

	Monday	Tuesday	Wednesday	Thursday	Friday	
Meath Gardens	<p>[U] Stay and Play - General 10:00am - 11:30am</p> <p>[U] Education Psychology (By appointment only) 9:00am - 3:00pm (Term-time only)</p> <p>[U] Positive Parenting Workshops (EP) 1:15pm - 2:45pm (Call to book & crèche available)</p> <p>Little Talkers 1:30pm - 3pm (Term Time & by invitation only)</p>	<p>Early Learning for 2 year olds Stay and Play 10:00am - 11:30am (Call to book)</p> <p>[U] Music and Movement 10:00am - 11:30am</p> <p>[U] Child Health Clinic 1:00pm - 2:30pm (By appointment only, must be registered with Globe Town Surgery. Every 2 weeks)</p> <p>[U] WorkPath Employment Advice 1:30pm - 4:30pm (By appointment only, call to book)</p> <p>Positive Parenting Stay and Play 1:30pm - 3:00pm (Term Time & by invitation only)</p>	<p>[U] School Partnership Stay and Play Globe Town School families only Globe Town Primary School 9:00am - 10:00am (Term-time only)</p> <p>[U] Sensory Play for Babies (under 12 months) 9.30am - 10.30am (Call to book)</p> <p>Childminders Group (By invitation only) Registered Childminders only 10:00am - 11:45am (Term-time only)</p> <p>Maths Functional Skills 12:30pm - 3:30pm (Term time only, call to book & crèche available)</p> <p>[U] Parents Forum 1:30pm - 3:00pm (Call to book & crèche available)</p>	<p>[U] 3-4 months Health review 9:00am - 12:30pm (By invitation only) (Must be registered with Globe Town Surgery)</p> <p>Communication Stay and Play 10:00am - 11:00 (By invitation only)</p> <p>[U] Two year old integrated review 10:00am - 12:00pm (By invitation only) (Must be registered with Globe Town Surgery)</p> <p>Baby Massage (Pre-crawlers only) 1:30pm - 2:30pm (Call to book)</p> <p>[U] Aim 4 Work (Call to book) 1pm-4pm (Last Thursday of the month)</p> <p>[U] Active Stay and Play 2pm - 3:30pm</p>	<p>[U] School Partnership Stay and Play 9:00am - 9:40am (Term-time only) Bangabandhu Families only</p> <p>[U] Active Stay and Play 9:30am - 11:00am</p> <p>First Steps to Recovery 11:30am - 1:00pm (By invitation only)</p> <p>[U] Resident Support Universal Credit Outreach 9:30am - 4:00pm (Call to book)</p> <p>[U] Communication Stay and Play 1:30pm - 3:00pm</p>	<p>i Please note there will be no admittance to sessions 30 minutes before the end.</p>
Mowlem	<p>[U] Midwife Clinic - Community Midwife Team 9:30am-4:30pm (By invitation only)</p> <p>[U] Active Stay and play 10:00am - 12:00pm (St. Hilda's Community Centre)</p> <p>Ready Steady Go 10:00am-12:00pm (Term time & by invitation only)</p> <p>Positive Parenting Stay and Play 10:15am-11:30am (By invitation only)</p> <p>[U] Baby massage 10:30am-11:30am (Call to book & for pre-crawlers only)</p> <p>[U] General Stay and Play 2:00pm - 3:00pm</p>	<p>[U] 8-12 Months Health review 9:30am-12:30pm (By invitation only)</p> <p>[U] Resident Support Universal Credit Outreach 9:30am-4:30pm (Call to book)</p> <p>[U] Communication Stay and Play 10:00am - 11:30am</p> <p>[U] 3-4 Months Health review 1:30pm - 4:30pm (By invitation only)</p> <p>[U] WorkPath Employment Advice 1:30pm - 4:30pm (Call to book) (Fourth Tuesday of each month)</p> <p>Creative Stay and Play 1:45pm - 3:15pm (By invitation & term time only) (Rich Mix)</p>	<p>Doves 10:00am-12:00pm (Term time & by invitation only)</p> <p>[U] Two year old integrated review 10:00am - 12:00pm (By invitation only)</p> <p>[U] Active Stay and Play 1:00pm - 3:00pm (St Hilda's Community Centre)</p> <p>[U] Parent Forum 1:30pm - 3:00pm (Call to book) First Wednesday of the month, crèche available</p> <p>[U] Introduction to solids 2:00pm - 3:00pm (Call to book) Last Wednesday of the month</p>	<p>[U] Messy Play - Stay and Play (Virginia Primary School) 9:00am - 10:30am (Term-time only)</p> <p>[U] Education psychology (Term-time only) 9:00am - 4:30pm (By appointment only)</p> <p>[U] Strengthening Families Strengthening Communities-SFSC 9:30am-12:00pm (Term time only) (Call to book, crèche available)</p> <p>[U] Sensory Play for Babies (for babies under 12 months) 2:00pm-3:00pm</p>	<p>[U] Helping in School Level 2 9:30am-1:30pm (Term Time only & call to book)</p> <p>[U] Early Learning for 2 year olds Stay and Play 10:00am-11:30am</p>	<p>i Stay and Play sessions are suitable for all children aged 4 and under. Some sessions are only for babies.</p>
Collingwood	<p>[U] School Partnership Stay and Play (Christ Church School) 9:00am - 10:00am (Term-time only)</p> <p>[U] General Stay and Play 10:00am - 11:30am</p> <p>[U] Baby Massage (Call to book) 10:00am-11:30am For babies under 12 months</p> <p>[U] Introduction to Solids 10:00am-11:30am (Call to book & for babies under 12 months)</p> <p>[U] ESOL Family Language 1:00pm-3:00pm (Term-time only, call to book)</p> <p>[U] General Stay and Play 2:00pm-3:30pm</p>	<p>[U] WorkPath Employment Advice 9:00am - 2:30pm (Call to book)</p> <p>Midwife Clinic - Gateway Midwife Team 9:00am - 3:00pm (By invitation only)</p> <p>[U] Communication Stay and Play 10:00am - 11:30am</p> <p>[U] Two year old Integrated Review 1:30pm - 3:30pm (By invitation only)</p> <p>[U] Parents Forum 1:30pm-3:30pm (Crèche available, call to book)</p>	<p>[U] Education Psychology 9:00am-5:00pm (By appointment only)</p> <p>Early Learning for 2 year olds Stay and Play 10:30am-11:30am (Call to book)</p> <p>Invitation to Play 10:30am-12:00pm (By invitation only)</p> <p>[U] Story Time IDEA Store 10:30am-12:00pm (Whitechapel Idea Store)</p> <p>[U] Child Health Clinic 12:00pm - 1:30pm</p> <p>[U] Baby feeding service 12:30pm - 2:30pm</p>	<p>[U] Sensory Play for Toddlers (under 2s) 10:00am - 11:30am</p> <p>[U] Stay and play - General 1:30pm - 3:00pm</p>	<p>[U] School Partnership Stay and Play (Osmani Primary School) 9:15am - 10:15am (Term-time only)</p> <p>[U] 3-4 months health review 10:00am - 12:00pm (By invitation only)</p> <p>[U] 8-12 Months Health review 10:00am-2:00pm (By invitation only)</p> <p>Outreach-general 1:30pm - 3:30pm (By appointment only)</p>	<p>i Sessions marked with [U] are Universal drop-in sessions</p> <p>i Some sessions are term-time only and will not run during the school holidays.</p>

