



Useful numbers

Are you pregnant or have children under the age of 4? NHS

You could get help to buy:

- Plain cow's milk
- Fresh, frozen or dried fruit and vegetables
- Fresh, dried, and tinned pulses
- Infant formula milk
- All pregnant, breast feeding and up to 1 year postnatal
- Women & children 0 - 4 can get free healthy start vitamins

www.healthystart.nhs.uk
For more information visit your local Children and Family Centre

Local Offer
020 7364 6495

Tower Hamlets
Domestic
Violence Team
0800 279 5434

Your Digital
Redbook



Healthy start
www.healthystart.nhs.uk

Tax Credit Helpline
0345 300 3900

Health Visitor clinics
020 4551 1414

At times, our phone lines can be very busy, please bear with us and your call will be answered, if you are calling us for advice because your child is unwell, please contact your GP or NHS111. Always call 999 in an emergency.

Hestia Women's Refuge Services for South Asian Women only
020 7517 1420

Keep your child's growth charts and health records from the NHS with you wherever you are.

Breastfeeding Network Support
0300 100 0210

Register for free
www.eredbook.org.uk

Find a Doctor/Dentist
020 7364 5016

Visit our website



Mind in Tower Hamlets/Newham
020 7510 1081

www.towerhamlets.gov.uk/childrenandfamilycentres

North east locality

Bus routes/ DLR
Mile End
Bus: D7, 277, D6, 323

Overland
Bus: 8

Marnar
Bus: 25, D8, 323
DLR: Bow Church



1

Overland,
60 Parnell Road, Bow,
London, E3 2RU

2

Marnar,
Marnar Centre, Devas
Street, London, E3 3LL

3

Mile End, 9 Bede Square,
Joseph Street, Off Bow
Common Lane, London, E3 4GY

North East Locality Children and Family Centres Summer Term Activity Timetable

19 April –
22 July 2022



Adult Learning & Parenting



The Parenting and Adult Education teams work is to coordinate courses, programmes and employment pathways for families with children pre-birth – 19 years old. Their focus offer is on enabling Early Steps into Parenting and Education which includes access to free vocational training, educational courses and employment support through information advice and guidance. These are all free to attend, if you meet the set eligibility criteria. Full details on what is available can be found in our Directory.

Email: PAE@towerhamlets.gov.uk

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

School Readiness Programme



Children need a number of skills to ensure they are ready when they start school. This ranges from being able to put on their own coat, go to the toilet independently, be able to focus, have the confidence to make friends, explore, be able to talk to adults and be able to start regulating their emotions. They need to have good routines in place, have a healthy diet and get enough sleep, to enable them to make the most of this new stage in their life.

Children and Family Centres are running a rolling programme of 4 themed play sessions to help give your child the skills to make sure they are ready to start school.

- Toilet Training: top tips to help with teaching your child to use the toilet independently
- Healthy Lifestyle: tips for healthy diet and lifestyle
- Sleep and Routines: ensuring a good night's sleep, setting up routines and managing boundaries
- Learning through Play: the importance of play to help children learn and develop

