

North East Locality Activities for children under 5

Summer Term Timetable 15 April – 19 July 2024



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|---|---|--|--|
| Mile End   | Mile End  | Mile End  | Mile End   | Mile End   |
| 9am–4.30pm<br>0–19 Appointment Clinics🕒📞   | 9am–4.30pm<br>Healthy Child/Immunisation Clinic🕒📞<br>0–19 Appointment Clinics🕒📞   | 9am–5pm<br>Parent and Child Programme🕒📞<br>Midwife Clinic – Community Midwife Team🕒📞    | 9am–5pm<br>Parent and Child Programme🕒📞<br>Supporting Families Employment Advisor🕒📞<br>Midwife Clinic – Community Midwife Team🕒📞 | 9am–12noon<br>Speech and Language Therapy📞📞                                    |
| 9am–5pm<br>Parent and Child Programme📞📞  | 9am–5pm<br>Parent and Child Programme🕒  | 10–11.30am<br>Play & Connect📅📞📞   | 9.30am–4.30pm<br>3–4 Months Health Review🕒📞  | 9am–5pm<br>NHS Talking Therapies Emotional Wellbeing Workshop🕒📞                |
| 10–11.30am<br>Communication Stay and Play🕒During holidays children under 11 can attend   | 10–11.30am<br>Little Talkers📅📞📞   | 10am–12noon<br>Active Stay and Play with Toyhouse🕒📅<br>Mile End Pavilion                | 10–11.30am<br>Active Play for Babies🕒Babies under 12 months  | 9.30–11am<br>Active Stay and Play🕒During Holidays children under 11 can attend |
| 10am–12noon<br>Active Stay and Play with Toyhouse🕒Mile End Pavilion  | 10–12noon<br>EPEC Parent Training🕒📞📞  | 1–4pm<br>Speech and Language Therapy🕒📞  | 11am–12noon<br>Parents Forum🕒  |  |
| 2–3pm<br>Play Together🕒For children 18 months to 5 years. To help prepare your child for nursery/school. Help and support available to apply for a free nursery place for your 2 year old. | 2–3pm<br>Baby Massage🕒📞Pre-crawlers only  |   | 1.30–3.30pm<br>Play in the Park🕒📅Mile End Pavilion<br>Toilet Training Workshop🕒📞9 May, 6 June, 18 July                           |  |
|  | 3–4pm<br>Starting Solids🕒📞30 April, 25 June, 16 July  |   |  |  |
| Marner   | Marner  | Marner  | Marner   | Marner   |
| 9am–5pm<br>Supporting Families Employment Advisor🕒📞  | 9.30am–5pm<br>2–2½ Year Health Review🕒📞   | 9.30–11am<br>Parents Forum🕒📅  | 9–10.30am<br>School Partnership Stay and Play🕒📅Marner Primary School   | 10–11am<br>Baby Massage including Starting Solids🕒📞Pre-crawlers only           |
| 9.30am–4pm<br>3–4 Months Health Review🕒📞   | 10–11.30am<br>Invitation to Play📞📞  | 9.30–4pm<br>8–12 Months Health Review🕒📞   | 9.30–11.30am<br>ESOL🕒📞📞  | 11am–12noon<br>Starting Solids🕒📞26 April, 25 May, 28 June, 19 July             |
| 10–11.30am<br>Communication Stay and Play🕒During holidays children under 11 can attend   | 2–3.30pm<br>Play Together🕒For children 18 months to 5 years. To help prepare your child for nursery/school. Help and support available to apply for a free nursery place for your 2 year old. | 10–11.30am<br>Sensory Play for Babies🕒For babies up to 12 months                        | 1.30–3pm<br>Little Talkers📞📞   | 2–3.30pm<br>Active Stay and Play for Under 2s                                  |
| 1.15–2.15pm<br>Toilet Training Workshop🕒📞22 April, 20 May, 17 June, 25 July  |   | 11.30am–12.30pm<br>Starting Solids🕒📞17 June, 1 May, 5 June, 3 July                      |  |  |
| 3–4.30pm<br>Twilight Stay and Play🕒  |   |   |  |  |
| Overland   | Overland  | Overland  | Overland   | Overland   |
| 9.30am–4pm<br>8–12 Months Health Review🕒📞Olga  | 9.30–11am<br>Sensory Play for Toddlers🕒Under 2s, Olga   | 9am–5pm<br>Supporting Families Employment Advisor🕒📞                                     | 9am–2pm<br>Midwife Clinic – Community Midwife Team🕒📞<br>Parent and Child Programme📞  | 10–11.30am<br>Play and Connect📅📞📞  |
| 9.30am–4.30pm<br>3–4 Months Health Review🕒📞  | 9am–2pm<br>Health and Social Care🕒📞📞  | 9.30am–4.30pm<br>2–2½ Year Health Review🕒📞<br>Healthy Child Start for Life Clinic🕒📞Olga | 9am–4.30pm<br>Midwife Clinic – Gateway Midwife Team🕒📞Olga  | 10am–1pm<br>SFSC English🕒📞📞Olga  |
| 9am–5pm<br>Midwife Clinic – Community Midwife Team🕒📞   | 11.15am–12.15pm<br>Toilet Training Workshop🕒📞Olga<br>16 April, 14 May, 11 June, 16 July   | 10–11.30am<br>Active Stay and PlayDuring holidays children under 11 can attend          | 10–11.30am<br>School Readiness Stay and Play🕒For ages 18 month to under 5s   | 12.30–2pm<br>Baby Feeding and Wellbeing Service Drop-in🕒                       |
| 10–11.30am<br>Active Stay and Play🕒During holidays children under 11 can attend  | 1–2pm<br>Speech and Language Therapy🕒📞  | 10am–12.30pm<br>Emotional First Aid🕒📞📞Olga<br>Triple P Teens🕒📞📞                         | 10–11.30am<br>Childminders Group🕒📅Olga<br>Registered childminders only   | 2–3.30pm<br>Active Play for Babies🕒Babies under 12 months                      |
| 10am–12.30pm<br>Keeping Children Safe Online🕒📞📞1 and 15 July   | 1.30–2.30pm<br>Creative Play with Half Moon Theatre📞  | 1–4pm<br>Speech and Language Therapy🕒📞  | 2–3.30pm<br>Communication Stay and Play🕒During holidays children under 11 can attend   |  |
| 10am–1pm<br>SFSC English🕒📞📞Olga  | 2–3pm<br>Baby Massage🕒📞Pre-crawlers only, Olga  |   | 5–7pm<br>Family Support Stay and Play📞📞  |  |
| 1.30–3pm<br>Play Together🕒See Mile End details above.  | 3–4pm<br>Starting Solids🕒📞Olga<br>16 April, 14 May, 11 June, 16 July  | Opening times are Monday – Friday, 8.30am to 5pm  |  |  |
|  | 3.15–4.30pm<br>Twilight Stay and Play🕒  | 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

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