



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

South West Locality Children and Family Centres Autumn Term Activity Timetable 31 August – 24 December 2021



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.

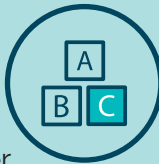
Information Advice & Guidance Officer:

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
John Smith
Bus: 106, 254 DLR: Shadwell
Ocean
(Whitehorse) Bus: 339 DLR: Limehouse
(Cable Street) Bus: 100, D3 DLR: Shadwell
Wapping and Bigland
Bus: D3 DLR: Shadwell

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South West Locality Children and Family Centres

Autumn Activity Timetable 31 August –24 December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9am-5pm Midwife Clinic – Community Midwife Team U ✉ John Smith	9am-1pm Midwife Clinic – Gateway Midwife Team U ✉ John Smith	9am-1pm Midwife Clinic – Gateway Midwife Team U ✉ John Smith	9am-12noon Health and Social Care L2 U ✉ John Smith
9.30am-4.30pm Health Visitor Clinic U ✉ Ocean	9am-4pm Health Visitor Clinic U ✉ John Smith	9am-4pm Health Visitor Clinic U ✉ John Smith	Positive Change U ✉ John Smith
10-11.30am Active Stay and Play U John Smith	9am-4.30pm Health Visitor Clinic U ✉ Wapping	9am-4.30pm Health Visitor Clinic U ✉ Ocean (Shadwell)	10am-4pm Baby Feeding Service U ✉ Ocean (Shadwell)
Early Learning for 2 year olds Stay and Play U Ocean	9.30am-4pm Health Visitor Clinic U ✉ Ocean	10-11.30am Childminders Group U ✉ <i>For registered childminders only</i> John Smith	10-11am Welcome to the Children and Family Centre U ✉ <i>16/9, 21/10, 18/11 and 16/12</i> Ocean
Communication Stay and Play with BookStart U Wapping	10-11.30am School Readiness U ✉ John Smith	Invitation to Play U John Smith	10.30-11.30am Creative Play with Half Moon Theatre U ✉ <i>Starting 23 September</i> John Smith
10-12noon Ready Steady Go U ✉ John Smith	Communication Stay and Play with BookStart U Ocean (Shadwell)	Communication Stay and Play U Ocean	12-3pm Managing Childrens Behaviour U ✉ Wapping
12-3pm Personal Development U ✉ John Smith	10am-12noon Strengthening Families Strengthening Communities <i>21/9, 28/9, 5/10, 12/10 and 19/10</i> Ocean	School Readiness U ✉ Wapping	1-4pm Health Visitor Clinic U ✉ Wapping
1.30-3pm Sensory Play for Babies U Ocean	Forest School U ✉ Wapping One O'clock Club	10am-12noon Doves U ✉ John Smith	1.30-3pm Parents Forum U ✉ John Smith
Little Talkers U Wapping	1.30-3pm Active Stay and Play U Ocean	1-2pm Young Parents Group U John Smith	Active Stay and Play U Ocean
Early Learning for 2 year olds Stay and Play U John Smith	2-3pm Baby Massage U ✉ <i>For pre-crawlers only</i> John Smith	1-4pm Health Visitor Clinic U ✉ Wapping	2-3pm Baby Massage U ✉ <i>For pre-crawlers only</i> Wapping
5-7.30pm Kidstime U ✉ John Smith	2-3pm Baby Club U ✉ <i>Pre-birth to 12 months</i> Wapping		
KEY U Universal ✉ By appointment only ✉ Call to book ✉ Term time only ✉ By invite only ✉ Crèche available ✉ Virtual session			
FRIDAY			
9am-5pm Midwife Clinic – Gateway Midwife Team U ✉ John Smith	1.30-3pm Sensory Play for Babies U ✉ <i>For non-crawlers</i> John Smith		
9am-4pm Health Visitor Clinic U ✉ John Smith	Parents Forum U ✉ <i>3/9, 1/10, 5/11 and 3/12</i> Wapping		
9am-4.30pm Health Visitor Clinic U ✉ Ocean (Shadwell)	Speech and Language Support Group <i>2nd and 4th Friday of the month</i> Wapping		
10-11.30am School Readiness U ✉ Ocean	2-3pm Baby Massage U ✉ <i>For pre-crawlers only</i> Ocean		
Early Learning for 2 year olds Stay and Play U Wapping			

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
John Smith	90 Stepney Way, E1 2EN	020 7364 0537
Ocean	Whitehorse Road, E1 0ND	020 7364 6605
Ocean (Shadwell)	418 Cable Street, E1 0AF	020 7364 6605
Wapping and Bigland	15 Richard Street, E1 2JP	020 7364 0423/6004
Wapping One O'clock Club	Wapping Gardens, off Tench Street, E1W 2QD	

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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.