

Autumn Activity Timetable 5 September – 23 December 2022

MONDAY

9am-4.30pm Health Visitor Clinic U 📞 Olga
9am-5pm Health Visitor Clinic U 📞 Mile End, Overland
Midwife Clinic - Community Midwife Team U 📞 Overland
Parent and Child Programme 📞 Mile End
Supporting Families Employment Advisor U 📞 Marnier
9.30am-2.30pm Children & Young People Mental Wellbeing U 📞 Overland
10-11am Baby Massage including Starting Solids U 📞 <i>For babies under 12 months</i> Overland
10am-12noon Active Stay and Play - Toyhouse Library U 📞 Mile End Pavilion
1.30-3pm Communication Stay & Play U Mile End
Little Talkers 📞 Marnier
1.30-3pm Active Stay and Play U Marnier
Communication Stay & Play U Overland
Parents Forum U <i>First Monday of the Month running alongside our stay and play session</i> Overland
Play Together <i>18 months - 3 years</i> <i>Support with Early Learning for 2 year old applications & prepare children for nursery</i> Mile End

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

TUESDAY

9am-4.30pm Health Visitor Clinic U 📞 Olga
9am-5pm Health Visitor Clinic U 📞 Mile End, Overland, Marnier
Parent and Child Programme 📞 Mile End
10-11-30am Little Talkers 📞 Mile End
Baby Massage including Starting Solids U 📞 <i>For babies under 12 months</i> Marnier
School Readiness Stay and Play U <i>18 months - 5 year olds</i> <i>Prepare children to be ready for school</i> Olga
12.30-3.30pm Stay and Play in the Park U 📞 Mile End Pavilion
1-4.30pm Speech & Language Therapy 📞 Olga
1.30-2.30pm Creative Play with Half Moon Theatre U 📞 Overland
1.30-3pm School Readiness Stay and Play U <i>18 months - 5 year olds</i> <i>Prepare children to be ready for school</i> Marnier
Play Plus 📞 Overland
2-3pm Active Play for Babies including Starting Solids U <i>For babies under 12 months</i> Mile End
3-4pm Starting Solids U 📞

WEDNESDAY

9am-5pm Health Visitor Clinic U 📞 Mile End, Overland, Marnier
Midwife Clinic - Community Midwife Team 📞 Mile End, Overland
Parent and Child Programme 📞 Mile End
Supporting Families Employment Advisor 📞 Overland
10-11am Active Play for Babies including Starting Solids U <i>For babies under 12 months</i> Marnier
10-11.30am Active Stay and Play U Mile End
Little Talkers 📞 Overland
Parents Forum U <i>Last Wednesday of the month running alongside our stay and play session</i> Mile End
10am-12noon Active Stay and Play - Toyhouse Library U 📞 Mile End Pavilion
11am-12noon Starting Solids U <i>For babies under 12 months</i> <i>28 September, 26 October & 30 November</i> Marnier
1-4.30pm Speech and Language Therapy 📞 Olga

KEY

- U** Universal
- 📞 By appointment only
- 📞 Call to book
- 📅 Term time only
- 📞 By invite only
- 👶 Crèche available
- 👤 Virtual session

THURSDAY

9am-5pm Health Visitor Clinic U 📞 Mile End, Overland, Marnier, Olga
Midwife Clinic - Community Midwife Team U 📞 Mile End, Overland
Parent and Child Programme 📞 Mile End
Supporting Families Employment Advisor U 📞 Mile End
10-11am Special Story & Rhyme time U 📞
10-11-30am School Readiness Stay and Play U <i>18 months - 5 year olds. Prepare children to be ready for school</i> Mile End
Play Together <i>18 months - 3 years</i> <i>Support with Early Learning for 2 year old applications & prepare children for nursery</i> Marnier
Active Stay and Play U Olga
10am-12noon Childminders Group U Overland
12.30-3.30pm Stay & Play in the Park U 📞 Mile End Pavilion
1.30-3pm Communication Stay & Play U Marnier
Parents Forum U <i>Last Thursday of the month running alongside our stay and play session</i> Marnier
Invitation to Play 📞 Overland
2-3pm Play Plus 📞 Mile End

FRIDAY

9am-12noon Speech and Language Therapy 📞 Mile End
9am-4pm Health Visitor Clinic U 📞 Olga
9am-5pm Health Visitor Clinic U 📞 Mile End, Overland
Parent and Child Programme Mile End
10-11am Baby Massage including Starting Solids U 📞 Mile End
Active Play for Babies including Starting Solids U <i>For babies under 12 months</i> Overland
10-11.30am Communication Stay and Play Marnier
12noon-4.30pm Health Visitor Clinic U 📞 Marnier
12.30-2pm Baby Feeding Drop-in U <i>Tel: 07785 925 981/020 3594 2591</i> Overland
1.30-2.30pm Play Together U <i>Universal</i> <i>10 months-3 years</i> <i>Support with Early Learning for 2-year-old applications & prepare children for nursery</i> Overland
1.30-3pm Communication Stay & Play U Mile End
2-3pm Play Plus 📞 Marnier

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

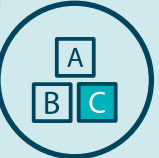
Children and Family Centres



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 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.

School Readiness Programme



Children need skills to make sure they are ready when they start school. The skills a child will need are:

- Being able to put on their coat.
- Go to the toilet independently.
- Be able to focus.
- To feel confident to make friends.
- To explore and learn new things.
- Be able to talk to adults and show how they feel.

Children need to have good routines, have a healthy diet, and get enough sleep. This lets them make use of this new stage in their life.

Our Children and Family Centres have a rolling programme of 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 on their own.
- Healthy lifestyle: tips for a healthy diet and everyday life.
- Sleep and routines: making sure they get a good night's sleep, having routines and managing limits.
- Learning through play: the importance of playing to help children learn and grow.