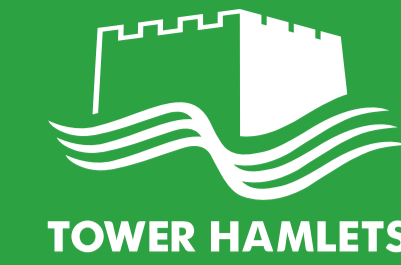


Spring Term Activity Timetable 3 January – 14 April 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meath</p> <p>9am-4pm Speech and Language Therapy ☎📞</p> <p>9am-5pm Midwife Clinic U📞</p> <p>9.30am-3pm Baby Feeding Service U📞 <i>For babies under 12 months Call 07961 609 626 to book</i></p> <p>10-11.30am Active Stay and Play U <i>During the holidays children up to 11 years old can attend.</i></p> <p>Active Stay and Play U <i>St Hilda's. For parents with children over 18 months.</i></p> <p>2-3pm and 3.15-4.15pm Baby Massage including Starting Solids U📞📧 <i>For babies under 12 months</i></p> <p>Mowlem</p> <p>9am-5pm Midwife Clinic U📞 <i>For babies under 12 months</i></p> <p>10am-12noon Childminders Group U <i>For registered childminders only</i></p> <p>10-11.30am Sensory Play for Babies including Starting Solids U📞 <i>For babies under 12 months</i></p> <p>10am-12noon Baby Massage U📞📧 <i>For babies under 12 months</i></p> <p>1.30-3pm Communication Stay and Play U</p> <p>Collingwood</p> <p>9-11am Communication Stay and Play U <i>Christchurch Primary School Open to all families</i></p> <p>9.30am-3pm 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 up to 11 years old can attend.</i></p> <p>1.30-3pm Melodies for Mums 📞📞 <i>For babies under 12 months</i></p> <p>Communication Stay and Play U <i>Canon Barnet School</i></p> <p>My Time 1-2-1 Support ☎📞</p>	<p>Meath</p> <p>9am-2pm Supporting Families Employment Advisor U📞📞 <i>For babies under 12 months</i></p> <p>9am-3pm Gateway Midwife Clinic ☎📞 <i>For babies under 12 months</i></p> <p>9.30am-12.30pm Functional Skills English U📧 <i>17th January - 28th March</i></p> <p>10-11.30am Creative Play with Half Moon Theatre U📞📞</p> <p>My Time 121 Support ☎📞</p> <p>1-4pm Speech and Language Therapy ☎📞</p> <p>1.30-3pm Communication Stay and Play U <i>During the holidays children up to 11 years old can attend.</i></p> <p>Mowlem</p> <p>9am-12noon Healthy Child Clinic U📞</p> <p>9am-5pm Innovation Project U📞</p> <p>10-11.30am Play Together U📞📞 <i>For parents with children over 18 months considering nursery or school</i></p> <p>My Time 1-2-1 Support ☎</p> <p>1.45-3pm Active Stay and Play U <i>Rich Mix Young V+A will attend some sessions.</i></p> <p>Collingwood</p> <p>10-11.30am Active Stay and Play U <i>During the holidays children up to 11 years old can attend.</i></p> <p>10am-12noon Change for Good Walking Group U📞 <i>10th January - 28th March</i></p> <p>2-4pm My Time 1-2-1 Support ☎📞</p> <p>1-5pm Covid Vaccine U📞</p> <p>1.30-3pm Invitation to Play 📞📧📞</p>	<p>Meath</p> <p>9am-5pm Innovation Project U📞 Healthy Child Clinic U📞</p> <p>10-11.30am Play & Connect 📞📧📞</p> <p>Mowlem</p> <p>9am-5pm Innovation Project U📞 Healthy Child Clinic U📞 Midwife Clinic U📞 <i>For babies under 12 months</i></p> <p>9-10am School Readiness 📞📞 <i>Schools. Check with your school to see if this session is running there.</i></p> <p>10-11.30am Baby Massage U📞</p> <p>Collingwood</p> <p>9am-5pm Healthy Child Clinic U📞</p> <p>10-11.30am Little Talkers 📞📧📞</p> <p>10am-12noon Change for Good Maternity Group U📞 <i>11th January - 29th March</i></p> <p>12.30-2pm Baby Feeding Service U📞 <i>Call 07961 609 626 to book.