

Monday

John Smith

NHS Talking Therapies Employment Service
9:30am-5:00pm
(Starts 9th Sept 2019)

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

[U] ESOL Family Language
12:45pm-3:00pm (Term-time only)
(By invitation only & crèche available for children over 6 months only)

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

Ocean

[U] Midwife Clinic - Community Midwife Team (Shadwell) 9:00am - 4:00pm
(By appointment only)

[U] Healthy Child Clinic
9:30am - 11:15am (Whitehorse)

[U] Early Learning for 2 year olds drop in (advice)
9:30am - 11:00am (Whitehorse)

[U] NOUR Counselling
(By appointment only)
10:00am - 3:00pm (Whitehorse)

[U] Active Stay and Play (Shadwell)
1:30pm - 3:00pm (Term-time only)

Little Talkers (Whitehorse)
1:30pm - 3:00pm
(Term-time & by invitation only)

Wapping

[U] Active Stay and Play
9:30am - 11:00am

[U] School Partnership Stay and Play
2:00pm-3:00pm (Term time only)
Shapla Primary School

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

Tuesday

NOUR Counselling
9:00am-5:00pm (By appointment only)

[U] WorkPath Employment Advice
9:30am-5:00pm
(Call to book, last Tuesday of the month)

[U] Educational Psychology
9:00am - 5:00pm (By appointment only)

[U] School Partnership Stay and Play
9:30am-11:00am (Term-Time only)
Smithy Street School

[U] Two year old integrated review
9:30am - 12:30pm (By appointment only, 4th Tuesday of the month)

[U] 8-12 months health review
9:30am - 12:30pm (By appointment only)
(2nd Tuesday of the month)

Pregnancy Circle
10:00am-12:00pm (By invitation only)
(17/09/19, 8/10/19, 22/10/19, 5/11/19 & 19/11/19)

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

[U] 8-12 month health review (Shadwell)
9:30am - 12:00pm (First Tuesday of the month & by invitation only)

[U] Two year old integrated review (Shadwell. Third Tuesday of the month)
9:30am - 12:00pm (By invitation only)

[U] 3-4 Months Health review
9:30am - 12:00pm
(Second Tuesday of the month)
(Shadwell. By invitation only)

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

Growing together 1:30pm - 3:00pm
(By invitation & term time only) (Ocean families only, Whitehorse)

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

[U] WorkPath Employment advice
9:00am - 1:00pm (Call to book, first Tuesday of the month)

[U] Active Stay & Play 9:30am- 11am
(Wapping One O'clock Club)

[U] Baby club (Pre-birth - 12 months)
10:00am - 11:30am

[U] Two Year Old Integrated Review
(By appointment only)
1:00pm-4:00pm (2nd Tuesday of month)

Wednesday

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

[U] Childminders Group
(For registered childminders only)
10:00am - 11:30am (Term time only)

[U] Early Learning for 2 year olds Stay and Play (Call to book)
10:00am-11:30am (Term time only)
(1st and 3rd Wednesday of the month)

[U] Paediatric First Aid (Call to book)
10:00am-11:30am
(Fourth Wednesday of the month)

[U] Introduction to Solids
1:30pm-3:00pm
(Second Wednesday of the month)

[U] School Partnership Stay and Play at Harry Gosling Primary School
(Term-time only)
1:45pm-3:00pm

[U] Education Psychology
9:00am - 5:00pm (Whitehorse)
(By appointment only, call to book))

[U] 8-12 month health review (Whitehorse)
9:00am - 12:00pm (By invitation only & second Wednesday of the month)

Early Intervention Parenting Workshops (EP)
9:15am - 10:30am (By invitation only)
(Term-time only, Harry Roberts Nursery)
25/09/2019 & 09/10/2019

[U] Two year old integrated review
9:30am - 12:00pm (By invitation only & first Wednesday of the month) Whitehorse

[U] Childminders Group 10:00am - 11:30am
(Term-time only, Whitehorse & for registered Childminders only) (3rd & 4th Wednesday of the month)

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

[U] Introduction to Solids (Whitehorse)
1:30pm - 3:00pm (Drop in)
First Wednesday of the month

[U] Childcare Level 1 9:30am-12:30pm
Assessment Date: 18.09.2019
(12wk course, Call to book)

