

North West Locality Activities for children, young people and families

Autumn Term Timetable 4 September - 22 December 2023



MONDAY

Meath Gardens
9am-5pm Speech and Language Therapy U⌚ Midwife Clinic – Community Midwife Team U⌚ 10-11.30am Active Stay and Play U <i>Children under 11 can attend during school holidays</i> Active Stay and Play with Toyhouse Library U <i>St Hilda's</i> 12.30-2pm Baby Feeding and Wellbeing Service U <i>Drop in for any baby feeding support</i> 1.30-2.30pm and 2.45-3.45pm Baby Massage including Starting Solids U📱 <i>For babies under 12 months</i>
Mowlem
9am-5pm Midwife Clinic – Community Midwife Team U⌚ 10-11am Baby Massage including Starting Solids U📱👤 <i>For babies under 12 months</i> 10am-12noon Childminders Group U <i>For registered childminders only</i> 1.30-3pm Communication Stay and Play U
Collingwood
9am-5pm Healthy Child Clinic U⌚ 10-11.30am Under 2's Stay and Play U 1.30-3pm My Time 1-2-1 Support ⌚👤 1.30-3pm Communication Stay and Play U📱 <i>Runs at Canon Barnet School Everyone is welcome to attend</i>

TUESDAY

Meath Gardens
9am-2pm Supporting Families Employment Advisor U📱👤 9am-5pm Midwife Clinic – Gateway Midwife Team ⌚👤 10-11.30am Little Talkers 📱👤 1-4pm Speech and Language Therapy ⌚👤 1.30-3pm Communication Stay and Play U <i>Children under 11 can attend during school holidays</i>
Mowlem
9am-5pm Healthy Child Clinic U⌚ 10-11.30am Sensory Play for Babies including Starting Solids U📱 <i>For babies under 12 months</i> 1.45-3pm Active Stay and Play U📱 <i>Rich Mix</i> 2-4pm My Time 1-2-1 Support ⌚👤 3.30-5pm School Partnership Stay and Play U <i>This session is open to any families with children up to age 11</i>
Collingwood
9am-5pm Midwife Clinic – Community Midwife Team U⌚ 10-11.30am Invitation to Play 📱👤👤 10am-12noon Change for Good Walking Group U📱 1.30-3pm Active Stay and Play U <i>Children under 11 can attend during school holidays</i>

WEDNESDAY

Meath Gardens	
9am-5pm Healthy Child Clinic U⌚ 10-11.30am Play and Connect 📱👤 1-2.30pm Active Stay and Play with Toyhouse Library 1.30-3pm Parents Forum U <i>2nd Wednesday of the month</i>	
Mowlem	
9-10am School Readiness 📱👤 9am-5pm Healthy Child Clinic U⌚ Midwife Clinic – Community Midwife Team U⌚ Innovation Project ⌚👤	
Collingwood	
9am-5pm Healthy Child Clinic U⌚ 10am-12noon Sure Steps Project Maternity Group (Drop in) 📱👤 <i>No booking required - for more information call 07944 966 141</i> 10-11.30am Little Talkers 📱👤👤 12.30-2pm Baby Feeding and Wellbeing Service U <i>Drop in group for any baby feeding support</i>	
<p>Opening times are Monday - Friday, 8.30am to 5pm</p> <p>Please note there will be no admittance to sessions 30 minutes before the end.</p>	

THURSDAY

Meath Gardens
9am-5pm Healthy Child Clinic U⌚ 9.30-10.30am Sensory Play for Babies including Starting Solids U📱 <i>For babies under 12 months</i> 10-11.30am Active Stay and Play U <i>Children under 11 can attend during school holidays</i> 10am-12noon Childminders Group U <i>For registered childminders only</i> 10.45-11.45am Sensory Play for Babies including Starting Solids U📱 <i>For babies under 12 months</i> 1.30-3pm Under 2's Stay and Play U 4-5pm My Time 1-2-1 Support 📱👤
Mowlem
9am-2pm Supporting Families Employment Advisor 📱👤 9am-5pm Speech and Language Therapy ⌚👤 10-11.30am Active Stay and Play U <i>Session starts 23 November</i> 10am-12noon SEND Stay & Play 📱👤 <i>Stephen Hawking's School</i> 1.30-3pm Little Talkers 📱👤
Collingwood
9am-5pm Healthy Child Clinic U⌚ NHS Talking Therapies Emotional Wellbeing Workshop ⌚📱👤 10-11am Baby Massage including Starting Solids U📱 <i>For pre crawlers</i> 1.30-3pm Play Together U <i>Prepare children to be ready for nursery/school</i>

FRIDAY

Meath Gardens
9am-5pm Midwife Clinic – Community Midwife Team U⌚ 9.30am-12.30pm Healthy Child Clinic U <i>This is a drop in so no appointment needed - Just turn up. A health visitor will be in these sessions to assist</i> 10-11.30am Communication Stay and Play U <i>Children under 11 can attend during school holidays</i> 1.30-3pm Play Together U <i>Prepare children to be ready for nursery/school</i>
Mowlem
9am-5pm Healthy Child Clinic U⌚ 10-11.30am Half Moon Theatre 📱 10am-12noon Strengthening Families Strengthening Communities – English ⌚📱👤 <i>22 September - 20 October</i> 1.30-3pm Play Together U <i>Prepare children to be ready for nursery/school</i>
Collingwood
9.30-11.30am Family Learning ESOL U📱👤👤 10-11.30am Sensory Play for Babies including Starting Solids U <i>For babies under 12 months</i> 1.30-3pm Communication Stay and Play U <i>Children under 11 can attend during school holidays</i>
KEY
<p>U Universal</p> <p>⌚ By appointment only</p> <p>📱 Call to book</p> <p>📅 Term time only</p> <p>👤 By invite only</p> <p>👶 Crèche available</p> <p>👤 Virtual session</p> <p>👤 Targeted</p>

CENTRE	ADDRESS	TELEPHONE
Meath Gardens	1 Smart Street, E2 0SN	020 7364 0349
Mowlem	Wadson 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	

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 West 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

