

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Mile End

**Maternity - Home Birth Clinic**  
9:00am - 12:30pm (By appointment only)  
[U] **General Stay and Play**  
9:30am - 11:00am (Linc Centre)  
**Outreach - general** 9:30am-11:00am  
[U] **Stay and Play - General**  
9:30am - 11:00am  
[U] **Early Learning for 2 year olds drop in (advice)** (Term time only)  
9:30pm - 11:00am  
[U] **Active Stay and Play**  
12:30pm:3:30pm (Term time only)  
Mile End Play Park  
[U] **Maternity Home Birth Group**  
12:30pm - 3:30pm (Term time only)  
(29/04/19, 24/06/2019, 22/07/2019)  
**Two year old integrated review**  
1:00pm - 3:00pm (By invitation only)  
[U] **Early Learning for 2 year olds drop in (advice)**  
1:00pm - 3:00pm

**School Partnership Stay and Play**  
9:15am - 11:30am (Term time only)  
Bonner School  
[U] **Benefits Advice** (Call to book)  
9:30am-12:30am  
[U] **8-12 Months Health Review**  
9:30pm - 4:00pm (By appointment only)  
**Midwife Clinic - Gateway Midwife Team**  
9:30am - 11:30am (By appointment only)  
[U] **Active Play for Babies (babies under 12 months)**  
10:00am-11:30am  
[U] **Stay and Play**  
12:30pm - 3:30pm(Term-time only)  
(Mile End Play Park)  
[U] **Two Year Old Integrated Review**  
1:00pm - 3:00pm (By invitation only)  
[U] **General Stay and Play**  
1:30pm - 3:00pm

**Adult Psychology**  
8:30pm - 5:00pm (By appointment only)  
[U] **Child Health Clinic** 9:30am-11:00am  
[U] **Baby Massage** (For babies under 12 months)  
11:00am - 12:00pm (Call to book)  
[U] **Introduction to Solids** (22/05/2019 & 10/07/2019)  
11:00am - 12:00pm  
(Call to book & term time only)  
[U] **Active Stay and Play** Mile End Play Park  
12:30pm-3:30pm (Term time only)  
[U] **Aim 4 Work** 1:30pm-4:30pm (Call to book)  
**WorkPath Employment Advice**  
1:30pm-4:30pm (Call to book)

[U] **Bookstart Stay and Play**  
9:30am - 11:00am  
[U] **Introduction to Solids**  
9:30am - 11:30am (By invitation only)  
[U] **Parents Forum**  
10:00am - 11:00am  
(09/05/2019, 13/06/2019 & 11/07/2019)  
[U] **Baby Massage** Linc Centre  
(For babies under 12 months)  
10:00am - 11:00am (Please bring a towel)  
**Invitation to Play** (By invitation only)  
1:30pm-3:00pm (Term Time only)  
[U] **Transition to Education**  
1:30pm-3:00pm (23/05/2019)  
(Call to book)  
[U] **General Stay and Play**  
1:30pm - 3:00pm (Term time only)  
(Mile End Play Park)

[U] **General Stay and Play**  
9:30am - 11:00am  
[U] **Care Confident**  
9:30am - 11:30am (Term time only)  
Crèche available (Call to book)  
[U] **Active Stay and Play**  
12:30pm-3:30pm (Term time only)  
Mile End Play Park  
[U] **Midwife Clinic - Community Midwife Team**  
1:00pm - 4:00pm (By appointment only)  
[U] **General Stay and Play**  
1:30pm-3:00pm

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

Overland

[OV] **Childcare Level 2**  
9:15am-1:30pm  
(Call to book & crèche available)  
Crèche for children over 6 months  
[U] **Introduction to Solids**  
10.00am-11.30pm  
(By appointment only)  
(03/06/2019 & 01/07/2019)  
St Stephens Health Centre  
[U] **Sensory Play**  
10:00am-11:30am (Olga Centre )  
[U] **8-12 Months Health review**  
1.00pm-3.00pm  
(By appointment only)  
(Olga Centre )  
[U] [OV] **General Stay and Play**  
2:00pm-3:30pm

**Midwife Clinic - Community Midwife Team**  
9:00am - 5:00pm (By appointment only)  
(Olga Centre )  
[U] **General Stay and Play**  
9:30am-10:30am (Olga Centre )  
[OV] [U] **Two year old integrated review**  
9:30am - 12:00pm (By appointment only)  
2nd and 4th Tuesday  
[U] **General Stay and Play**  
11:00am-12:00pm (Olga Centre )  
[U] [OV] **Active Stay and Play** 2:30pm-4pm

[OV] [U] **Midwife Clinic - Gateway Midwife Team**  
9:00am - 5:00pm (By appointment only)  
[U] **WorkPath Employment Advice** (Olga)  
9:00am - 5:00pm (By appointment only)  
(1st Wednesday of the month)  
[U] **Child Health Clinic**  
9:30am - 11:00am (Olga Centre)  
[OV] **Little Talkers** 10:00am-11:30am  
(Term Time & by appointment only)  
[U] **3-4 Months Health review** (Olga)  
1:00pm-3:00pm (By appointment only)  
[OV] **Parents Forum** (Call to book)  
1:30pm - 3:00pm - Crèche available  
(1st Wednesday of the month)

