



31 August –
24 December 2021

North West Locality Autumn Term Activity Timetable



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

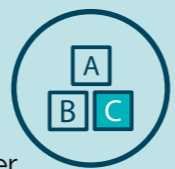
Workpath



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.



Children Centre ★
North West Locality
Collingwood □
Meath Gardens □
Mowlem □

Bus routes/ DLR
Meath Gardens
Bus: D6, 8
Mowlem
Bus: 254, 106
Collingwood
Bus: 254, 106

Map

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Autumn Activity Timetable 31 August –24 December 2021

MONDAY

9am-5pm Midwife Clinic – Community Midwife Team U ⊙ Meath Gardens
9.30am-3pm Midwife Clinic – Community Midwife Team U ⊙ <i>Babies under 12 months</i> Mowlem
Baby Feeding Service U✉ Meath Gardens
10am-11.30am Active Stay and Play U <i>Open to under 11s during holidays</i> Meath Gardens
Invitation to Play ✉ Mowlem
Baby Massage ✉📱 <i>For pre-crawlers only</i> Collingwood
10am-12noon Active Stay and Play U St Hilda's
1-4.30pm Speech and Language Therapy (appointments) Meath Gardens
1.30-3pm Active Stay and Play U <i>Open to under 11s during holidays</i> Mowlem
Communication Stay and Play U <i>Open to under 11s during holidays</i> Collingwood
1.30-3.30pm Little Talkers ✉ Meath Gardens
BookStart U📱 Collingwood

TUESDAY

9am-12noon Health Visitor Clinic U ⊙ Mowlem
9.30am-3pm Midwife Clinic – Community Midwife Team U ⊙ Meath Gardens, Collingwood
10am-11.30am Early Learning for 2 year olds Stay and Play ✉ Meath Gardens
Communication Stay and Play with BookStart U <i>Open to under 11s during holidays</i> Mowlem
Active Stay and Play U <i>Open to under 11s during holidays</i> Collingwood
10am-12noon Virtual Helping in Schools L1 📱 Meath Gardens
Functional Skills Maths 📱 Meath Gardens
1-4.30pm Speech and Language Therapy ⊙ Meath Gardens
1.30-3pm Communication Stay and Play U <i>Open to under 11s during holidays</i> Meath Gardens
Invitation to Play ✉ Collingwood
1.45-3pm Active Stay and Play U Rich Mix

WEDNESDAY

9am-3pm Health Visitor Clinic U ⊙ Meath Gardens
9.30am-5pm Midwife Clinic – Community Midwife Team U ⊙ Mowlem
9.30-10.30am Sensory Play for Babies U Meath Gardens
9.30-12noon Incredible Years Parenting Programme 📱 Mowlem
10-11.30am Parents Forum U 📱 <i>Creche available - 29/9, 20/10, 24/11 and 15/12</i> Meath Gardens
Little Talkers ✉ Mowlem
10am-11am Early Learning for 2 year olds Stay and Play ✉ Collingwood
10-12noon 2-2½ Year Review U ✉ Mowlem
11-12noon Healthy Child Clinic ⊙ Collingwood
11.30-12.30noon Welcome to the Children's Centre <i>For new parents or those new to the area to find out more</i> Collingwood
1-3pm Active Stay and Play U St Hilda's
2-3pm Introduction to Solids U Mowlem

THURSDAY

9am-1pm Health Visitor Clinic U ⊙ Meath Gardens
10-11.30am Invitation to Play ✉ Meath Gardens
10am-11.30am Early Learning for 2 year olds Stay and Play ✉ Mowlem
Sensory Play for Toddlers (under 2s) U Collingwood
10am-12noon Childminders Group U 📱 <i>Registered childminders only</i> Meath Gardens
Functional Skills Maths 📱 Collingwood
Understanding Autism 📱 Mowlem
1.30-2.30pm Baby Massage U ✉📱 <i>For pre-crawlers only</i> Meath Gardens
1.30-3pm Creative Play with Half Moon Theatre U ✉📱 Collingwood
2-3pm Sensory Play for Babies U <i>For pre-crawlers only</i> Mowlem
2-3.30pm Active Stay and Play U <i>Open to under 11s during holidays</i> Meath Gardens

FRIDAY

9am-3pm Midwife Clinic – Community Midwife Team U ⊙ Meath Gardens
Health Visitor Clinic U⊙ Meath Gardens
9am-5pm Health Visitor Clinic U ⊙ Mowlem
10am-11.30am Communication Stay and Play U <i>Open to under 11s during holidays</i> Meath Gardens
Active Stay and Play U <i>Open to under 11s during holidays</i> Mowlem, Collingwood
10am-12noon ESOL 📱 Collingwood
10am-2pm 3-4 and 8-12 Months Health Review U ⊙ Collingwood
1.30-2.30pm Story and Rhyme U 📱 Meath Gardens
BookStart U📱 Meath Gardens
1.30-3pm School Readiness U ✉📱 Meath Gardens, Mowlem
Little Talkers ✉ Collingwood

Opening times are Monday - Friday 8.30am to 5pm

CENTRE	ADDRESS	TELEPHONE
Meath Gardens	1 Smart Street, E2 0SN	020 7364 0348
Mowlem	Wadeson Street, E2 9DL	020 7364 7935
Collingwood	St Bartholomew Gardens, Buckhurst Street, E1 5QT	020 7364 0539
St Hilda's Community Centre	18 Club Row, E2 7EY	
Rich Mix	35-47 Bethnal Green Road, E1 6LA	

www.towerhamlets.gov.uk/childrenscentres

KEY

U Universal	✉ By invite only	Please note there will be no admittance to sessions 30 minutes before the end.
⊙ By appointment only	📱 Crèche available	
📱 Call to book	📱 Virtual session	
📅 Term time only		

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.