p><i>Wapping One O'Clock Club</i> <i>For ages 18 months - 3 years</i></p> <p>9.30am-2.30pm Childcare Level 2 U</p> <p><i>From 12th January</i></p>	<p>Wapping and Bigland</p> <p>9am-12noon Health Visitor Clinic U⓪</p> <p>10-11.30am Communication Stay and Play U</p> <p>1.30-3pm Play Plus U</p>								
<p>KEY</p> <ul style="list-style-type: none"> U Universal ⓪ By appointment only 📞 Call to book 📅 Term time only ✉ By invite only 👶 Crèche available 👤 Virtual session 🎯 Targeted <p>Opening times are Monday - Friday, 8.30am to 5pm</p>												
<p>CENTRES</p> <table border="1"> <tr> <td>John Smith</td> <td>90 Stepney Way, E1 2EN T: 020 7364 0537</td> </tr> <tr> <td>Ocean</td> <td>Whitehorse Road, E1 0ND T: 020 7364 6605</td> </tr> <tr> <td>Ocean (Shadwell)</td> <td>418 Cable Street, E1 0AF T: 020 7364 6605</td> </tr> <tr> <td>Wapping and Bigland</td> <td>115 Richard Street, E1 2JP T: 020 7364 0423</td> </tr> </table>					John Smith	90 Stepney Way, E1 2EN T: 020 7364 0537	Ocean	Whitehorse Road, E1 0ND T: 020 7364 6605	Ocean (Shadwell)	418 Cable Street, E1 0AF T: 020 7364 6605	Wapping and Bigland	115 Richard Street, E1 2JP T: 020 7364 0423
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<p>SATURDAY</p> <p>John Smith</p> <p>11-11.45am Special Story Time U</p> <p><i>21 January, 18 February, 18 March 2023</i></p>												

Please note there will be no admittance to sessions 30 minutes before the end.

Youth activities



For young people aged 11-19 years (25 with SEND)

Outreach Session

Every Tuesday, 3-5pm
Haileybury Youth Centre, 2 Ben Johnson Road, E1 3FQ

Every Tuesday, 6-8pm
Christian Street Hub, 30 Challoner Walk, E1 1AZ

Youth Club Session

Every Tuesday, 4-7pm
Wapping Youth Club, 20 Tench Street, E1W 2QF

Every Wednesday, 5-8pm
Christian Street Hub, 30 Challoner Walk, E1 1AZ

Every Friday, 6-8pm
Haileybury Youth Centre, 2 Ben Johnson Road, E1 3FQ

Every Friday, 6-9pm
Christian Street Hub, 30 Challoner Walk, E1 1AZ

Every Friday, 6-9pm
Wapping Youth Club, 20 Tench Street, E1W 2QF

Every Friday, 3.30-5.30pm
Bishop Challoner School

Programmes and times are subject to change. Please visit the Newark website for the latest information and how to book sessions.

Manik Miah,
Youth Work Coordinator
T: 020 7392 2121 / 07958 085480
W: newark.org.uk

Youth Club Session (Duke of Edinburgh's Bronze Award)

Every Wednesday, 3-6pm
Haileybury Youth Centre, 2 Ben Johnson Road, E1 3FQ

Basketball, Boxing & Youth Club Session

Every Thursday, 5-8pm
Haileybury Youth Centre, 2 Ben Johnson Road, E1 3FQ

Volleyball Session

Every Thursday, 4-6pm
Christian Street Hub, 30 Challoner Walk, E1 1AZ
Wapping Youth Club, 20 Tench Street, E1W 2QF

Parks activities



Adventure Play Whitehorse Adventure Playground Whitehorse Road, E1 0NZ

3.30pm-6pm
Tuesdays, Wednesdays, Thursdays (Term time)
9.30am-4.30pm
Mondays, Tuesdays, Thursdays, Fridays (Half term)

Come and join the Parks team for a fun adventure play session at Whitehorse Adventure Playground. FREE session, no booking required but places are limited.

Children aged 0-8 years and with SEND must be accompanied by an adult. Children aged 8+ need to have a completed consent form to take part in activities.

E: parks@towerhamlets.gov.uk
T: 020 7364 5227