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

For more early years services - Contact **Family Information Service** 020 7364 6495 or visit www.localoffertowerhamlets.co.uk

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:

Shamina Khanum - 020 7364 2720

shamina.khanum@towerhamlets.gov.uk

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

Mowlem reach area

Bethnal Green Health Centre

Mon 1pm—3pm

Mission practice health centre

Mon 1pm— 2:30pm

Strouts place surgery

Tuesday 10am-11:30am

Meath Gardens reach area

Globe Town surgery –Baby clinic

Tuesday 1pm—3:30pm

Collingwood reach area

Blithale Health Centre

1:30pm-3:00pm

Spitalfields Health Centre

1:30pm - 3pm

(Second Wednesday of the month)

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

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

Collingwood Children's Centre

St Bartholomew Gardens
Buckhurst Street, E1 5QT
020 7364 0539

Meath Gardens

Children's Centre
1 Smart Street, E2 0SN
020 7364 0349

Mowlem

Children's Centre
Wadeson Street, E2 9DL
020 7364 7935

Other delivery venues

St Hilda's Community Centre

18 Club Row, E2 7EY 020 7739 8066

Columbia Market Nursery

Columbia Road, E2 7PG 020 7739 4518

Virginia Primary School

Virginia Road, E2 7NQ 020 7739 6195

Rich Mix

35-47 Bethnal Green Road, E1 6LA
020 7613 7498

www.towerhamlets.gov.uk/childrenscentres

