

John Smith

Monday

Adult Psychology
9:00am - 5:00pm
(By appointment only)

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

[U] **ESOL Vocational Childcare E3-L1**
12:45pm-3:00pm (Term-time only)
(By invitation only & crèche available for children over 6 months only)

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

Ocean

[U] **Midwife Clinic - Community Midwife Team (Shadwell)**
9:00am - 4:00pm
(By appointment only)

[U] **ESOL Family Language**
9.15am - 11.30am (Whitehorse)
(Call to book, crèche available)

[U] **Child Health Clinic**
9:30am - 11:15am (Whitehorse)

Early Learning for 2 year olds drop in (advice)
9:30am - 11:00am (Whitehorse)

[U] **Forest School** (10am - 11:30am)
Whitehorse (By invitation only)

[U] **Stay and Play - Active (Shadwell)**
1:30pm - 3:00pm (Term-time only)

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

Wapping

[U] **Stay and Play - Active**
9:30am - 11:00am

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

[U] **School Partnership Stay and Play**
2:00pm-3:00pm (Term time only)
Shapla Primary School

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

Tuesday

NOUR Counselling
9:00am-5:00pm (By appointment only)

[U] **WorkPath Employment Services**
9:00pm - 5:00pm
(Call to book, last Tuesday of the month)

[U] **Educational Psychology**
9:00am - 5:00pm (By appointment only)

Community Interpreting Level 2
9:00am-12:00pm (Term time only, call to book & crèche)

[U] **8-12 months health review**
9:30am - 12:30pm (By appointment only)
(2nd Tuesday of the month)

[U] **Two year old integrated review**
9:30am - 12:30pm (By appointment only,
4th Tuesday of the month)

[U] **Pregnancy Circle** 10:00am-12:00pm
(By invitation only 11/06/2019)

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

[U] **8-12 month health review** (Shadwell)
9:30am - 12:00pm (By invitation only)

[U] **Two year old integrated review**
(Shadwell)

9:30am - 12:00pm (By invitation only)

[U] **3-4 Months Health review**
9:30am - 12:00pm (Shadwell)
(By invitation only)

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

Growing together
1:30pm - 3:00pm
(By invitation & term time only)

Midwife Clinic - Gateway Midwife Team
9:00am - 5:00pm (By appointment only)

[U] **WorkPath Employment advice**
9:00am - 5:00pm (Call to book, first
Tuesday of the month)

[U] **General Stay and Play**
9:30am- 11:00am
(Wapping One O'clock Club)

[U] **Baby club** (Pre-birth - 12 months)
10:00am - 11:30am

[U] **Two Year Old Integrated Review**
(By appointment only)
1:00pm-4:00pm (2nd Tuesday of month)

Healthy Cooking 1:30pm-3:00pm
(Call to book, crèche available)
(Wapping One O'clock Club)
(5 week course, call to book)

Wednesday

Midwife Clinic - Gateway Midwife Team
9:00am - 5:00pm (By appointment only)

[U] **Childminders Group**
(For registered childminders only)
10:00am - 11:30am (Term time only)

[U] **Early Learning for 2 year olds Stay and Play** (Call to book)
10:00am-11:00am (Term time only)
(1st and 3rd Wednesday of the month)

[U] **Paediatric First Aid** (Call to book)
10:00am-11:30am
(Fourth Wednesday of the month)

[U] **Introduction to Solids**
1:30pm-3:00pm
(2nd Wednesday of the month)

[U] **School Partnership Stay and Play at Harry Gosling Primary School**
(Term time only & alternate Wednesdays)
2:00pm-3:30pm

[U] **8-12 month health review** (Whitehorse)
9:00am - 12:00pm (By invitation only)

[U] **Two year old integrated review**
9:30am - 12:00pm (By invitation only)

[U] **Strengthening Families Strengthening Communities-SFSC** (Call to book)
9:30am - 12:30pm (Term Time only & crèche available) Whitehorse

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

Care Confident (Whitehorse)
10:00am - 11:00am (By invitation only)
(Second and fourth Wednesday of the month)

[U] **Introduction to Solids** (Whitehorse)
1:30pm - 3:00pm (Drop in)
First Wednesday of the month

[U] **Personal Social Emotional Stay and Play**
10:00am - 11:30am

[U] **Two year old integrated review**
(Wapping One O'clock Club)
10:00am- 12:00pm (By invitation only)
Second Wednesday of the month

