



24 December 2021

North East Locality Children and Family Centres Autumn Term Activity Timetable – 31 August –



Useful numbers

**Hestia Women's Refuge
Services for South Asian
Women only**
020 7517 1420

**Breastfeeding Network
Support**
0300 100 0210

Tax Credit Helpline
0345 300 3900

Find a Doctor/Dentist
020 7364 5016

**Mind in Tower Hamlets/
Newham**
020 7510 1081

**Tower Hamlets
Domestic Violence
Team**
0800 279 5434

www.towerhamlets.gov.uk/childrenscentres

Adult Learning & Parenting



The Parenting and Adult Education (PAE) Team work closely with all Children's and Family Centres and organise free training courses, workshops and programmes for families with children under eighteen. These are all free to attend, if you meet the set eligibility criteria. Full details on what is available can be found on the PAE Directory.

For further details, please contact:
Syeda Pasha

Tel: 020 7364 0421 Mobile: 07984 277 662

Zubair Ahmed

Tel: 020 7364 2240 Mobile: 07773 384 947

Workpath



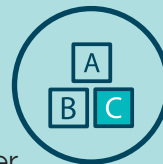
Employment support, whether you need basic skills or advanced training; access to work experience, apprenticeships or graduate schemes; CV help, interview preparation and more.

Information Advice & Guidance Officer:
Suhel Ahmed

suhel.ahmed@towerhamlets.gov.uk

Tel: 020 7364 1899 Mobile: 07904 160 028

Early learning for two-year-olds



Some children may be entitled to 15 hours of free childcare in the term after their second birthday. Early learning for two year olds is only open to children that meet certain criteria such as coming from a low income family, requiring additional needs or if they are currently looked after by the council.

If you have an older child who is currently at school and getting free school meals, younger children will probably be able to get a free two year old place as well.

Tower Hamlets has some excellent nurseries, pre-school playgroups and childminders that will help children learn and play.

For more information and to check whether you qualify for 15 hours of free childcare, please contact us on 020 7364 1553 or complete the application form and send it to
Early.Learning@towerhamlets.gov.uk

If you need help filling out the application form please go to your local children and family centre.



Map
Bus routes/DLR
Mile End
Bus: D7, 277, D6, 323
Overland
Bus: 8
Marner
Bus: 25, D8, 323
DLR: Bow Church

North East Locality
Delivery Site
Children Centre

Overland
Mile End
Marner

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North East Locality Children and Family Centres

