

Spring Term Activity Timetable 3 January – 14 April 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY									
<p>Mile End</p> <p>9am-5pm Health Visitor Clinic UⓄ Parent and Child Programme Ⓞ</p> <p>10-11.30am Communication Stay and Play U <i>During the holidays children aged up to 11 can attend.</i></p> <p>10am-12noon Active Stay and Play at Toy House Library U📅 <i>Mile End Pavilion</i></p> <p>1.30-3pm Play Together U <i>For parents with children over 18 months considering nursery/school</i></p>	<p>Mile End</p> <p>9am-5pm Health Visitor Clinic UⓄ Parent and Child Programme Ⓞ</p> <p>10-11.30am Little Talkers 📅📧📞</p> <p>12.30-3.30pm Play in the Park U📅</p> <p>2-3pm Active Play for Babies including Starting Solids U📅 <i>For babies under 12 months</i></p>	<p>Mile End</p> <p>9am-5pm Health Visitor Clinic UⓄ Parent and Child Programme Ⓞ Midwife Clinic UⓄ <i>For babies under 12 months</i></p> <p>10-11.30am Active Stay and Play U <i>During the holidays children aged up to 11 can attend.</i></p> <p>Parents Forum U <i>25 January, 22 February, 22 March, 29 April</i></p> <p>10am - 12pm Active Stay and Play with Toyhouse Library U📅 <i>Mile End Play Pavilion</i></p> <p>12.30 - 2pm Healthy Families Programme 📅📧</p>	<p>Mile End</p> <p>9am-5pm Health Visitor Clinic UⓄ Parent and Child Programme Ⓞ Midwife Clinic UⓄ <i>For babies under 12 months</i></p> <p>Supporting Families Employment Advisor U📅📧</p> <p>10-11.30am School Readiness Stay and Play U <i>18 months - 5 years preparing children to be ready for school.</i></p> <p>2-3pm Play Plus 📧📞</p>	<p>Mile End</p> <p>9am-12noon Speech and Language Therapy 📞📧</p> <p>9am-5pm Health Visitor Clinic UⓄ Parent and Child Programme Ⓞ</p> <p>10-11am Baby Massage including Starting Solids U📅 <i>For babies under 12 months</i></p> <p>12.30-3.30pm Play in the Park U📅 <i>Mile End Play Pavilion</i></p>	<p>Marner</p> <p>9am-5pm Supporting Families Employment Advisor 📅📧</p> <p>10-11.30am Little Talkers 📅📧📞</p> <p>1.30-3pm Active Stay and Play U <i>During the holidays children aged up to 11 can attend.</i></p>	<p>Marner</p> <p>9am-5pm Health Visitor Clinic UⓄ</p> <p>10-11.30am Baby Massage including Starting Solids U📅 <i>For babies under 12 months</i></p> <p>1.30-3pm School Readiness Stay and Play U <i>18 months - 5 years prepare children to be ready for school</i></p>	<p>Marner</p> <p>9am-5pm Health Visitor Clinic UⓄ</p> <p>10-11am Active Play for Babies including Starting Solids U📅 <i>For babies under 12 months</i></p> <p>11am-12noon Starting Solids U <i>For babies under 12 months</i></p> <p>25th January, 22nd February & 29th March</p> <p>1-3pm Healthy Families Programme 📅📧 <i>10 January - 7 February</i></p> <p>Wellbeing and Relationships 📅📧 <i>1st - 15 March</i></p>	<p>Marner</p> <p>9am-5pm Health Visitor Clinic UⓄ</p> <p>10-11.30am Play Together U📅 <i>For parents with children over 18 months considering nursery or school.</i></p> <p>1.30-3pm Communication Stay and Play U <i>During the holidays children aged up to 11 can attend.</i></p> <p>Parents Forum U📅 <i>26 January, 23 February, 30 March</i></p>	<p>Overland</p> <p>9am-4.30pm Health Visitor Clinic UⓄ <i>Olga</i></p> <p>9am-5pm Health Visitor Clinic UⓄ Midwife Clinic UⓄ</p> <p>9.30am-12noon ESOL for Refugees 📅</p> <p>9.30am-2.30pm Managing Challenging Behaviour 📅📧</p> <p>10-11am Baby Massage including Starting Solids U📅 <i>For babies under 12 months</i></p> <p>10am-12.30pm SFSC English 📅📧 <i>Olga Centre</i></p> <p>1.30-3pm Communication Stay and Play U Parents Forum U <i>9 January, 6 February, 6 March, 3 April</i></p>	<p>Overland</p> <p>9am-4.30pm Health Visitor Clinic UⓄ <i>Olga</i></p> <p>9am-5pm Health Visitor Clinic UⓄ <i>Olga</i></p> <p>10-11.30am School Readiness Stay and Play U <i>Olga Centre</i></p> <p>18 months - 5 years prepare children to be ready for school</p> <p>1.30-2.30pm Creative Play with Half Moon Theatre U📅📅</p> <p>1-4.30pm Speech and Language Therapy 📞📧 <i>Olga</i></p> <p>2-3pm Play Plus 📧📞 Starting Solids U📅</p>	<p>Overland</p> <p>9am-5pm Health Visitor Clinic UⓄ Midwife Clinic UⓄ Supporting Families Employment Advisor U📅📧</p> <p>9.30 - 11.30am Family Learning ESOL 📅📧 <i>Olga Centre</i></p> <p>9.30am-3pm Homestart Volunteering Programme 📅</p> <p>10-11.30am Invitation to Play 📅📧📞</p> <p>1-4.30pm Speech and Language Therapy 📞📧 <i>Olga</i></p>	<p>Overland</p> <p>9am-5pm Health Visitor Clinic UⓄ <i>Olga Centre</i></p> <p>During the holidays children aged up to 11 can attend.</p> <p>10am-12noon Childminders Group U <i>For registered childminders only.</i></p> <p>1.45-3.15pm Little Talkers 📅📧📞</p>	<p>Overland</p> <p>9am-4pm Health Visitor Clinic UⓄ <i>Olga</i></p> <p>9am-5pm Health Visitor Clinic UⓄ</p> <p>9.30am - 12pm ESOL for Refugees 📅</p> <p>10-11am Active Play for Babies including Starting Solids U <i>For babies under 12 months</i></p> <p>12.30-2pm Baby Feeding Service UⓄ <i>Call 07785 925 981 / 020 3594 2591 to book.</i></p> <p>2-3pm Play Together U <i>For parents with children over 18 months considering nursery or school.</i></p>
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Opening times are Monday - Friday, 8.30am to 5pm
Please note there will be no admittance to sessions 30 minutes before the end.

