

Meath Gardens

Monday

- [U] Active Stay and Play 10:00am - 11:30am
- [U] Education Psychology 9:00am - 3:00pm (Term-time only)
- [U] E-Safety Online Course 12:30pm - 3:00pm (Call to book, crèche available)
- [U] Emotional First Aid Course 12:30pm - 3:00pm (Call to book, crèche available)
- [U] Positive Parenting Workshops (EP) 1:15pm - 2:45pm (Call to book & crèche available)

Tuesday

- Early Learning for 2 year olds Stay and Play 10:00am - 11:30am
- [U] Music and Movement 10:00am - 11:30am
- [U] Healthy Child Clinic 1:00pm - 2:30pm (Must be registered with Globe Town Surgery) (1st and 3rd week of the month)
- [U] WorkPath Employment Advice 9:30am - 1:00pm (Call to book)

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

Wednesday

- [U] School Partnership Stay and Play Globe Town School families only Globe Town Primary School 9:00am - 10:00am (Term-time only)
- [U] Sensory Play for Babies (under 12 months) 9.30am - 10.30am (Call to book)
- Childminders Group (By invitation only) Registered Childminders only 10:00am - 11:45am (Term-time only)
- [U] Healthy Child Clinic 11:30am - 1:00pm (Must be registered with XX Place Surgery) (1st and 3rd week of the month)
- Chat and Play (For babies under 12 months) 12:30pm - 2:00pm (By invitation only)

Thursday

- [U] Two year old integrated review 10:00am - 12:00pm (By invitation only) (Must be registered with Globe Town Surgery)
- Baby Massage (Pre-crawlers only) 1:30pm - 2:30pm (Call to book)
- Communication Stay and Play 10:00am - 11:00am (By invitation only)
- [U] Aim 4 Work (Call to book) 1pm-4pm (Last Thursday of the month)
- [U] Active Stay and Play 2pm - 3:30pm

i Sessions marked with [U] are Universal drop-in sessions

Friday

- [U] School Partnership Stay and Play 9:00am - 9:40am (Term-time only) Bangabandhu Families only
- NHS Talking Therapies Employment Service (Starts 13th Sept 2019) 9:30am-5:00pm
- [U] Active Stay and Play 9:30am - 11:00am With Sensory Play
- First Steps to Recovery 11:30am - 1:00pm (By invitation only)
- [U] Positive Play (Collingwood/Meath/Mowlem families only & by invitation only) 1:30pm - 3:00pm

Mowlem

- [U] Midwife Clinic - Community Midwife Team 9:30am-4:30pm (By invitation only)
- [U] Active Stay and play 10:00am - 12:00pm (St. Hilda's Community Centre)
- Ready Steady Go 10:00am-12:00pm (Term time & by invitation only)
- [U] Baby massage 10:30am-11:30am (Call to book & for pre-crawlers only)
- [U] Communication Stay and Play 2:00pm-3:30pm

- [U] 8-12 Months Health review 9:30am-12:30pm (By invitation only)
- [U] Communication Stay and Play 10:00am - 11:30am
- [U] 3-4 Months Health review 1:30pm - 4:30pm (By invitation only)
- [U] WorkPath Employment Advice 1:30pm - 4:30pm (Call to book) (Fourth Tuesday of each month)

- Doves 10:00am-12:00pm (Term time & by invitation only)
- [U] Two year old integrated review 10:00am - 12:00pm (By invitation only)
- Healthy Child Clinic 12:30pm-3:00pm
- [U] Active Stay and Play 1:00pm - 3:00pm (St Hilda's Community Centre)
- [U] Parent Forum (Crèche available) 1:30pm - 3:00pm (Call to book) First Wednesday of the month, crèche available
- [U] Introduction to solids 2:00pm - 3:00pm (Call to book) Last Wednesday of the month. Priority given to Mowlem families.

i Some sessions are term-time only and will not run during the school holidays.

- [U] Messy Play - Stay and Play (Virginia Primary School) 9:00am - 10:30am (Term-time only)
- [U] Education psychology (Term-time only) 9:00am - 4:30pm (By appointment only)
- [U] Positive Parenting Program-PPP 10:00am-12:30pm (Term-time only) (Call to book, crèche available)
- [U] Sensory Play for Babies (for babies under 12 months) 2:00pm-3:00pm

- [U] Helping in School Level 1 9:30am-1:30pm (Term Time only, call to book & crèche available)
- [U] Early Learning for 2 year olds Stay and Play 10:00am-11:30am (For 2 year olds only)

i Stay and Play sessions are suitable for all children aged 4 and under. Some sessions are only for babies.

Collingwood

- [U] Communication Stay and Play 10:00am -11:30am
- [U] Baby Massage (Call to book) 10:00am-11:30am (For pre-crawlers only)
- [U] Introduction to Solids 10:00am-11:30am (Call to book & for babies under 7 months)
- [U] Little Talkers 1:30pm-3:00pm (By invitation only)
- [U] Active Stay and Play 2:00pm-3:30pm

- [U] WorkPath Employment Advice 9:00am - 2:30pm (Call to book)
- Midwife Clinic - Gateway Midwife Team 9:00am - 3:00pm (By invitation only)
- [U] Communication Stay and Play 10:00am - 11:30am
- [U] Two year old Integrated Review 1:30pm - 3:30pm (By invitation only)
- [U] Parents Forum 1:30pm-3:30pm (Last Thursday of the month, crèche available, call to book)

i You can collect Healthy Start vitamins at your local children's centre.

