

South West Locality Activities for children, young people and families

Autumn Term Timetable 4 September - 22 December 2023



MONDAY

John Smith
9am-5pm Midwife Clinic – Community Midwife Team U⌚
9am-2.30pm Supporting Families Employment Advisor U📞
10-11.30am Active Stay and Play for Under 2's U
My Time 1-2-1 Support ☎️📧
10am-12noon Ready Steady Go ☎️📧📅
10am-12.30pm Emotional First Aid U📞📧📅
11am-12.30pm Parents Forum Cooking U📞📧 <i>Last Monday of the month</i>
12.30-5pm Young People's Emotional Support Service ⌚
1-3pm Family Learning ESOL U📞📧📅
1.30-3pm Play Together U <i>18 Months - 3 years</i>
5-7.30pm Kidstime ☎️📧📅 <i>Second Monday of the month</i>
Ocean
9am-5pm Residents Hub U📞
9.30am-4.30pm Healthy Child Clinic U⌚
10-11.30am Active Stay and Play U
11.30am-1pm Parents Forum Gardening U
1.30-3pm School Readiness Stay and Play U <i>18 months - 5 years</i>
2-3pm Creative Stay and Play with Half Moon Theatre 📅📍 Shadwell
3.30-5.30pm Junior Youth & Family Club U📞 <i>Whitehorse Adventure Playground</i>
Wapping and Bigland
9am-1pm Midwife Clinic – Gateway Midwife Team ⌚⌚
10-11am Baby Massage including Starting Solids U📞
10-11.30am My Time 1-2-1 Support ☎️📧📅👤
1.30-3pm Little Talkers ☎️📧📅
1-3.30pm BSL Class 📅📞

TUESDAY

John Smith
9am-1pm Midwife Clinic – Gateway Midwife Team ⌚⌚
9.30am-2.30pm Support Work in Schools 📞
9.30am-4.30pm Healthy Child Clinic U⌚
9.30am-5pm Healthy Child Clinic ⌚⌚
10-11.30am Little Talkers ☎️📧
10am-12.30pm EHCP Workshop U📞 <i>10 October</i>
1.30-3pm Communication Stay and Play U
2.45-4.45pm Antenatal Breastfeeding Workshop 📞 <i>Second Tuesday of the month. Book here bit.ly/GRTBW or scan QR code</i>
Ocean
9am-4pm Healthy Child Clinic U⌚
9am-5pm Dockland Outreach 📅📞
10-11.30am Childminders Group U📅 <i>For registered childminders only</i>
Communication Stay and Play U <i>Shadwell</i>
1.30-3pm Play Plus ☎️📧
2-3pm Drop in Social Group for Refugees and Asylum Seekers ☎️ <i>Shadwell</i>
Wapping and Bigland
9.30-11am Forest School U📅 <i>Wapping One O'Clock Club. For children 2-5 years. Book for the cohort (6 weeks)</i>
10am-12.30pm Triple P U📞📧📅
2-3pm Baby Club including Starting Solids U📞 <i>Pre-birth - 12 months</i>

WEDNESDAY

John Smith
9am-5pm Speech and Language Therapy ⌚⌚
10-11.30am Childminders Group U📅 <i>For registered childminders only</i>
Raising Happy Babies ☎️📧📅 <i>Six week course, starts 20 September and 15 November</i>
My Time 1-2-1 Support ☎️
11.45am-12.30pm Fitness for women U📞📅
1-3pm Young Parents Group ☎️📧 <i>First Wednesday of the month</i>
Ocean
9am-5pm NHS Talking Therapies Employment Service U📞
9.30am-12noon ESOL U📞📧📅
9.30am-4.30pm Healthy Child Clinic U⌚ <i>Shadwell</i>
10-11.30am Sensory Play for Babies including Starting Solids U <i>For 0-15 months</i>
1-4pm Food Store 📞 <i>Shadwell</i>
Wapping and Bigland
10-11.30am School Readiness Stay and Play U <i>For ages 18 months - 5 years</i>

KEY

- U Universal
- ⌚ By appointment only
- 📞 Call to book
- 📅 Term time only
- 📧 By invite only
- 📞 Crèche available
- 👤 Virtual session
- ☎️ Targeted

THURSDAY

John Smith
9am-5pm Newborn Hearing Clinic U📞
10am-12noon Positive Change ☎️📧📅
10-11.30am Invitation to Play ☎️📧📅
1-3pm Peace of Cake – Mindful Baking U📞📅 <i>From 7 September, every two weeks</i>
1.30-3pm Communication Stay and Play U
Ocean
9.30am-12noon ESOL U📞📧📅
9.30am-4.30pm Healthy Child Clinic U⌚ <i>Shadwell</i>
10-11.30am Baby Feeding and Wellbeing Service U <i>Shadwell. Drop in group for any baby feeding support</i>
Active Stay and Play U
12-3.30pm Baby Feeding and Wellbeing Service ⌚⌚ <i>Shadwell</i>
1.30-3pm Little Talkers ☎️📧📅
My Time 1-2-1 Support ☎️📧
Wapping and Bigland
9am-4pm Midwife Clinic – Community Midwife Team U⌚
9.30-11am Active Stay and Play U <i>Wapping One O'Clock Club</i>
9.30am-4.30pm Healthy Child Clinic U <i>10am-12.30pm What is SEND? U📞 2 November</i>
11.30am-2pm Play Plus ☎️📧 <i>Wapping One O'Clock Club</i>

Opening times are
Monday - Friday,
8.30am to 5pm

Please note there will be no
admittance to sessions 30
minutes before the end.

FRIDAY

John Smith
9am-5pm Midwife Clinic – Community Midwife Team U⌚
Speech and Language Therapy ⌚⌚
9.30-11.30am SEND Coffee Morning U
10-11.30am Sensory Play for Babies including Starting Solids U <i>For 0-15 months</i>
10.30-11.30am Support Group for Families with Children with Down Syndrome ☎️📧📅
2-3.15pm School Readiness Stay and Play U📅 <i>Harry Gosling School For 18 months - 5 years</i>
Ocean
9am-12noon Healthy Child Clinic U⌚
9.30am-4.30pm Healthy Child Clinic U <i>Shadwell</i>
10-11.30am Play Together U <i>Prepare children to be ready for nursery/school. For children ages 18 months-3 years</i>
1.30-3pm My Time 1-2-1 Support ☎️
2-3pm Baby Massage including Starting Solids U📞
Wapping and Bigland
10-11.30am Communication Stay and Play U
10-11.30am Parents Forum Sewing U📞📅
1.30-3pm Play Together U <i>Prepare children to be ready for nursery/school For children 18 months-3 years</i>

SATURDAY

Ocean
9am-1pm Healthy Child Clinic U⌚
10-11.30am Dad's Stay and Play U📅

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 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

