

Around Poplar

Monday

Woman's Trust Counselling
9:00am-1:00pm (By appointment only)

[U] Early Learning for 2 year olds drop in (advice)
9:30am-10:30am

ESOL Vocational Childcare E3-L1
9:30am-12:00pm (Term-Time only)

[U] Creative Stay and Play
1:30pm-3:00pm

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

Chrip Street

[U] Healthy Child Clinic
9:30am - 11:00am
(For patients registered at Chrip St & Gough Walk Health Centres only)

[U] Pilates - Antenatal
(For expectant mothers only)
10:00am - 11:00am

[U] Pilates - Postnatal
11:15am - 12:15pm
(Mothers with babies under 6 months)

[U] Messy Play - Stay and Play
1:30pm - 3:00pm

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

Isle of Dogs

[U] 8-12 Months Health Review
9:30am - 12:00pm
(By appointment only)

[U] Two Year Old Integrated Review
9:30am - 12:00pm
(By appointment only)

[U] Early Learning for 2 Year Olds Drop In (Advice) 10:00am - 11:30am

[U] Healthy Child Clinic
1:30pm - 3:30pm
(By appointment only)

[U] Communication Stay and Play
2:00pm-3:30pm (Term-time only)
St Luke's Millwall

[U] Introduction to Solids
(Call to book)
2:00pm-3:00pm

Tuesday

[U] School Partnership Stay and Play
(Woolmore Primary School)
9:00am - 10:30am (Term-time only)

[U] Healthy Child Clinic
9.30am - 11.00am (Call to book)

Invitation to Play
10:30am - 12:00pm (By invitation only)

[U] Introduction to Solids
1:00pm - 2:30pm
Last Tuesday of the month

[U] Communication Stay and Play
2:00pm - 3:00pm

[U] Communication Stay and Play
10:00am-11:30am

[U] Baby Massage
10am-12:00pm (Babies under 6 months)

[U] Baby Feeding Service
10am - 12:00pm (Babies under 6 months)

ESOL Family Language (Term-time only)
12:30pm - 2:30pm
(By invitation only & crèche available)

[U] Active Stay and Play
2:00pm - 3:00pm (Term time only)
St Nicholas' Church
Aberfeldy Street, E14 0NU

[U] Childminders Group
(For registered childminders only)
9:30am-11:30am (Term-time only)

[U] Creative Stay and Play 2pm - 3:30pm

[U] Aim 4 Work
2pm-3:30pm
(Every 2 weeks, Drop-in)

Wednesday

Education Psychology 9:00am - 5:00pm
(By appointment & term time only)

Play in the Home (By appointment only)
9:30am-11:00am

[U] Two year old Integrated Review
9:30am - 12:00pm (By appointment only)

WorkPath Employment Advice
9:30am - 3:30pm (By appointment only)
(Chrip Street Children's Centre)

Community Interpreting Level 1
12:30pm-3:30pm (Crèche available)
Beginning 4th September and ending 20th November. Please call for information

Early Learning for 2 year olds drop in (advice)
2:00pm - 3:00pm

[U] Two Year Old Integrated Review
9:15am - 12:00pm (By invitation only)

[U] Early Learning for 2 year olds (advice)
9:15am-12:00pm

WorkPath Employment Advice
9:30am - 3:30pm (By appointment only)

[U] Sensory Play for Babies
(for babies under 12 months)
10:00am-11:00am

[U] Introduction to Solids
04/09/19; 02/10/19; 06/11/19 & 04/12/19
11am-12:00pm

Care Confident (Term Time Only)
(By invitation only & crèche available)
2:00pm - 3:00pm

[U] Communication Stay and Play
10:00am - 11:30am

Toilet Training Workshop
2:00pm-3:00pm
(Once a month, call to book)

[U] Parents forum
2:00pm - 3:00pm (Term-Time only)
Third Wednesday of the month
(Crèche provided - call to book)

i Healthy Start vitamins are available to collect at your local Children's Centre.

Thursday

[U] Creative Stay and Play
10:00am - 11:30am

[U] Active Stay and Play
1.30pm - 2.30pm

Play in the Home
(By appointment only)
2:30pm - 4:30pm

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

Midwife Clinic - Gateway Midwife Team
9:00am-5:00pm (By appointment only)

Education Psychology
9:30am-5.00pm (By appointment only)

[U] Communication Stay and Play
10:00am-11:30am

[U] Two Year Integrated Review
1:00pm - 3:00pm (By invitation only)

Little Talkers (By invitation only)
1:30pm-3:00pm (Term-time only)

Young Parents Group
3:15pm - 4:30pm
(under 23 years olds)

[U] Two Year Old Integrated Review
9:30am - 12:00pm (By appointment only)

[U] Early Learning for 2 year olds drop in (advice)
10:00am-11:30am

[U] Healthy Cooking
10:00am-11:30am
(Call to book)

Midwife Clinic - Gateway Midwife Team
10:00am - 2:00pm
(By appointment only)

[U] Sensory play babies
2:00-3:00pm

Friday

[U] PLUS Activity Group for Parents
10:00am - 11:30pm
(Term-time only)
(Crèche available)

[U] Parents Forum (Crèche available)
10:00am - 11:30am (Term-time only)
Last Friday of the month

[U] Made of Money
(Date to be confirmed)
10:00-11:30am (Term-Time only)
(Call to book & crèche available)

[U] Sensory Play for Babies
(for babies under 12 months)
2:00pm - 3:00pm

[U] Midwife Clinic — Community Midwife Team
9:00am-1:00pm
(By appointment only)

[U] Communication Stay and Play
10:00am - 11:30am

[U] Childminders Group
10:00am - 11:30am (Childminders only)

[U] Parents Empowerment Group
1:00pm - 2:30pm (Term time only)
(Crèche available)

[U] Parents Forum
27/09/2019, 18/10/2019, 29/11/2019
1:00pm-2:30pm (Term time only)
(Crèche available)

[U] Education Psychology
9:00am - 4:00pm (By appointment only)

[U] Active Stay and Play
10:00am - 11:30am

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

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

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:

Ibrahim Haid 020 7364 4848

ibrahim.haid@towerhamlets.gov.uk

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

Around Poplar

Gill Street Health Clinic

Tuesday 9:30am –11:00am

Wednesday 3pm-4pm

Thursday 2pm-3:30pm

You can collect Healthy Start child and mother vitamins from your local children's centre.

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

Useful telephone numbers

Tower Hamlets Asian Women's Aid

020 7517 1420

Find a Doctor/ Dentist

020 7364 5016

Breastfeeding Network Support

0300 100 0210

Mind in Tower Hamlets/ Newham

020 7510 1081

Tax Credit Helpline

0345 300 3900

Tower Hamlets Domestic Violence Team

0800 279 5434

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

Around Poplar Children's Centre

115 Three Colts Street
E14 8AP
020 7364 0540

Chrisp Street

Children's Centre
23-27 Market Way,
E14 6AH
020 7364 2856

Isle of Dogs Children's Centre

Millwall Park
Stebondale Street, E14 3BX
020 7364 1179

Other delivery venues

St Luke's Millwall

Alpha Grove
London Borough of Tower Hamlets
E14 8LH

Woolmore School

37 Woolmore Street
E14 0EW

www.towerhamlets.gov.uk/childrenscentres

