

North East Locality Activities for children under 5
Summer Term Timetable 21 April 2025 – 25 July 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mile End	Mile End	Mile End	Mile End	Mile End
9am-5pm 0-19 Appointment Clinics U⌚	9.30-11.30am Healthy Child Start for Life Clinic U A drop in clinic to get your child weighed	9am-5pm Midwife Clinic - Community Midwife Team U⌚	9am-5pm 3-4 Month Review U⌚	9am-5pm NOUR Counselling ⌚
10-11.30am Little Talkers ☎️📧📅	10-11.30am Get Ready for School Stay and Play U For children 18 months – 5 years	10-11.30am Play and Connect ☎️📧	9am-5pm Midwife Clinic - Community Midwife Team U⌚	10-11.30am Baby Massage U📧📅 For pre-crawlers only
1.30-3pm Baby Club U	12noon-5pm 0-19 Appointment Clinics U⌚	1.30-3pm Toilet Training Workshop U📧 30 April, 28 May, 26 June, 23 July	9.30-11am Active Stay and Play U	1.30-3pm Communication Stay and Play U
Marner	Marner	Marner	Marner	Marner
9am-5pm 3-4 Month Review U⌚	1.30-3pm Sensory Play for Toddlers U For under 2s	9am-5pm 8-12 Months Health Review U⌚	10-11.30am Play Plus ☎️📧	10-11.30am Active Stay and Play U
9.30-11.30am DIY health 📧	9am-5pm 2-2½ Year Review U⌚	10-11.30am Baby Club U Pre-birth to 12 months including Starting Solids	1.30-3pm Emotional Wellbeing Workshop 📧📅	1.30-3pm Get Ready for School Stay and Play U For children 18 months to 5 years
10-11am Baby Massage U📧	10-11.30am Explore and Connect ☎️📧	Overland	Overland	Overland
1.30-3pm Sensory Play for Toddlers U Under 2s	3-4pm Twilight Stay and Play U	9am-5pm 2-2½ Year Review U⌚	9am-5pm 2-2½ Year Review U⌚	9am-5pm 0-19 Appointment Clinics U⌚
4-5pm Toilet Training Workshop U📧 28 April, 26 May, 30 June, 21 July For children 18 months to 5 years	9am-12noon NOUR Counselling ☎️📧	9.30-11.30am Healthy Child Start for Life Clinic U A drop in clinic to get your child weighed	9am-5pm Midwife Clinic - Gateway Midwife Team ⌚ Olga	10-11.30am Get Ready for School Stay and Play U For children 18 months to 5 years
Overland	Overland	Overland	Overland	Overland
9am-5pm 8-12 Months Health Review U⌚ Olga	9am-5pm 8-12 Months Health Review U⌚	12.30-4.30pm 0-19 Appointment Clinics U⌚	9am-5pm Midwife Clinic - Community Midwife Team ⌚	12.30-2pm Baby Feeding and Wellbeing Service Drop in U📧
9am-5pm 3-4 Months Health Review U⌚	10-11.30am Sensory Play for Toddlers U Under 2s, Olga	1.30-2.15pm Baby Massage 📧📅	10-11.30am Childminders Group 📧 Olga For registered childminders only	1.30-3pm Baby Club U For children 0-12 months
9am-5pm Midwife Clinic - Community Midwife Team U⌚	1.30-2.30pm Half Moon Theatre 📧		10-11.30am Communication Stay and Play U	
10-11.30am Active Stay and Play U	1.30-3pm Little Talkers ☎️📧		1.30-3pm Play and Connect ☎️📧	
3-4pm Twilight Stay and Play U				



Centre details

CENTRE	ADDRESS	TELEPHONE
Mile End	9 Bede Square, Joseph Street, E3 4GY	020 7364 7557
Mile End Pavilion	106 Locksley Street, E14 7EJ	
Marner	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: Monday - Friday, 9.15am-5pm

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

KEY

- U Universal
- ⌚ By appointment only
- 📧 Call to book
- 📅 Term time only
- 📧 By invite only
- 👤 Virtual session
- 🎯 Targeted
- 👶 Crèche available
- 👩 Mothers and female carers only

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.