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

[U] Two year old integrated review
(Wapping One O'clock Club)
10:00am- 12:00pm (By invitation only)
Second Wednesday of the month

[U] 8-12 months Health Review
12:30pm - 3:00pm (By appointment only)

[U] School Partnership Stay and Play
(Harry Gosling Primary School)
1:45pm - 3:15pm (Term-time only)

Thursday

[U] Health Visitor Workshop
9:00am-5:00pm (By appointment only)

How to keep your children safe online
(3/10/19, 10/10/19 & 17/10/19)
1:00pm-3:00pm
(Crèche available, Call to book)

[U] Childcare Level 3 (Crèche available)
9:00am-2:00pm (Term-time only)

Midwife Clinic - Gateway Midwife Team
9:00am-5:00pm (By appointment only)
(1st and 3rd Thursday of the month)

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

[U] Communication Stay and Play
1:30pm-3:00pm
(1st and 3rd Thursday of the month)

[U] Parents Forum 1:30pm - 3:00pm
(Crèche available, Call to book)
(Second & fourth Thursday of the month)

[U] Baby Massage 2:00pm-3:00pm
(Call to book & for babies 0-12 months)

[U] School Readiness 9:00am - 10:00am
Halley School (Term-time only)
(26/09/2019, 31/10/2019 & 28/11/2019)

[U] ESOL Family Language (Term-time only, call to book & crèche available)
9:30am - 11:30am (Whitehorse)

[U] WorkPath Employment advice
9:30am - 1:00pm (Whitehorse)
(Call to book, last Thursday of the month)

[U] Early Learning for 2 year olds Stay and Play (Whitehorse)
10:00am - 11:30am (Term-time only)
This session does not run on 2nd Thursday of the month

[U] Parents Forum 10:00am - 11:15am
(2nd Thursday of month, crèche available)

[U] Baby Feeding (Shadwell)
10:00am - 11:30am

[U] Baby Massage (Shadwell)
10:30am - 11:00am

[U] Communication Stay and Play
1:30pm - 3:00pm (Whitehorse)

Education Psychology
9:00am - 5:00pm
By appointment only

[U] Communication Stay & Play
9:30am-11:00am
Wapping One O'clock Club

[U] Healthy Child Clinic
9:30am-11:15am

[U] Positive Change
12:30pm-2:30pm
(Crèche available, Call to book)

Friday

[U] Midwife Clinic - Community Midwife Team
9:00am - 5:00pm (By appointment only)

Invitation to Play (By invitation only)
10:00am-11:30am (Term Time only)

[U] Sensory Play for Babies
(for babies under 12 months)
1:30pm - 3:00pm

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

[U] Childcare Level 2
9:00am - 12:00pm
(Shadwell, crèche available)
(Call to book, term-time only)

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

[U] Sensory Play (Whitehorse)
(For babies up to 15 months)
1:30pm - 3:00pm (Term-time only)

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

[U] Parents Forum
9:30am-11:00am (Term Time only)
(Call to book & crèche available)

[U] Early Learning for 2 year olds Stay and Play
1:30pm-3:00pm (Term time only)

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

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:

Rusunara Begum 020 7364 1071 / 07904 158 667

rusunara.begum@towerhamlets.gov.uk

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

John Smith reach area

General outreach

Watney Market, Wednesdays
10:00-11:30

Outreach to Schools

Smithy Street, Kobi Nazrul, Fridays
3:00-3:45, and Parents Coffee mornings

Welcome sessions for new intakes (happens in Sept and Jan, Smithy Street and Kobi Nazrul)

Redlands, Little Ducklings,
Tuesdays, 3 times a term

Ocean and Wapping reach area

During health clinic sessions at the centre

Useful telephone numbers

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SW

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

John Smith Children's Centre
90 Stepney Way
E1 2EN
020 7364 0537

Ocean Children's Centre
Whitehorse Road
E1 OND
020 7364 6605

Wapping & Bigland Children's
Centre
15 Richard Street, E1 2JP
020 7364 6004

Other delivery venues

Ocean Children's Centre, Shadwell
418-422 Cable street, E1 OAF
020 7364 0544

Wapping One o'clock
Wapping Gardens, off Tench St,
E1W 2QD

www.towerhamlets.gov.uk/childrenscentres