Autumn Activity Timetable 31 August –24 December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am-5pm Health Visitor Clinic U 🕒 Mile End	9am-5pm Health Visitor Clinic U 🕒 Mile End, Olga, Marner	9am-4pm Two Year Old Integrated Review U 🕒 Marner	9am-5pm Midwife Clinic – Community Midwife Team U 🕒 Mile End	9am-5pm Health Visitor Clinic U 🕒 Baby Feeding Service U 🕒📺 Overland
Midwife Clinic – Community Midwife Team U 🕒 Overland, Marner	10-11am My Time 1-2-1 Support U Overland	9am-5pm Midwife Clinic – Community Midwife Team U 🕒 Mile End	Midwife Clinic – Gateway Midwife Team U 🕒 Overland	9am-12noon Speech and Language Therapy 🕒📺 Mile End
Two Year Old Integrated Review U 🕒 Mile End	10-11.30am Little Talkers 📺 Mile End	Midwife Clinic – Gateway Midwife Team U 🕒 Overland	Two Year Old Integrated Review U 🕒 Olga	10-11.30am My Time 1-2-1 Support U Mile End
10-11am My Time 1-2-1 Support U Overland	Invitation to Play 📺 Overland	Two Year Old Integrated Review U 🕒 Overland	Health Visitor Clinic U 🕒 Marner	Little Talkers 📺 Overland
10am-11.30am Communication Stay and Play with Bookstart U Mile End	Early Learning for 2 year olds Stay and Play 📺 Marner	10-11.30am Invitation to Play 📺 Mile End	10-11am Early Learning for 2 year olds Stay and Play 📺 Olga	Communication Stay and Play U Marner
Active Stay and Play U Marner	10-12noon Mums Matter 📺 <i>6 week programme</i> Overland	Active Stay and Play U Olga	10-11.30am Communication Stay and Play U Mile End	1.30-3pm Active Play for Babies U <i>For pre-crawlers only</i> Mile End
10am-12noon Childcare Level 2 U 📺 Overland	1.30-3pm Active Stay and Play U Mile End	Active Play for Babies U <i>For pre-crawlers only</i> Marner	Invitation to Play 📺 Marner	Communication Stay and Play with Bookstart U Overland
1.30-3pm Early Learning for 2 year olds Stay and Play 📺 Mile End	Parents Forum U 📺📺 <i>28 Sept, 26 Oct, 30 Nov, 21 Dec</i> Mile End	10am-12noon ESOL 📺 Marner	10am-12noon Childminders Group U 📺 <i>Registered childminders only</i> Overland	2-3.30pm My Time 1-2-1 Support U Marner
Communication Stay and Play with Bookstart U Overland	Active Play for Babies U <i>For pre-crawlers only</i> Overland	Online Community Intepreting L1 📺 Marner	Strengthening Families Strengthening Communities (SFSC) 📺 Olga	3-4pm Baby Massage U 📺 Marner
Little Talkers 📺 Marner	Communication Stay and Play with Bookstart U Marner		1.30-3pm Active Stay and Play U <i>Combined with Parents Forum last Thursday of the month</i> Marner	
2-3pm Virtual Introduction to Solids 📺 <i>27 Sept, 25 Oct, 29 Nov, 20 Dec</i> Mile End, Marner, Overland	3-4pm Baby Massage U 📺 Overland		Parents Forum U <i>6 Sept, 4 Oct, 1 Nov, 6 Dec</i> Olga	
3-4pm Baby Massage U Mile End			<i>23 Sept, 28 Oct, 25 Nov, 20 Dec</i> Marner	
			Communication Stay and Play U <i>Combined with Parents Forum last Thursday of the month</i> Olga	
			1.30-5pm Speech and Language Therapy 🕒📺 Mile End	
			3-4pm Virtual School Readiness U Mile End, Overland, Marner	

Opening times are Monday - Friday 8.30am to 5pm

CENTRE	ADDRESS	TELEPHONE
Mile End Children and Family Centre	9 Bede Square, Joseph Street, E3 4GY	020 7364 7557
Overland Children and Family Centre	60 Parnell Road, E3 2RU	020 7364 1925
Marner Children and Family Centre	Devas Street, E3 3LL	020 7364 3534
Olga Centre	25 Medway Road, E3 5DS	020 7364 3100

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Children and Family Centres



Children and Family Centres aim to improve outcomes for all children, young people and their families. They enable access to a range of universal and targeted services, support with any concerns and play a major part in early identification and early intervention.

What are our aims?

- To support parents in their role as the first educator
- To empower families to access a wide range of care, play and support services
- To be a centre for joined-up services with partners

What are our priorities?

- Health and wellbeing
- Childcare and employment
- Parenting confidence and capacity
- Child development and school readiness

Can I use my Children and Family Centre?



That depends on where you live and your postcode. Each Children and Family Centre has a catchment area. We prioritise families using the following order:

- Children living within the reach of the locality
- Children living within the borough of Tower Hamlets

As we are easing out of the restrictions due to the coronavirus, we want to ensure that families and visitors are kept safe. Therefore, we are requesting (unless you have a disability, certain health conditions or are under the age of 11) that you please wear a face covering when entering our buildings.

Thank you for keeping us all safe.



Healthy Start



You can collect Healthy Start vitamins and Healthy Start voucher application form from your local Children and Family Centre.