



31 August –  
24 December 2021

## South East Locality Autumn Term Activity Children and Family Centres Timetable



### 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

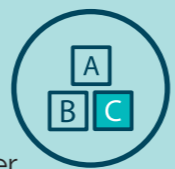
### Workpath



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](mailto:Early.Learning@towerhamlets.gov.uk)

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

### Useful numbers

**Hestia Women's Refuge Services for South Asian Women only**  
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



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# Autumn Activity Timetable 31 August –24 December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9am-5pm</b> Health Visitor Clinic <b>U</b> 🕒 <b>Isle of Dogs</b>	<b>9am-5pm</b> Baby Feeding Service <b>Chrisp Street</b>	<b>9am-5pm</b> Health Visitor Clinic <b>U</b> 🕒 <b>Around Poplar, Chrisp Street, Isle of Dogs</b>	<b>9am-5pm</b> Midwife Clinic – Gateway Midwife Team <b>U</b> 🕒 <b>Chrisp Street, Isle of Dogs</b>	<b>9am-5pm</b> Health Visitor Clinic <b>U</b> 🕒 <b>Around Poplar</b>
<b>10-11am</b> My Time 1-2-1 Support <b>U</b> 📞 <b>Around Poplar</b>	<b>10-11am</b> My Time 1-2-1 Support <b>U</b> 📞 <b>Isle of Dogs</b>	<b>10-11.30am</b> Little Talkers ☒ <b>Around Poplar</b>	<b>10-11.30am</b> Active Stay and Play <b>U</b> <b>Around Poplar</b>	Healthy Child Clinic <b>U</b> 🕒 <b>Chrisp Street</b>
<b>10-11.30am</b> Communication Stay and Play with BookStart <b>U</b> <b>Chrisp Street, Isle of Dogs</b>	<b>10-11.30am</b> Communication Stay and Play <b>U</b> <b>Around Poplar</b>	School Readiness 📞👤 <b>Around Poplar, Chrisp Street, Isle of Dogs</b>	Early Learning for 2 year olds Stay and Play ☒ <b>Chrisp Street</b>	<b>10-11.30am</b> Communication Stay and Play with BookStart <b>U</b> <b>Chrisp Street</b>
<b>1-3pm</b> Made of Money Workshop 📞 <i>4 weeks</i> <b>Around Poplar</b>	Little Talkers ☒ <b>Chrisp Street</b>	Active Stay and Play <b>U</b> <b>Chrisp Street</b>	Little Talkers ☒ <b>Isle of Dogs</b>	Communication Stay and Play with BookStart <b>U</b> <b>Isle of Dogs</b>
<b>1.30-3pm</b> Parents Forum <b>U</b> 📞 <i>Last Monday of the month</i> <i>27/9, 25/10, 29/11 and 20/12</i> <b>Around Poplar</b>	Baby Massage <b>U</b> 📞 <i>For pre-crawlers only</i> <b>Isle of Dogs</b>	Early Learning for 2 year olds Stay and Play ☒ <b>Isle of Dogs</b>	<b>1.30-3pm</b> Early Learning for 2 year olds Stay and Play ☒ <b>Around Poplar</b>	Sensory Play for Babies <b>U</b> <b>Around Poplar</b>
<b>Active Stay and Play U</b> <i>Last Monday combined with Parents Forum</i> <b>Around Poplar</b>	<b>10am-12noon</b> Mums Matter 📞 <b>Around Poplar</b>	Parents Forum <b>U</b> 📞 <i>Last Wednesday of the month</i> <i>29/9, 27/10, 24/11 and 22/12</i> <b>Chrisp Street</b>	Active Play for Babies <b>U</b> <i>For pre-crawlers only</i> <b>Chrisp Street</b>	<b>1.30-3pm</b> Communication Stay and Play with BookStart <b>U</b> <b>Around Poplar</b>
<b>Invitation to Play ☒</b> <b>Chrisp Street</b>	<b>1-3pm</b> Virtual ESOL 📞 <b>Chrisp Street</b>	<b>10am-12noon</b> Childminders Group ☒ <i>For registered childminders only</i> <b>Isle of Dogs</b>	Parents Forum <b>U</b> <i>Last Thursday of the month</i> <b>Isle of Dogs</b>	My Time 1-2-1 Support <b>U</b> 📞 <b>Chrisp Street</b>
<b>2-3pm</b> Introduction to Solids <b>U</b> 📞👤 <b>Around Poplar, Chrisp Street, Isle of Dogs</b>	<b>1.30-3pm</b> Invitation to Play ☒ <b>Around Poplar</b>		Active Stay and Play <b>U</b> <i>Last Thursday combined with Parents Forum</i> <b>Isle of Dogs</b>	Invitation to Play ☒ <b>Isle of Dogs</b>
	Active Play for Babies <b>U</b> <i>For pre-crawlers only</i> <b>Isle of Dogs</b>			Sensory Play for Babies <b>U</b> <b>Chrisp Street</b>
	Baby Massage <b>U</b> 📞 <i>For pre-crawlers only</i> <b>Chrisp Street</b>			

**KEY**

<b>U</b> Universal	<b>📞</b> Crèche available
<b>🕒</b> By appointment only	<b>👤</b> Virtual session
<b>📞</b> Call to book	
<b>📅</b> Term time only	
<b>☒</b> By invite only	Please note there will be no admittance to sessions 30 minutes before the end.



Opening times are Monday - Friday 8.30am to 5pm

CENTRE	ADDRESS	TELEPHONE
<b>Around Poplar Children and Family Centre</b>	115 Three Colts Street, E14 8AP	020 7364 0540
<b>Chrisp Street Children and Family Centre</b>	Kerbey Street, E14 6AW	020 7364 2856
<b>Isle of Dogs Children and Family Centre</b>	Millwall Park, Stebondale Street E14 3BX	020 7364 1179

## 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.