Summer Activity Timetable 19 April – 22 July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am-5pm Health Visitor Clinic U ☒ Mile End, Overland	9am-4.30pm Health Visitor Clinic U ☒ Olga	9am-5pm Health Visitor Clinic U ☒ Mile End, Overland, Marner	9am-4.30pm Health Visitor Clinic U ☒ Olga	9am-12noon Speech and Language Therapy ☒☒ Mile End
Parent and Child Programme ☒ Mile End	9am-5pm Health Visitor Clinic U ☒ Mile End, Overland, Marner	Midwife Clinic – Community Midwife Team U ☒ Mile End	9am-5pm Health Visitor Clinic U ☒ Mile End, Overland	9am-4.30pm Health Visitor Clinic U ☒ Olga
Midwife Clinic – Community Midwife Team U Overland	Parent and Child Programme ☒ Mile End	Parent and Child Programme ☒ Mile End	Health Visitor Clinic U ☒ Marner	9am-5pm Health Visitor Clinic U ☒ Mile End, Overland
Supporting Families Employment Advisors U ☒ Marner	10-11am Baby Massage including starting solids U ☒ Marner	Midwife Clinic – Gateway Midwife Team U ☒ Overland	Midwife Clinic – Community Midwife Team U ☒ Mile End, Overland	Parent and Child Programme ☒ Mile End
9am-4.30pm Health Visitor Clinic U ☒ Olga	Early Learning for 2 year olds Outreach Marner	Supporting Families Employment Advisors U ☒ Overland	Supporting Families Employment Advisors U ☒ Mile End	9.30am-2.30pm Managing Children's Behaviour U ☒ Olga
9.30am-2.30pm Children & Young People's Mental Wellbeing U ☒ Overland	10-11.30am Little Talkers ☒☒ Mile End	9.30-11.30am ESOL Family Language U ☒ Olga	Parent and Child Programme ☒ Mile End	10-11am Baby massage including starting solids U ☒ Mile End
10-11am Baby Massage including starting solids U Overland	School Readiness Stay and Play U <i>18 months+</i> Olga	10-11am Active Play for Babies including starting solids U <i>Babies under 12 months</i> Marner	School Readiness Stay and Play U <i>18 months+</i> Mile End	Active Play for Babies including starting solids U <i>Babies under 12 months</i> Overland
Early Learning for 2 year olds Outreach Overland	1.30-2.30pm Creative Play with Half Moon Theatre U ☒ Overland	10-11.30am Active Stay and Play U Mile End	Active Stay and Play U Olga	10-11.30am Active Stay and Play U Marner
10-11.30am Early Learning for 2 year olds School Readiness U <i>18 months+</i> Mile End	1.30-3pm Play Plus ☒ Overland	Parents Forum U <i>Last Wednesday of the month</i> Mile End	Early Learning for 2 year olds School Readiness U <i>18 months+</i> Marner	12noon-4.30pm Health Visitor Clinic U ☒ Marner
Active Stay and Play U Marner	School Readiness Stay and Play U <i>18 months+</i> Marner	Little Talkers ☒☒ Overland	Welcome to Stay and Play ☒☒ Marner	12.30-2pm Baby Feeding Service Drop-in U <i>Tel: 07785 925981/020 3594 2591</i> Overland
10am-12noon Active Stay and Play Toyhouse Library U ☒ Mile End Play Pavilion	2-3pm Active Play for Babies including starting solids U <i>Babies under 12 months</i> Mile End	10am-12noon Active Stay and Play Toyhouse Library U ☒ Mile End Play Pavilion	10am-12noon Change for Good U ☒ Overland	1.30-3pm Communication Stay and Play U Mile End
10am-12.30pm Positive Parenting Programme ☒ Overland	3-4pm Starting Solids U ☒ <i>Last Tuesday of the month</i> Mile End	11-12noon Starting Solids U ☒ <i>Last Wednesday of the month</i> Marner	Childminders Group ☒ <i>Registered childminders only</i> Overland	2-3pm Starting Solids U ☒ <i>Last Friday of the month</i> Overland
1.30-3pm Communication Stay and Play U Mile End, Overland			1.30-3pm Invitation to Play ☒☒ <i>(for NE locality families)</i> Mile End	
Parents Forum U <i>First Monday of the month</i> Overland			Communication Stay and Play U Marner	
Little Talkers ☒☒ Marner			Parents Forum U <i>Last Thursday of the month</i> Marner	
			2-3.30pm Early Learning for 2 year olds School Readiness U <i>18 months+</i> Overland	

KEY

- U** Universal
- ☒ By appointment only
- ☒ Call to book
- ☒ Term time only
- ☒ By invite only
- ☒ Crèche available
- ☒ Virtual session

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 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

Healthy Start



All pregnant, breast feeding and 1-year postnatal women and children age 0 – 4 can collect free Healthy Start vitamins at their local Children and Family Centre.

You may also be able to get help to buy healthy food and milk with Healthy Start, apply online at www.healthystart.nhs.uk or ask staff at any Children and Family Centre or Idea Store who can help you to apply.



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