

North East Locality Activities for children under 5

Spring Term Timetable 2 January - 21 April 2025



MONDAY
Mile End
9.15am-5pm 0-19 Appointment Clinics U⌚
10-11.30am Active Play for Babies U For children under 12 months Starting solids 11-11.30 last Monday of the month
1.30-3pm Get Ready for School U👤 For children under 18 months to 5 years
Marner
9am-5pm 3-4 Month Review U⌚
10-11.30am Communication Stay and Play U
2-3pm Baby Massage including Starting Solids U📱 For pre-crawlers only
Overland
9am-5pm Midwife Clinic - Community Midwife Team U⌚
9am-5pm 3-4 Months Health Review U⌚
9am-5pm 8-12 Months Health Review U⌚ Olga
10-11.30am Active Stay and Play U
1.30-3pm Little Talkers ☎️

TUESDAY
Mile End
9.30-11.30am 0-19 Appointment Clinics U⌚
10-11.30am Little Talkers ☎️
1.30-3pm Sensory Play for Toddlers U For under 2s
Marner
9am-5pm 2-2½ Year Health Review U⌚
10-11.30am Explore and Connect Stay and Play ☎️
3.15-4.30pm Twilight Stay & Play U
Overland
9am-5pm 8-12 Months Health Review U⌚
9-10.30am Sensory Play for Toddlers U Olga For children under 2
12noon-1pm Toilet Training Workshop U📱 28 January, 25 February, 25 March For children 18 months to 5 years This is a whole locality session This session is Online
1.30-2.30pm Baby Massage including Starting Solids U📱
3.15-4.30pm Twilight Stay and Play U

WEDNESDAY
Mile End
9am-5pm Midwife Clinic - Community Midwife Team U⌚
10-11.30am Play and Connect ☎️
1.30-4pm Speech and Language Therapy U⌚
2-3pm Toilet Training Workshop U📱 29 January, 26 February, 26 March
3-4pm Play Plus ☎️
Marner
9am-5pm 8-12 Months Health Review U⌚
10-11.30am Active Play for Babies including Starting Solids U For babies under 12 months
11-11.30am Starting Solids Workshop U Every last Wednesday
1.30-3pm Toilet Training Workshop U📱 29 January, 26 February, 26 March For children 18 months to 5 years
Overland
9am-5pm Midwife Clinic - Community Midwife Team U⌚
9am-5pm 2-2½ Year Health Review U⌚
9.30-11.30am Healthy Child Start for Life Clinic U Drop in clinic
10-11.30am Parents Forum 📱
10-11.30am Play Plus ☎️
12noon-5pm 0-19 Appointment Clinics U⌚

THURSDAY
Mile End
9am-5pm Midwife Clinic - Community Midwife Team U⌚
9am-5pm 3-4 Months Health Review U⌚
9.30-11am Active Stay and Play U
10-11.30am Parents Forum U Every last Thursday
12.30-3.30pm Play in the Park U During holidays, children under 11 are able to attend this session
Marner
1.30-3pm Play Plus ☎️
Overland
9am-5pm Midwife Clinic - Community Midwife Team U⌚
9am-5pm Midwife Clinic - Gateway Midwife Team U⌚ Olga
9am-5pm 2-2½ Year Health Review U⌚
10-11.30am Get Ready for School Stay and Play U For children 18 months to 5 years
10-11.30am Childminders Group ☎️ For registered childminders only Olga
1.30-3pm Communication Stay and Play U

FRIDAY
Mile End
9.30-11am Speech and Language Therapy U⌚ 31 January, 28 February, 28 March
10-11.30am Baby Massage including Starting Solids U📱
1-5pm NOUR Counselling 📱
1.30-3pm Communication Stay and Play U
Marner
10-11.30am Get Ready for School Stay and Play U For children 18 months to 5 years
2-3.30pm Active Stay and Play U
2-3.30pm Parents Forum U 31 January, 26 February, 28 March
Overland
9am-5pm 0-19 Appointment Clinics U⌚
10-11.30am Play and Connect ☎️
12.30-2pm Baby Feeding and Wellbeing service Drop in session for families needing baby feeding advice
2-3.30pm Active Play for Babies including Starting Solids U Babies under 12 months
3-3.30pm Starting Solids Workshop U

KEY

- U** Universal
- ⌚ By appointment only
- 📱 Call to book
- 📅 Term time only
- ☎️ By invite only
- 👤 Virtual session
- 🎯 Targeted
- 👶 Crèche available



Opening times: Monday - Friday, 9.15am-5pm

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

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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.