</i></p> <p>1-3pm Active Stay and Play U <i>St Hilda's. During the holidays children up to 11 years old can attend.</i></p> <p>Opening times are Monday - Friday, 8.30am to 5pm</p> <p>Please note there will be no admittance to sessions 30 minutes before the end.</p>	<p>Meath</p> <p>9am-12noon Healthy Child Clinic U📞</p> <p>9.30-10.30am Sensory Play for Babies including Starting Solids U📞 <i>For babies under 12 months</i></p> <p>10-11.30am My Time 1-2-1 Support ☎📞</p> <p>10am-12noon Childminders Group U <i>For registered childminders only</i></p> <p>10.45-11.45am Sensory Play for Babies including Starting Solids U <i>For babies under 12 months</i></p> <p>1.30-3pm Parents Forum U📞 <i>This session is held through a gardening club - come along to plant and have a chat.</i></p> <p>2-3.30pm Play Together 📞📞 <i>For parents with children over 18 months considering nursery or school.</i></p> <p>Mowlem</p> <p>9am-2pm Supporting Families Employment Advisor U📞</p> <p>9am-5pm NHS Talking Therapies Emotional Wellbeing Workshop U📞</p> <p>9.30am-2.30pm Childcare Level 1 U📧 <i>19th January - 30th March</i></p> <p>10-11.30am Active Stay and Play U <i>During the holidays children up to 11 years old can attend.</i></p> <p>1.30-3pm Little Talkers 📞📧📞</p> <p>Collingwood</p> <p>9am-5pm Healthy Child Clinic U📞</p> <p>10-11am Baby Massage including Starting Solids U📧📞 <i>For babies under 12 months</i></p> <p>10-11.30am Play Together 📞📞 <i>For parents with children over 18 months considering nursery or school.</i></p> <p>1.30-3pm Family Support Stay and Play 📞📧📞</p>	<p>Meath</p> <p>9am-3pm Midwife Clinic U📞 <i>For babies under 12 months</i></p> <p>9am-5pm Healthy Child Clinic U📞</p> <p>10-11.30am Communication Stay and Play U <i>During the holidays children up to 11 years old can attend.</i></p> <p>1.30-3pm Little Talkers 📞📧📞</p> <p>Mowlem</p> <p>9am-5pm Healthy Child Clinic U📞</p> <p>10-11.30am Communication Stay and Play U <i>During the holidays children up to 11 years old can attend.</i></p> <p>1-3pm My Time 1-2-1 Support 📞📧📞</p> <p>1-2pm Little Talkers Strategies 📞📞📞</p> <p>Collingwood</p> <p>10-11.30am Sensory Play for Babies including Starting Solids U</p> <p>10am-2pm Healthy Child Clinic U📞</p> <p>1.30-3pm Communication Stay and Play U <i>Children aged up to 11 can attend during the holidays.</i></p> <p>KEY</p> <p>U Universal</p> <p>☎ By appointment only</p> <p>📞 Call to book</p> <p>📞 Term time only</p> <p>📧 By invite only</p> <p>👶 Crèche available</p> <p>📺 Virtual session</p> <p>📞 Targeted</p>

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 West 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.



CENTRES

<p>Meath Gardens</p> <p>1 Smart Street, E2 0SN T: 020 7364 0349</p>
<p>Mowlem</p> <p>Wadeson Street, E2 9DL T: 020 7364 7935</p>
<p>Collingwood</p> <p>St Bartholomew Gardens, Buckhurst Street, E1 5QT T: 020 7364 0539</p>
<p>St Hilda's Community Centre</p> <p>18 Club Row, E2 7EY</p>
<p>Rich Mix</p> <p>35-47 Bethnal Green Road, E1 6LA</p>