

South East Locality Activities for children under 5

Spring Term Timetable 8 January – 14 April 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Isle of Dogs	Isle of Dogs	Isle of Dogs	Isle of Dogs	Isle of Dogs
9am-5pm Speech and Language Therapy ☹☹ Healthy Child Clinic U☹	9am-5pm Midwife Clinic - Community Midwife Team U☹	9-11.45am Healthy Child Clinic U	9am-12noon Speech and Language Therapy ☹☹	9am-5pm Resident Support Universal Credit Outreach U☹☹
10-11.30am Active Stay and Play U	10-11.30am School Readiness Stay and Play U	10-11.30am Childminders Group U For registered childminders only	10-11.30am Invitation to Play ☹☹	10-11.30am Little Talkers ☹☹
1.30-3pm Play Together U Prepare children to be ready for nursery/school (18 months to under 3s)	18 month to under 5s		1.30-3pm Communication Stay and Play U☹ Parents Forum U First Thursday of the month	1.30-2.30pm Baby Massage U☹☹ (including the sessions with Starting Solids) for pre crawlers)
Around Poplar		Around Poplar	Around Poplar	2.30-3.30pm Baby Club (pre-birth-12 months) including Starting Solids U Come and connect with other new parents, make connections and share parenting experiences. Starting solids workshop last Friday of the month.
9am-5pm Speech and Language Therapy ☹☹ Healthy Child Clinic U☹	10am-12noon Helping in Schools U☹☹☹	9am-5pm Healthy Child Clinic U☹	9.15-10.45am SEND Coffee Morning ☹☹	3-6pm Streets of Growth U☹ For children aged 15 plus
10-11.30am Play Together U Prepare children to be ready for nursery/school (18 months to under 3s)	1.30-3pm Sensory Play for Babies U☹ (including sessions with Starting Solids) babies under 12 months	10-11am Baby Massage U☹☹ (including the sessions with Starting Solids) for pre crawlers)	10-11.30am Little Talkers ☹☹	
10am-1pm ESOL U☹☹☹	Around Poplar	10.30-11.30am Sensory Play for Babies U (including sessions with Starting Solids) babies under 12 months	1.30-3pm Communication Stay and Play U	
1.30-3pm Sensory Play for Babies U (including sessions with Starting Solids) babies under 12 months	10am-11.30am Discover and Connect ☹☹	Chrisp Street	Chrisp Street	Around Poplar
	10am-1pm ESOL U☹☹☹	9am-1pm Healthy Child Clinic U☹	9.30am-1pm Support Work for Schools U☹☹	9am-5pm Healthy Child Clinic U☹
	1.30-2.30pm NHS Talking Therapies Emotional Wellbeing Workshop U☹☹	9am-5pm NHS Talking Therapies Employment Service U	10-11.30am Little Talkers ☹☹	10-11.30am Active Stay and Play U
	1.30-3pm Active Stay and Play U	10-11.30am Play and Connect ☹☹	1.30-3pm Active Stay and Play U Parents Forum U Second Thursday of the month	1.30-3pm School Readiness Stay and Play U For ages 18 months to 5 years
Chrisp Street	Chrisp Street			
9am-3pm Healthy Child Clinic U☹ Midwife Clinic - Gateway Midwife Team ☹☹	10-11.30am Baby Feeding and Wellbeing Service U Drop in service for families needing baby feeding support			Chrisp Street
10-11.30am Communication Stay and Play U	School Readiness Stay and Play U 18 month to under 5s			10-11.30am Play Together U Prepare children to be ready for nursery/school For ages 18 months - 5 years
1.30-2.30pm Baby Massage U☹☹ (including the sessions with Starting Solids) for pre crawlers)	12.30-3pm ESOL U☹☹☹			12.30-3pm ESOL U☹☹☹
1.30-3pm Sensory Play for Babies U (including sessions with Starting Solids) babies under 12 months	1.30-3pm Invitation to Play ☹☹			1.30-3pm Sensory Play for Babies including Starting Solids U For babies under 12 months



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

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

- U

Universal
- ☹

By appointment only
- ☹☹

Call to book
- ☹☹☹

Term time only
- ☹☹☹

By invite only
- ☹☹☹

Virtual session
- ☹☹☹

Targeted
- ☹☹☹

Crèche available

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.

Centre details

CENTRE	ADDRESS	TELEPHONE
Isle of Dogs	Millwall Park, Stebondale Street, E14 3BX	020 7364 1179
Around Poplar	115 Three Colts Street, E14 8AP	020 7364 0540
Chrisp Street	Kerbey Street, E14 6AW	020 7364 2856