

South West Locality Activities for children under 5

Summer Term Timetable 15 April – 19 July 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
John Smith	John Smith	John Smith	John Smith	John Smith
9am-5pm Midwife Clinic - Community Midwife Team U📞	9am-2pm Understanding Autism U📞📱	9am-12noon School Nursing Healthy Lifestyle Drop-in U📞 4th Wednesday of the month	9am-5pm Newborn Hearing Clinic U📞	9am-5pm Midwife Clinic - Community Midwife Team U📞
10-11.30am Active Stay and Play for Under 2s U	9am-5pm Midwife Clinic - Gateway Midwife Team 📞📱	9am-5pm Speech and Language Therapy U📞	9.30am-4.30pm Healthy Child Start for Life Clinic U📞	Speech and Language Therapy 📞📱 WorkPath Employment Advice U📞
10am-12noon Ready Steady Go 📞📱📧 Triple P U📞📱	9.30am-5pm Newborn Blood Spot Clinic 📞📱	9.30am-4pm 0-19 Appointment Clinics U📞	10-11.30am Play and Connect 📞📱📧	9.30-11.30am SEND Coffee Morning U
11am-12.30pm Parents Forum Cooking U📞 Last Monday of the month	10-11.30am Little Talkers 📞📱📧	10-11.30am Childminders Group U📞 For registered childminders only	10am-12noon Positive Change U📞📱 Peace of Cake - Mindful Baking U📞📱📧📱 Every 2 weeks from 18 April	9.30am-4pm 0-19 Appointment Clinics U📞
1-3pm ESOL U📞📱	12.30-2.30pm Antenatal Breastfeeding Workshop 📞 Second Tuesday of the month. 16 April, 14 May, 11 June, 9 July. Book here or scan QR Code	10-11.30am Childminders Group U📞 For registered childminders only	1.30-3pm Communication Stay and Play U	10-11.30am Sensory Play for Babies U Starting Solids first Friday of the month. For babies aged 0 - 15 months
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.	3-4.30pm Communication Stay and Play U During school holidays children under 11 can attend.	1-3pm Young Parents Group 📞📧	Ocean	10am-12.15pm Support Group for Families with Children with Down Syndrome 📞📱📧
5-7.30pm Kidstime 📞📱📧 Second Monday of the month 13 May, 19 June, 8 July	Ocean	Ocean	9.30am-4pm 8-12 Months Health Review U Shadwell	10.30-11.30am Incredible Years U📞📱
Ocean	9am-12noon Docklands Outreach U📞	9.30am-4pm 3-4 Months Health Review U📞 Shadwell	10-11.30am Baby Feeding and Wellbeing Service U Shadwell	2-3.15pm School Readiness Stay and Play U📞 Harry Gosling School For 18 months to 5 years. Toilet training last session of the month
9am-5pm Universal Credit Calculator U📞 3rd Monday of the month	9am-1pm Healthy Child Start for Life Clinic U	9am-5pm NHS Talking Therapies Employment Service U📞	10am-1pm ESOL U📞📱📱	Ocean
9.30am-4.30pm 8-12 Months Health Review U📧	9am-4pm Supporting Families Employment Advisor U	10-11am Sensory Play for Babies U For babies aged 0 - 15 months	1.30-3pm Little Talkers 📞📱📧	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.
10-11.30am Active Stay and Play U During school holidays children under 11 can attend.	10-11.30am Childminders Group U📞 For registered childminders only	10am-1pm ESOL U📞📱📱	Wapping and Bigland	2-3pm Baby Massage U📞 Including Starting Solids For pre-crawlers
11.30am-1pm Parent Forum Gardening U	10-12noon Antenatal Breastfeeding Workshop U📞 4th Tuesday of the month Bengali Speaking. Shadwell	11am-12noon Starting Solids Workshop U Last Wednesday of the month	9am-4pm Midwife Clinic - Community Midwife Team U📞	Wapping and Bigland
3-4.30pm School Readiness Stay and Play U For ages 18 months to under 5s. Toilet training first session of the month.	10-12noon Antenatal Breastfeeding Workshop U📞 4th Tuesday of the month Bengali Speaking. Shadwell	Wapping and Bigland	9.30-11am Active Stay and Play U Wapping One O'Clock Club	10-11.30am Learn through Play U Understand how play supports your child's development
2-3pm Creative Play with Half Moon Theatre 📞 Shadwell, starts 29 April	1.30-3pm Play Plus 📞📧	9.30-11.30am Supporting Autistic Children and Teens U📞📱📧 Online	9.30am-4pm 2-2.5 Year Health Review U📞	1.30-3pm Communication Stay and Play U
Wapping and Bigland	Wapping and Bigland	10-11.30am School Readiness Stay and Play U For ages 18 months to under 5s. Toilet training 3rd Wednesday of the month	10-11.30am Parents Forum Sewing U📞📞	SATURDAY
9am-1pm Midwife Clinic - Gateway Midwife Team 📞📱	9.30-11am Forest School U📞 Wapping One O'Clock Club	10am-12noon Walk & Talk 📧	1.30-3pm Play Together U Wapping One O'Clock Club 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.	Ocean
10-11am Baby Massage U📞 Including Starting Solids For pre-crawlers	10am-12.30pm Triple P U📞📱			9am-1pm Healthy Child Clinic U📞
1.30-3pm Little Talkers 📞📱📧	2-3pm Baby Club U📞 Pre-birth - 12 months including starting solids last Tuesday of the month			10-11.30am Dad's/Carers Saturday Stay and Play U
	Opening times are Monday - Friday, 8.30am to 5pm			

- U Universal
- 📞 By appointment only
- 📱 Call to book
- 📅 Term time only
- 📧 By invite only
- 👤 Virtual session
- 📍 Targeted
- 👶 Crèche available

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 West 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.