[U] **8-12 months Health Review**
12:30pm - 3:00pm (By appointment only)
For babies under 12 months

[U] **School Partnership Stay and Play**
(Harry Gosling Primary School)
2:00pm - 3:30pm (Term-time only)

Thursday

[U] **Health Visitor Workshop**
9:00am-5:00pm (By appointment only)

[U] **Aim 4 work** 9am-1pm (Call to book)
(2nd Thursday of the month)

Midwife Clinic - Gateway Midwife Team
9:00am-5:00pm (By appointment only)
(1st and 3rd Thursday of the month)

[U] **Safeguarding Level 2**
9:15am-1:00pm
(Call to book & crèche available)

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

[U] **General Stay & Play** 1:30pm-3:00pm
(1st and 3rd Thursday of the month)

[U] **Parents Forum** 1:30pm - 3:00pm
(Crèche available, Call to book)
(Second & fourth Thursday of the month)

[U] **Baby Massage** 2:00pm-3:00pm
(Call to book & for babies 0-12 months)

[U] **WorkPath Employment advice**
9:00am - 5:00pm (Whitehorse)
(Call to book, last Thursday of the month)

[U] **Education Psychology** 9am - 5:00pm
(By appointment only) (Whitehorse)

[U] **Parents Forum** 10:00am - 11:15am
(2nd Thursday of month, crèche available)

Communication Stay and Play
10:00am - 11:30am (Term time only)
Whitehorse (By invitation only)

[U] **Baby Feeding** (Shadwell)
10:00am - 11:30am

[U] **Baby Massage** (Shadwell)
10:30am - 11:00am (Babies under 12months)

[U] **General Stay and Play**
1:30pm - 3:00pm (Whitehorse)

[U] **School Partnership Stay and Play**
(Term-time only)
2:15pm - 3:15pm (Halley School)

Aim 4 Work
9:00am - 1:00pm (Call to book)
(4th Thursday of the month)

[U] **Creative Stay & Play**
9:30am-11:00am
Wapping One O'clock Club

[U] **Child Health Clinic**
9:30am- 11:15am

[U] **Positive Parenting Program-PPP**
12:45pm-3:00pm
(Crèche available, Call to book)

Friday

[U] **Midwife Clinic - Community Midwife Team**
9:00am - 5:00pm (By appointment only)

Invitation to Play (By invitation only)
10:00am-11:30am (Term Time only)

[U] **Baby Club (Pre-birth - 12 months)**
10:00am-11:15am (Call to book)

[U] **Sensory Play for Babies**
(for babies under 12 months)
1:30pm - 3:00pm

Saturday

Invitation to Saturday Play
10:00am-11:30am
(Call to book. 1st Saturday of the month)

[U] **Childcare Level 1**
9:00am - 12:00am (Shadwell)
(Call to book, term time only)

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

[U] **Sensory Play**
(For babies up to 15 months)
1:30pm - 3:00pm (Term-time only)

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

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

[U] **Education Psychology**
9:00am - 5:00pm (By appointment only)

[U] **3-4 Months Health review**
9:00am-12:00pm (By invitation only)
(Second Friday of the month)

[U] **Parents Forum**
9:30am-11:00am (Term Time only)
(Call to book & crèche available)

[U] **Early Learning for 2 year olds Stay and Play**
1:30pm-3:00pm (Term time 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 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:

Rusunara Begum 020 7364 1071 / 07904 158 667

rusunara.begum@towerhamlets.gov.uk

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

John Smith reach area

General outreach

Watney Market, Wednesdays
10:00-11:30

Outreach to Schools

Smithy Street, Kobi Nazrul, Fridays
3:00-3:45, and Parents Coffee mornings

Welcome sessions for new intakes (happens in Sept and Jan, Smithy Street and Kobi Nazrul)

Redlands, Little Ducklings,
Tuesdays, 3 times a term

Ocean and Wapping reach area

During health clinic sessions at the centre

Useful telephone numbers

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SW

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

John Smith Children's Centre
90 Stepney Way
E1 2EN
020 7364 0537

Ocean Children's Centre
Whitehorse Road
E1 OND
020 7364 6605

Wapping & Bigland Children's
Centre
15 Richard Street, E1 2JP
020 7364 0423/6004

Other delivery venues

Ocean Children's Centre, Shadwell
418-422 Cable street, E1 0AF
020 7364 0544

Wapping One o'clock
Wapping Gardens, off Tench St,
E1W 2QD

www.towerhamlets.gov.uk/childrenscentres

