

North East Locality Activities for children, young people and families

Autumn Term Timetable 4 September - 22 December 2023



MONDAY	
Mile End	
9am-5pm	Healthy Child Clinic U⌚ Parent and Child Programme ⌚Ⓞ
10-11.30am	Communication Stay and Play U
10am-12noon	Active Stay and Play with Toyhouse Library U📖
1.30-3pm	Play Together U <i>Prepare children to be ready for nursery/school (children over 18 months)</i>
Marnar	
9am-5pm	Supporting Families Employment Advisor U📞 Healthy Child Clinic U⌚
10-11.30am	Little Talkers 📖⌚📧
1.30-3pm	My Time 1-2-1 Support ⌚📧
3.30-4.45pm	Twilight Stay and Play U📖
Overland	
9am-5pm	Healthy Child Clinic U⌚ Healthy Child Clinic U⌚ <i>Olga</i>
9.30am-2.30pm	Childcare Level 2 U📖📧
10-11.30am	Baby Massage including Starting Solids U📖 <i>For pre-crawlers</i>
12-2.30pm	ESOL 📖📧 <i>Olga</i>
1.30-3pm	Communication Stay and Play (0-11) U <i>Children under 11 can attend during school holidays</i>
	Parents Forum U <i>Last Monday of the month</i>

TUESDAY	
Mile End	
9am-5pm	Healthy Child Clinic U⌚ Parent and Child Programme ⌚Ⓞ
10-11.30am	Little Talkers 📖⌚📧
12.30-3.30pm	Play in the Park U📖 <i>Mile End Play Pavilion</i>
Marnar	
9am-5pm	Healthy Child Clinic U⌚
10-11.30am	Play Together U <i>Prepare children to be ready for nursery/school</i>
1.30-3pm	Sensory Play for Toddlers (under 2s) U📖
5-6.30pm U	Active Stay and Play <i>Pappa young dads/male carers only</i>
Overland	
9am-4.30pm	Healthy Child Clinic U⌚ <i>Olga</i>
9am-5pm	Healthy Child Clinic U⌚
9.30-11am	Parents Forum U
10-11.30am	Sensory Play for Toddlers (under 2s) U <i>Olga</i>
1.30-2.30pm	Creative Play with Half Moon Theatre U📖 <i>For 18 months - 3 years</i>
1.30-3pm	Little Talkers 📖⌚📧

WEDNESDAY	
Mile End	
9am-5pm	Healthy Child Clinic U⌚ Parent and Child Programme ⌚Ⓞ
10-11.30am	Play & Connect 📖⌚📧
10am-12noon	Active Stay and Play with Toyhouse Library U📖 <i>Mile End Play Pavilion</i>
10am-1pm	Strengthening Families Strengthening Communities-English ⌚📧
1-4pm	Speech and Language Therapy ⌚Ⓞ
Marnar	
9am-5pm	Healthy Child Clinic U⌚
9.30-11am	Parents Forum U
10-11.30am	Active Play for Babies including Starting Solids <i>Babies under 12 months</i>
Overland	
9am-5pm	Healthy Child Clinic U⌚ Midwife Clinic – Community Midwife Team U⌚ Supporting Families Employment Advisor ⌚📧
9.30am-12pm	ESOL 📖📧 <i>Olga</i>
10-11.30am	Active Stay and Play U <i>Children under 11 can attend during school holidays</i>
1-4pm	Speech and Language Therapy ⌚Ⓞ <i>Olga</i>

THURSDAY	
Mile End	
9am-5pm	Healthy Child Clinic U⌚ Parent and Child Programme ⌚Ⓞ
10-11.30am U	Active Stay and Play <i>During holidays children under 11 can attend</i>
	Parents Forum U <i>Last Thursday of the month</i>
1.30-4pm	My Time 1-2-1 Support ⌚📧
2-3.30pm	Active Play For Babies U <i>Babies under 12 months</i>
Marnar	
9am-5pm	Healthy Child Clinic U⌚
9.15-10.30am	School Partnership Stay and Play U📖
9.30-11.30am	Family Learning ESOL 📖⌚
2-3.30pm	Communication Stay and Play U
Overland	
9am-5pm	Healthy Child Clinic U⌚ Midwife Clinic – Community Midwife Team U⌚ Midwife Clinic – Gateway Midwife Team ⌚Ⓞ Parent and Child Programme
10-11.30am	School Readiness Stay & Play U <i>Olga. Children under 11 can attend during school holidays</i>
10am-12.30pm	Strengthening Families Strengthening Communities – Bengali ⌚📧 <i>Starting 21 September</i>
1-3pm	My Time 1-2-1 Support ⌚📧
3.30-4.45pm	Twilight Stay & Play U <i>Children under 11 can attend during school holidays</i>
5-7pm	Family Support Stay and Play

FRIDAY	
Mile End	
9am-12noon	Speech and Language Therapy ⌚Ⓞ
9am-5pm	Healthy Child Clinic ⌚Ⓞ
9.30-11am	Active Stay and Play for under 2s U
12.30-3.30pm	Play in the Park U📖 <i>Mile End Play Pavilion</i>
1.30-3pm	Baby Massage including Starting Solids U📖 <i>Pre-crawlers</i>
Marnar	
10-11.30am	Active Stay and Play U Parents Forum <i>Last Friday of the month</i>
2-3.30pm	Baby Massage including Starting Solids U📖
Overland	
9am-5pm	Healthy Child Clinic U⌚
10-11.30am	Invitation to Play ⌚📧
10am-2pm	Baby Feeding and Wellbeing Service U
1.30-3pm	Active Play for Babies U <i>Starting solids advice last Friday of the month. Babies under 12 months</i>
SATURDAY	
Marnar	
2-3.30pm	Dads/carers Saturday Stay and Play U
KEY	
U	Universal
⌚	By appointment only
📞	Call to book
📅	Term time only
📧	By invite only
👶	Crèche available
👤	Virtual session
Ⓞ	Targeted

CENTRE	ADDRESS	TELEPHONE
Mile End	9 Bede Square, Joseph Street, E3 4GY	020 7364 7557
Mile End Pavilion	106 Locksley Street, E14 7EJ	
Marnar	Devas Street, E3 3LL	020 7364 3534
Overland	60 Parnell Road, E3 2RU	020 7364 1925
Olga Centre	25 Medway Road, E3 5DS	020 7364 3100

Opening times are Monday - Friday, 8.30am to 5pm
Please note there will be no admittance to sessions 30 minutes before the end.

Children and Family Centres



Children and Family Centres aim to improve outcomes for all children, young people and their families. They provide 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 first educators.
- 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?

We prioritise families using the following order:

- Children living in the North East locality (based on your postcode).
- Children living within the borough of Tower Hamlets.
- After 30 minutes the drop in play sessions are open to all families living in the borough.

Volunteering Service



If you are interested in volunteering, please attend our volunteer session on the last Thursday of the month. Please contact Jeba Khanam on the details below.

Venue: John Smith Children and Family Centre
Time: 1.30-2.30pm
Email: volunteeringcfc@towerhamlets.gov.uk
Tel: 07858 688 483

