

South East Locality Activities for children under 5

Summer Term Timetable 15 April – 19 July 2024



MONDAY
Isle of Dogs
9am-5pm Speech and Language Therapy ☎☎ 2-2½ Year Health Review U☎
10-11.30am Active Stay and Play U
1.30-3pm Play Together U 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.
Around Poplar
9am-5pm Speech and Language Therapy ☎☎ 3-4 Months Health Review U☎
10-11.30am Little Talkers ☎☎
1.30-3pm Communication Stay and Play U
Chrip Street
9am-3pm 2-2½ Year Health Review U☎ Midwife Clinic - Gateway Midwife Team ☎☎
10-11.30am Communication Stay and Play U
1.30-2.30pm Baby Massage U☎☎ Including Starting Solids For pre-crawlers

TUESDAY
Isle of Dogs
9am-5pm Midwife Clinic - Community Midwife Team U☎
10-11.30am School Readiness Stay and Play U For ages 18 months to 5 years
1.30-3pm Sensory Play for Babies U For babies under 12 months
3.30-4.30pm Starting Solids Workshop U☎ Last Tuesday of the month
Around Poplar
10am-11.30am Discover and Connect ☎☎
1.30-3pm Active Stay and Play U
3-5pm Docklands Outreach Counselling ☎
Chrip Street
10-11.30am Baby Feeding and Wellbeing Service U Drop in service for families needing baby feeding support
School Readiness Stay and Play U 18 month to under 5s
12.30-3pm ESOL U☎☎☎
1.30-3pm Invitation to Play ☎☎

WEDNESDAY
Isle of Dogs
9.30-11.30am Healthy Child Start for Life Drop In Clinic U
10-11.30am Childminders Group ☎☎ For registered childminders only
Around Poplar
9am-5pm Immunisation Clinic U☎
10-11.30am Baby Massage U☎☎ Including the sessions with Starting Solids For pre-crawlers)
10.30-11.30am Sensory Play for Babies U For babies under 12 months
Chrip Street
9am-1pm Healthy Child Start for Life Clinic U☎
10-11.30am Play and Connect ☎☎

Key

U

Universal

☎

By appointment only

☎

Call to book

☎

Term time only

☎

By invite only

☎

Virtual session

☎

Targeted

☎

Crèche available

THURSDAY
Isle of Dogs
9am-5pm Speech and Language Therapy ☎☎
10-11.30am Invitation to Play ☎☎
1.30-3pm Communication Stay and Play U
Around Poplar
9am-5pm Docklands Outreach Family Intervention U☎ Antenatal Class ☎ Physiotherapy care for patients
9.45-10.45am SEND Coffee Morning ☎☎☎ For parents of children with additional needs
10-11.30am Play Together U 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.
1.30-3pm Sensory Play for Babies U For babies under 12 months
3.30-4.15pm Starting Solids Workshop U☎ Last Thursday of the month
Chrip Street
10-11.30am Little Talkers ☎☎
1.30-3pm Active Stay and Play U Parents Forum U Last Thursday of the month

FRIDAY
Isle of Dogs
9am-5pm Midwife Clinic - Community Midwife Team U☎
10-11.30am Little Talkers ☎☎
1.30-2.30pm Baby Massage U☎ Including Starting Solids) For pre-crawlers only
2.30-3.30pm Baby Club (pre-birth-12 months) including Starting Solids U
3-6pm Streets of Growth ☎ For children aged 15 plus
Around Poplar
9am-5pm 3-4 Months Health Review U☎ Docklands Outreach Family Intervention☎
10-11.30am Active Stay and Play U
1.30-3pm School Readiness Stay and Play U For ages 18 months to 5 years
Chrip Street
9am-5pm NHS Talking Therapies Employment Service U☎
10-11.30am Play Together U 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.
12.30-3pm ESOL U☎☎☎
1.30-3pm Sensory Play for Babies U For babies under 12 months
3.30-4.15pm Starting Solids Workshop U☎ 3 May, 7 June, 5 July
3.30-4.30pm Toilet Training Workshop U☎☎ 31 May, 28 June, 26 July This session is delivered in Sylheti for non-English speaking parents/carers

SATURDAY
10-11am Starting Solids Workshop U☎☎ 4 May, 8 June, 6 July
10-11am Toilet Training Workshop U☎☎ 4 May, 8 June, 6 July

Opening times are Monday - Friday, 8.30am to 5pm

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 South 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.