[U] **General Stay and Play**  
9:30am-10:30am (Olga Centre)  
[OV] [U] **Community Midwife**  
9:00am - 5:00pm  
By appointment only)  
[OV] **Childminders Group**  
10:00am - 12:00pm (Term-time only)  
Registered childminders only  
[U] **General Stay and Play**  
11.00am-12.00pm (Olga Centre)  
[U] **Baby Massage** (Call to book)  
1.30pm-3.00pm (Olga Centre)  
[OV] [U] **General Stay and Play**  
2:30pm-4:00pm

**Healthy Cooking**  
9:45am-11:45am (Olga Centre )  
(Call to book & crèche available)  
[OV] **Positive Parenting Program-PPP**  
10.00am-12.30 (By invitation only & crèche available for children over 6 months)  
[OV] [U] **Baby Feeding Service**  
12:30pm - 2:30pm  
[OV] [U] **Sensory Play for Babies**  
(for babies under 12 months)  
2:00pm - 3:00pm  
[U] **Resident Support Universal Credit Outreach**  
9:00am-12:00pm (OV)  
2:00pm-5:00pm (Olga) (Call to book )

**i** Sessions marked with [OV] is held at Overland Children's Centre

Marner

[U] **Midwife Clinic** (By invitation only)  
9:00am - 4:00pm  
[U] **General Stay and Play**  
9:30am - 11:00am  
[U] **Baby Massage**  
1:30pm - 2:30pm (By invitation only)  
[U] **Introduction to Solids**  
1:30pm - 2:30pm (By invitation only)  
03/06/2019, 22/07/2019  
[U] **8-12 Months Health Review**  
1:30pm - 3:00pm (By invitation only)  
[U] **Two Year Old Integrated Review**  
(By invitation only)  
1:30pm - 3:00pm  
[U] **Transition to Education**  
1:30pm - 3:00pm (By invitation only)  
(Children's House Nursery)

**Story telling Stay and Play**  
9.00am-10.30am Marner Primary School  
(By invitation & term-time only)  
**Education Psychology**  
9:00am-4:00pm (By invitation only)  
[U] **Sensory Play for Babies (for babies under 12 months)**  
9:30am - 10:30am  
**Early Learning for 2 year olds drop in (advice)** 9:30am - 10:30am  
[U] **Parents Forum** 11:30am-1:00pm  
[U] **Music and Movement**  
1:00pm-2:00pm (Term-time only)  
[U] **Outreach - baby clinic**  
1:00pm-3:00pm St Andrews Health Centre  
[U] **WorkPath Employment advice**  
1:30pm - 4:30pm

[U] **School Partnership Stay and Play**  
9:00am - 10:30am (Term time & by invitation only)  
Marner Primary School  
[U] **ESOL Family Language** 9.00am-11.45am  
(Term time and by invitation only)  
[U] **Child Health Clinic** 12:15pm-2:45pm  
[U] **Outreach - baby clinic** 1:30pm-3:30pm  
Bromley-by-Bow Centre & Stroudley Walk Health Centre  
[U] **Benefits Advice**  
1:30pm - 3:30pm (Term time only)  
[U] **Active Stay and Play** 3:15pm - 4:30pm

[U] **Creative Stay and Play**  
9:30am-11:00am  
[U] **Two Year Old Integrated Review**  
10.00am-3.00pm  
[U] **Personal Social Emotional Stay and Play**  
1.30pm-3.00pm

**i** You can collect Healthy Start vitamins at your local children's centre  
**i** Sessions marked with [U] are Universal drop-in

[U] **Communication Stay and Play**  
9:30am - 11:00am  
[U] **Bookstart Stay and Play**  
12:00pm-1:00pm (Term time only)  
[U] **English Functional Skills**  
12:30pm-3:30pm (Term time only)  
**i** Some sessions are **term-time only** and will not run during the school holidays.

**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**

## 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 contact Tasneem to book an appointment.

**Tasneem Miah** 020 7364 7742

**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:

Mumina Begum 0207 364 0631/07508 641 116

mumina.Begum@towerhamlets.gov.uk

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

### Health Centre Outreach

Merchant Street health centre

Tuesday 1:30pm—3:30pm

### Target group outreach

Mile End Reach Area

Wednesday 9:30-11:30

### General Outreach

Children's House Nursery

Monday 10am—12pm

### Outreach in St Andrews Health Centre

St Andrews health centre

Tuesday 1pm -3pm

### Outreach in Stroudley Walk

Stroudley walk health centre

Wednesday 1:30pm - 3pm

### Outreach in Bromley by Bow Health Centre

Bromley by Bow health centre

Thursday 1pm—3pm

### Health Clinic outreach

St Stephen's health centre

Thursday 9am—11:15am

**For more early years services** - Contact **Family Information Service** 020 7364 6495 or visit [www.localoffertowerhamlets.co.uk](http://www.localoffertowerhamlets.co.uk)

## Useful telephone numbers

Tower Hamlets Asian Women's Aid

020 7517 1420

Breastfeeding Network Support

0300 100 0210

Tax Credit Helpline

0345 300 3900

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Find a Doctor/ Dentist

020 7364 5016

Mind in Tower Hamlets/ Newham

020 7510 1081

Tower Hamlets Domestic Violence Team

0800 279 5434

NE

## Our Children's Centre Opening times are Monday - Friday 8:30am to 5:00pm

### Overland Children's Centre

60 Parnell Road,  
E3 2RU

020 7364 1925

### Mile End Children's Centre

9 Bede Square  
Joseph Street  
E3 4GY

020 7364 7557

### Marnar Children's Centre

Devas Street  
E3 3LL

020 7364 3534

## Other delivery venues

### Olga Centre

25 Medway Road,  
E3 5DS

020 7364 3100