Children and Family Centres



Children and Family Centres aim to improve outcomes for all children, young people and their families. They provide access to a range of universal and targeted services, support with any concerns and play a major part in early identification and early intervention.

What are our aims?

- To support parents in their role as first educators.
- To empower families to access a wide range of care, play and support services.
- To be a centre for joined-up services with partners.

What are our priorities?

- Health and wellbeing.
- Childcare and employment.
- Parenting confidence and capacity.
- Child development and school readiness.

Can I use my Children and Family Centre?

We prioritise families using the following order:

- Children living in the North East locality (based on your postcode).
- Children living within the borough of Tower Hamlets.
- After 30 minutes the drop in play sessions are open to all families living in the borough.

KEY

- U Universal
- Ⓞ By appointment only
- 📅 Call to book
- 📅 Term time only
- 📧 By invite only
- 📅 Crèche available
- 📅 Virtual session
- 📞 Targeted

CENTRES

<p>Mile End</p> <p>9 Bede Square, Joseph Street, E3 4GY T: 020 7364 7557</p>
<p>Mile End Pavilion</p> <p>106 Locksley Street, E14 7EJ</p>
<p>Marner</p> <p>Devas Street, E3 3LL T: 020 7364 3534</p>
<p>Overland</p> <p>60 Parnell Road, E3 2RU T: 020 7364 1925</p>
<p>Olga Centre</p> <p>25 Medway Road, E3 5DS T: 020 7364 3100</p>