

Around Poplar

**Monday**

**Adult Psychology** 9.00am - 5.00pm  
(By appointment only)

**[U] Baby Massage** 10.30am - 11.45pm  
(Call to book. Babies under 8 months)  
(25/3/19, 1/4/19, 8/4/19 and 15/4/19)

**[U] General Stay and Play**  
1.30pm - 3.00pm

**ESOL Vocational Childcare E3-L1**  
9:30am - 11:30am (Term-time only)

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

**Tuesday**

**[U] School Partnership Stay and Play**  
(Woolmore Primary School)  
9:00am - 10:30am (Term-time only)

**[U] Child Health Clinic**  
9.30am - 11.00am

**Invitation to Play**  
10:30am - 12:00pm (By invitation only)

**[U] Introduction to Solids Drop in**  
1:00pm - 2:30pm (last Tuesday of every month)

**[U] Communication Stay and Play**  
2.00pm - 3.00pm

**Wednesday**

**Education Psychology**  
9:00am - 5:00pm (By appointment only)  
(Term-time only)

**Play in the Home** (By appointment only)  
9.30am - 10.30am

**[U] Two year old Integrated Review**  
9:30am - 12:00pm (By appointment only)

**[U] WorkPath Employment Advice**  
(Chrisp St Children Centre)  
9:30am-3:30pm (Term-time only)

**Toilet Training Workshop**  
27/02/2019  
10:00am - 12:00pm (Call to book)  
(Crèche available)

**Maths Functional Skills**  
12:30pm - 2:30pm (By invitation only)

**Early Learning 2 Drop in (advice)**  
2:00pm - 3:00pm

**[U] WorkPath Employment Advice**  
9:30am - 3:30pm

**Two Year Old Integrated Review**  
9:15am - 12:00pm (By appointment only)

**[U] Stay and Play - General**  
10:00am - 11:30am

**Community Parent Workshops**  
1:30pm - 3:30pm (By Invitation only)

**Care Confident (By invitation only)**  
2:00pm - 3:00pm

**[U] WorkPath Employment Advice**  
9:30am-3:30pm (Call to book)  
(Chrisp St Children's Centre)

**[U] Communication Stay and Play**  
10:00am - 11:30am

**[U] Early Learning for 2 year olds drop in (advice)**  
1:30pm - 2:30pm

**[U] Parents forum**  
1:30pm - 3:00pm  
Last Wednesday of the month

**Thursday**

**Catch 22**  
9:00am - 12:00pm (Call to book)  
For parent/carers who need support with job ready skills/training/finding work

