

South East Locality Activities for children, young people and families

Autumn Term Timetable 4 September - 22 December 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Isle of Dogs</div> <div>9am-5pm Speech and Language Therapy ☎☎ Healthy Child Clinic U☎</div> <div>10-11.30am Play Together U Prepare children to be ready for nursery/school</div> <div>1.30-3pm Bookstart Stay and Play U</div>	<div>Isle of Dogs</div> <div>9am-5pm Midwife Clinic – Community Midwife Team U☎</div> <div>10-11.30am School Readiness Stay and Play U For 18 months to 5 years</div> <div>1.30-3pm Sensory Play for Babies including Starting Solids U For babies under 12 months</div>	<div>Isle of Dogs</div> <div>9.30am-12.30pm Healthy Child Clinic U This is a drop in so no appointment needed – just turn up. A health visitor will be in these sessions to assist</div> <div>10-11.30am Childminders Group ☒ For registered childminders only</div>	<div>Isle of Dogs</div> <div>9am-5pm Speech and Language Therapy ☎☎</div> <div>10-11.30am Invitation to Play ☎☒</div> <div>10.30-11.30am Creative Play with Half Moon Theatre U☒☒ For 18 months to 5 years</div> <div>1.30-3pm Communication Stay and Play U</div>	<div>Isle of Dogs</div> <div>9am-5pm Resident Support Universal Credit Outreach U☎</div> <div>10.30-11.30am Little Talkers ☎☒</div> <div>2-3pm Baby Massage including Starting Solids U☒☒ For pre crawlers</div> <div>3-6pm Streets of Growth ☎☒</div>
<div>Around Poplar</div> <div>9am-5pm Speech and Language Therapy ☎☎ Healthy Child Clinic U☎</div> <div>10-11.30am Play Together U Prepare children to be ready for nursery/school</div> <div>10am-1pm ESOL U☒☒</div> <div>1.30-3pm Sensory Play for Babies including Starting Solids U For babies under 12 months</div>	<div>Around Poplar</div> <div>10-11.30am Little Talkers ☎☒</div> <div>1.30-3pm Bookstart Stay and Play U</div>	<div>Around Poplar</div> <div>9am-5pm Healthy Child Clinic U☎</div> <div>10-11.30am Baby Massage including Starting Solids U☒☒ For pre crawlers, 4 week course</div> <div>Active Play for Babies including Starting Solids U Babies under 12 months</div> <div>1.30-3pm Parents Forum U☒☒ Last Wednesday of the month</div>	<div>Around Poplar</div> <div>10-11.30am Communication Stay and Play U</div> <div>10am-1pm ESOL ☒☎☒</div> <div>1.30-3pm Invitation to Play ☎☒</div>	<div>Around Poplar</div> <div>9am-5pm Healthy Child Clinic U☎</div> <div>10-11.30am Active Stay and Play U</div> <div>1.30-3pm School Readiness Stay and Play U For 18 months to 5 years</div>
<div>Chrisp Street</div> <div>9am-3pm Healthy Child Clinic U☎ Midwife Clinic – Gateway Midwife Team ☎☎</div> <div>10-11.30am Communication Stay and Play U</div> <div>1.30-3pm Baby Massage including Starting Solids U☒☒ For pre crawlers, 4 week course</div> <div>Sensory Play for Babies including Starting Solids U For babies under 12 months</div>	<div>Chrisp Street</div> <div>10-11.30am Baby Feeding and Wellbeing Service U Drop in service for families needing baby feeding support</div> <div>School Readiness Stay and Play U For 18 months to 5 years</div> <div>12.30-3pm ESOL U☒☒☒</div> <div>1.30-3pm Invitation to Play ☒☎</div>	<div>Chrisp Street</div> <div>9.30am-1pm Healthy Child Clinic U☎</div> <div>10-11.30am Play &amp; Connect ☒☎</div>	<div>Chrisp Street</div> <div>9.30am-1pm Understanding Autism ☎☒☒☒</div> <div>10-11.30am Little Talkers ☎☒</div> <div>1.30-3pm Active Stay and Play U</div>	<div>Chrisp Street</div> <div>10-11.30am Play Together U Prepare children to be ready for nursery/school</div> <div>12.30-3pm ESOL U☒☒☒</div> <div>1.30-3pm Sensory Play for Babies including Starting Solids U For babies under 12 months</div>
<div>KEY</div> <div>U Universal</div> <div>☎ By appointment only</div> <div>☒ Call to book</div> <div>☒ Term time only</div> <div>☒ By invite only</div> <div>☒ Crèche available</div> <div>☒ Virtual session</div> <div>☎ Targeted</div>				



### 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 South 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](mailto:volunteeringcfc@towerhamlets.gov.uk)  
Tel: 07858 688 483