- [U] Education Psychology 9:00am-5:00pm (By appointment only)
- Early Learning for 2 year olds Stay and Play 10:30am-11:30am (Call to book)
- Invitation to Play (Term-Time only) 10:30am - 11:30am (By invitation only)
- [U] Story Time IDEA Store 10:30am-12:00pm (Whitechapel Idea Store)
- [U] Healthy Child Clinic (Every 2 weeks, call centre for next date) 12:00pm - 1:30pm
- [U] Baby feeding service 12:30pm - 2:30pm

- [U] Healthy Child Clinic 9:30am -12:00pm (Drop in) Last Thursday of the month, Blithehale families
- [U] Sensory Play for Toddlers (under 2s) 10:00am - 11:30am
- [U] 3-4 Months Health review 10:00am - 12:00pm (By appointment only)
- 8-12 Months Health review 10:00am -12:00pm (By appointment only)
- [U] Active Stay and Play 1:30pm - 3:00pm
- [U] Healthy Child Clinic 1:30pm-3:30pm (Drop in) Last Thursday of the month, Blithehale families

- [U] School Partnership Stay and Play (Osmani Primary School) 9:15am - 10:15am (Term-time only)
- [U] ESOL Family Language 9:30am - 11:30am (Term-time only) (Call to book, crèche available)
- [U] 8-12 Months Health review 10:30am-11:30am (By invitation only)
- Outreach-general 2:00pm-3:30pm

Our vision is for every child in Tower Hamlets to have the best possible start in life - through reducing inequalities and improving quality of life.

Our service supports children and their families to be safe and happy - improving lifelong health and wellbeing.

Can I use my Children's Centre?

That depends on where you live and your postcode. Each children's centre has a catchment area.

We prioritise families using the following order;

1. Children living within the catchment area of the children's centre (identified by postcode)
2. Children living within the reach area of the mini cluster
3. Children living within Tower Hamlets

Ask a member of staff or call a children's centre for more information.

Tell us about your experience

We want to hear from you about your experience using our services. What do you think is working well? What do you think we could do better? Leave us some feedback or come and join our Parents Forum.

Please contact reception for a feedback form

For more early years services - Contact **Family Information Service** 020 7364 6495 or visit www.localoffertowerhamlets.co.uk

Volunteering, Adult Learning & Parenting

The Parenting and Adult Education Team work closely with all Children's Centres and organise free training courses, workshops and programmes for families with children under eleven. These are all free to attend, if you meet the set eligibility criteria.

For further details, please contact:

Syeda Pasha 020 7364 0421 / 07984 277 662

Zubair Ahmed 020 7364 2240 / 07773 384 947

The volunteering Project can support you to build your skills for future employment. If you have a child under the age of eleven and are able to converse in English, please call to book an appointment.

Anna Shishkina 020 7364 4625

Workpath - Employment support, whether you need basic skills or advanced training; access to work experience, apprenticeships or graduate schemes; CV help, interview preparation and more.

Information Advice & Guidance Officer:

Shamina Khanum - 020 7364 2720

shamina.khanum@towerhamlets.gov.uk

Children's Centre staff will be available at the following times for advice and information

Mowlem reach area

Bethnal Green Health Centre

Mon 1pm—3pm

Mission practice health centre

Mon 1pm— 2:30pm

Strouts place surgery

Tuesday 10am-11:30am

Meath Gardens reach area

Globe Town surgery –Baby clinic

Tuesday 1pm—3:30pm

Collingwood reach area

Blithale Health Centre

1:30pm-3:00pm

Spitalfields Health Centre

1:30pm - 3pm

(Second Wednesday of the month)

Useful telephone numbers

Tower Hamlets Asian Women's Aid

Breastfeeding Network Support

Tax Credit Helpline

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Find a Doctor/ Dentist

Mind in Tower Hamlets/ Newham

Tower Hamlets Domestic Violence Team

NW

Our Children's Centre Opening times are Monday - Friday 8:30am to 5:00pm

Collingwood Children's Centre

St Bartholomew Gardens
Buckhurst Street, E1 5QT
020 7364 0539

Meath Gardens

Children's Centre
1 Smart Street, E2 0SN
020 7364 0349

Mowlem

Children's Centre
Wadeson Street, E2 9DL
020 7364 7935

Other delivery venues

St Hilda's Community Centre

18 Club Row, E2 7EY 020 7739 8066

Columbia Market Nursery

Columbia Road, E2 7PG 020 7739 4518

Virginia Primary School

Virginia Road, E2 7NQ 020 7739 6195

Rich Mix

35-47 Bethnal Green Road, E1 6LA
020 7613 7498

www.towerhamlets.gov.uk/childrenscentres

