

# South East Mini Cluster Children's Centre Spring Activity Timetable

2nd January 2018 - 13th April 2018



Around Poplar

Chrisp Street

Isle of Dogs

## Monday

**ESOL**  
9.30am - 11.30am  
Call for assessment dates  
(Term-time only)  
Crèche is not available

**[U] Stay and play**  
1.30pm - 3.00pm

**i** Some sessions are **term-time only** and will not run during the school holidays.

**[U] Child health clinic**  
9.30am - 11.00am  
Starting 15th January

**[U] Ante-natal pilates**  
10.00am - 11.00am  
(For babies under 12m)

**[U] Postnatal pilates**  
11.15am - 12.15pm

**[U] Stay and play**  
1.30pm - 3.00pm

**[U] Stay & play**  
10.00am - 11.30am  
Alpha Grove Community Centre, Alpha Grove, E14 8LH  
(Term time only)

**Two year old integrated review**  
9.30am - 11.30am  
(By appointment only)

**Child health clinic**  
1.30pm - 3.30pm  
(By appointment only)

**i** Sessions marked with [U] are Universal drop-in sessions

## Tuesday

**[U] Stay and play** (Term-time only)  
9.00 - 10.30am  
Woolmore Primary School

**WorkPath employment session**  
9.00am - 12.00pm (Drop in)

**Gateway midwife Antenatal and postnatal contact**  
10.00am-4.00pm (By appointment only)

**Invitation to play** (By invitation only)  
10.30am - 12.00pm

**[U] THAMES music**  
1.00pm - 1.40pm (Term-time only)

**[U] THAMES music**  
1.50pm - 2.30pm (Term-time only)

**[U] Sensory play for babies**  
(For babies under 12m)  
10.00am - 11.00am

**Complementary feeding**  
11.00am - 12.00pm (By invitation only)

**Breast Feeding support and baby massage**  
10.00am - 12.00pm

**[U] Stay and play**  
2.00pm - 3.00pm (Term-time only)  
St Nicholas church, Aberfeldy, E14 ONU

**Catch22**  
12.30pm - 3.00pm

**Vocational ESOL** (Call to book)  
12:30pm—2:30pm

**Childminders network**  
9.30am - 11.30am (Term-time only)  
For childminders only

**WorkPath employment session**  
1.00pm - 4.00pm  
By appointment only

**[U] Stay and play**  
2.00pm - 3.30pm

**Triple P parenting course**  
(9 week course) 10.00am - 12.30pm  
30th January - 27th March

## Wednesday

**8-12m Reviews and two year old Integrated Reviews**  
9.30am-12.00pm (By appointment only)

**[U] Parents' forum**  
1.30pm - 3.00pm (Term-time only)  
Last Wednesday of the month

**Learning through play**  
10.00am - 12.00pm (Call to book)

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

**WorkPath employment session**  
9.00am - 12.00pm  
(By appointment only)

**[U] Stay and play**  
10.00am - 11.30am

**Two year old integrated review**  
9.15am - 12.00pm  
(By invitation only)

**WorkPath employment session**  
1.30pm - 3.30pm  
Drop-in

**[U] Stay and play**  
10.00am - 11.30am

**[U] Parent's forum**  
1.30pm - 3.00pm  
Last Wednesday of the month  
(Crèche provided—call to book)

**Community parents group**  
1.30pm - 3.00pm  
6 week course  
(By invitation only)  
(Starts after February half-term)

## Thursday

**[U] Stay and play**  
10.00am - 11.30am

**[U] Trumpers Jumpers stay and play**  
1.30pm - 2.30pm  
(Term time only)

**i** Stay and Play sessions are suitable for all children aged 4 and under. Some sessions are only for babies.

**Gateway midwives**  
9.00am - 5.00pm  
(By appointment only)

**[U] Stay and play** (Toy Loan)  
9.30am - 11.00am

**Two year old integrated review**  
1.00pm - 4.00pm  
(By invitation only)

**Little talkers**  
1.15pm - 2.45pm  
(By invitation only)

**Adult learning course**  
9:00am—12:00pm

**Two year old integrated review**  
9.30am - 11.30am  
(By appointment only)

**Gateway midwife**  
9.00am - 2.00pm  
(By appointment only)

**[U] Active babies**  
2.00pm - 3.00pm  
(For babies under 12m)

**Baby clinic**  
3.30pm - 4.30pm  
(By appointment only)

## Friday

**[U] P.L.U.S - An activity group for parents**  
10.00am - 11.30am  
(Term time only)

**[U] Sensory and active play**  
2.00pm - 3.00pm  
Session for crawlers and non-crawlers

**Sleep workshop**  
3.00pm - 4.00pm  
3rd Friday of each month

**Childminders network**  
10.00am-12.00pm (Childminders only)

**Midwifery service**  
9.00am - 5.00pm  
By appointment

**[U] Parent empowerment group**  
1.30pm - 3.00pm  
(Term time only)  
(Crèche available call to book)

**[U] Stay and play**  
10.00am - 11.30am

**Educational psychology support**  
9.00am - 4.00pm  
(By appointment only)

**Educational psychology and Early intervention parenting workshop**  
1.00pm - 2.30pm (By invitation only)  
First Friday of the month  
(Crèche provided call to book)

**Parents Empowerment Group**  
1.30pm - 3.00pm (By invitation only)  
Last Friday of the month  
(by invitation only)



**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

## 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**

## 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 pre-birth – 4 years old. 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

## Volunteering

The Children's Centres Volunteering Project can support you build your skills for future employment; help build your network whilst you are making an impact to your local community. If you have a child under the age of five and are able to converse in English, please contact Tasneem to book an appointment.

**Tasneem Miah** 020 7364 7742

**WorkPath** is a unique employment service for all Tower Hamlets residents, providing support for people at all levels of work, skill or experience. If you live in Tower Hamlets, we can provide 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:** Ibrahim Haid

020 7364 4848

[ibrahim.haid@towerhamlets.gov.uk](mailto:ibrahim.haid@towerhamlets.gov.uk)

### For more early years services

Contact **Family Information Service**

020 7364 6495

[www.localoffertowerhamlets.co.uk](http://www.localoffertowerhamlets.co.uk)

### Useful telephone numbers

Tower Hamlets Asian Women's Aid  
020 7517 1420

Find a Doctor/ Dentist  
020 7364 5016

Breastfeeding Network Support  
0300 100 0210

Mind in Tower Hamlets/ Newham  
020 7510 1081

Tax Credit Helpline  
0345 300 3900

Tower Hamlets Domestic Violence Team  
0800 279 5434

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

#### Around Poplar Children's Centre

115 Three Colts Street  
E14 8AP  
020 7364 0540

#### Chrip Street Children's Centre

23-27 Market Way,  
E14 6AH  
020 7364 2856

#### Isle of Dogs Children's Centre

Millwall Park  
Stebondale Street, E14 3BX  
020 7364 1179

### Other deliver venues

#### Alpha Grove Community Centre

Alpha Grove,  
E14 8LH

#### Woolmore School

37 Woolmore Street  
E14 0EW

[www.towerhamlets.gov.uk/childrenscentres](http://www.towerhamlets.gov.uk/childrenscentres)



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