**[U] General Stay and Play**  
10:00am - 11:30am

**Play in the Home** (By appointment only)  
2:30pm - 4:30pm

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

**Education Psychology**  
9:00am-5.00pm (By appointment only)

**[U] Two Year Integrated Review**  
1:00pm - 3:00pm (By invitation only)

**Little Talkers** (By invitation only)  
1:30pm-3:00pm (Term-time only)

**Young Parents Group** (By invitation only)  
3:30pm-4:30pm (under 23 year olds)

**ESLO Vocational Childcare E3-L1**  
(By invitation only)  
9:30am-12:00pm (Term-time only)

**[U] Communication Stay and Play**  
10:00am - 11:30am

**i** You can collect Healthy Start vitamins at your local children's centre.

**Gateway Midwife Clinic**  
9:00am - 2:00pm (By appointment only)

**Two Year Old Integrated Review**  
9:30am - 11:30am (By appointment only)

**[U] Active Play for Babies**  
(babies under 12 months)  
2:00pm - 3:00pm

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

**Friday**

**PLUS Activity Group for Parents**  
10:00am - 11:30pm  
(Term-time only)  
(Crèche available)

**[U] Parents Forum** (Crèche available)  
10:00am - 11:30am (Term-time only)  
Last Friday of the month

**[U] Sensory Play for Babies**  
(for babies under 12 months)  
2:00pm - 3:00pm

**[U] Health Visitor Workshop**  
3.00pm - 4.00pm ( Drop in )  
(18/01/2019, 15/02/2019, 15/03/2019)

**[U] Communication Stay and Play**  
10:00am - 11:30am

**Childminders Group**  
10:00am - 12:00pm  
(Childminders only)

**[U] Parents Empowerment Group**  
1:00pm - 2:30pm (Term-time only)  
(Crèche available)

**Parents Forum**  
1:00pm-2:30pm (Term-time only)  
(By invitation only & crèche available)

**[U] Education Psychology**  
9:00am - 4:00pm (By appointment & Term-time only)

**[U] Active Stay and Play**  
10:00am - 11:30pm

**[U] Early Intervention Parenting Workshops (EP)**  
1:00pm - 2:30pm  
(By invitation only)

**[U] Parents Empowerment Group**  
1:30pm - 3:00pm (Call to book)  
First Friday of the month

Chrip Street

**[U] Child Health Clinic**  
9:30am - 11:00am

**[U] Pilates - Antenatal**  
10:00am - 11:00am

**[U] Pilates - Postnatal**  
11:15am - 12:15pm  
(Mothers with babies under 6 months)

**[U] Messy Play - Stay and Play**  
1:30pm - 3:00pm

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

**[U] Sensory Play for Babies**  
(until the baby walks )  
10:00am - 11:00am

**[U] Baby Massage**  
10am-12:00pm (Babies under 6 months)

**[U] Baby Feeding Service**  
11am - 12:00pm (Babies under 6 months)

**[U] Introduction to Solids**  
First Tuesday of the month  
11:00am - 12:00pm

**ESOL Family Language** (Term-time only)  
12:30pm - 2:30pm (By invitation only & crèche available)

**[U] Stay and Play - Active**  
St Nicholas' Church  
Aberfeldy Street, E14 0NU  
2:00pm - 3:00pm (Term-time only)

**[U] 8-12 Months Health Review**  
9:30am - 11:30am  
(By appointment only)

**[U] Two Year Old Integrated Review**  
9:30am - 11:30am  
(By appointment only)

**[U] Early Learning 2 drop in (advice)**  
10:00am - 11:00am

**[U] Child Health Clinic**  
1:30pm - 3:30pm  
(By appointment only)

**[U] Communication Stay and Play**  
2:00pm-3:30pm (Term-time only)  
St Luke's Church

**[U] Childminders Group**  
(For registered childminders only)  
9:45am - 11:15am (Term-time only)

**Positive Parenting Program-PPP**  
10:00am - 12:30pm (Term-time only)  
(Call to book, crèche available)

**[U] Aim 4 Work** 1:00pm-4:00pm

**[U] Stay and Play - Creative**  
2:00pm - 3:30pm

**[U] Early Learning for 2 year olds drop in (advice)**  
2:00pm-3:30pm

Isle of Dogs

**[U] Communication Stay and Play**  
10:00am - 11:30am

**[U] Early Learning for 2 year olds drop in (advice)**  
1:30pm - 2:30pm

**[U] Parents forum**  
1:30pm - 3:00pm  
Last Wednesday of the month

**Gateway Midwife Clinic**  
9:00am - 2:00pm (By appointment only)

**Two Year Old Integrated Review**  
9:30am - 11:30am (By appointment only)

**[U] Active Play for Babies**  
(babies under 12 months)  
2:00pm - 3:00pm

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

**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](http://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

**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:

Ibrahim Haid 020 7364 4848

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

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

### Around Poplar

#### Gill Street Health Clinic

Tuesday 9:30am –11:00am

Wednesday 3pm-4pm

Thursday 2pm-3:30pm

You can collect Healthy Start child and mother vitamins from your local children's centre.

### 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

### Chrisp 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 delivery venues

### St Luke's Millwall Alpha Grove

London Borough of Tower Hamlets  
E14 8LH

### Woolmore School

37 Woolmore Street  
E14 0EW

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

