

North West 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



Useful numbers

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

You could get help to buy:

- Plain cow's milk
- Fresh, frozen or tinned 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
#StartHealthyStart
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

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.

Tax Credit
Helpline
0345 300 3900

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

Breastfeeding
Network Support
0300 100 0210

Find a Doctor/
Dentist
020 7364 5016

Mind in Tower
Hamlets/
Newham
020 7510 1081

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

Register for free
www.eredbook.org.uk

Visit our website



www.towerhamlets.gov.uk/childrenandfamilycentres

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



North west locality

Bus routes/DLR

Meath Gardens

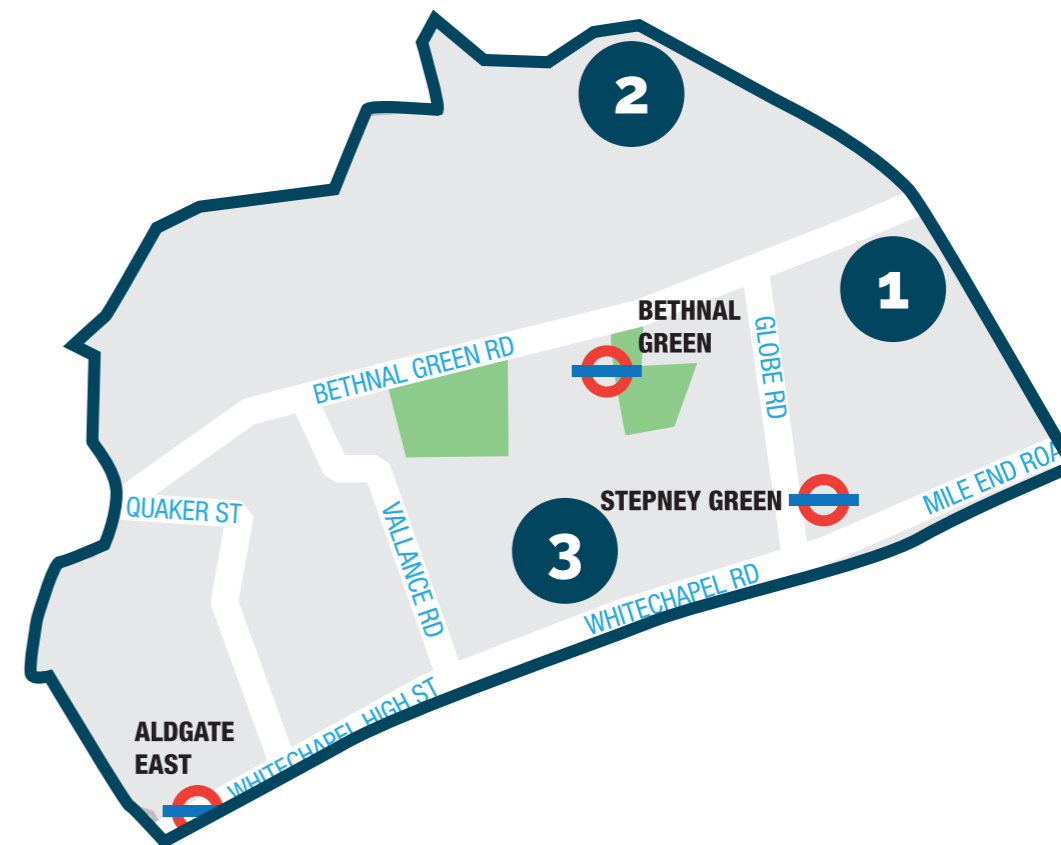
Bus: D6, 8

Mowlem

Bus: 254, 106

Collingwood

Bus: 254, 106



1

Meath Gardens,
1 Smart Street,
London, E2 0SN

2

Mowlem,
Wadeson Street,
London, E2 9DL

3

Collingwood, St Bartholomew
Gardens, Buckhurst Street,
London, E1 5QT

Summer Activity Timetable 19 April – 22 July 2022



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

Meath Gardens

1 Smart Street, E2 0SN T: 020 7364 0349

Mowlem

Wadeson Street, E2 9DL T: 020 7364 7935

Collingwood

St Bartholomew Gardens, Buckhurst Street, E1 5QT T: 020 7364 0539

St Hilda's Community Centre

18 Club Row, E2 7EY

Rich Mix

35-47 Bethnal Green Road, E1 6LA

St Jude's School

Stephen Hawkings School, St Jude's Road, E2 9RL

MONDAY

9am-3pm
Midwife Clinic – Community Midwife Team U⌚
For babies under 12 months
Mowlem

9am-5pm
Midwife Clinic – Community Midwife Team U⌚
Meath Gardens

9.30am-3pm
Baby Feeding Services U📱
For babies under 12 months, Baby Feeding Service T: 07961 609626
Meath Gardens

10-11.30am
Active Stay and Play U
Collingwood, Meath Gardens

Sensory Play for Babies U📱
For babies under 12 months
Mowlem

Baby Massage including Starting Solids U📱
For babies under 12 months
Collingwood

10am-12noon
Active Stay and Play U📱
St Hilda's

Childminders Group U📱
Registered childminders only
Mowlem

1-4pm
Speech and Language Therapy ☒
Meath Gardens

1.30-3pm
Little Talkers ☒📱
Meath Gardens

Invitation to Play ☒📱
Mowlem

School Readiness Stay and Play U
Collingwood

TUESDAY

9am-12noon
Healthy Child Clinic U⌚
Mowlem

9am-1pm
English Functional Skills U📱
Meath Gardens

9am-5pm
Innovation Project ☒
Mowlem

9.30am-3pm
Midwife Clinic – Community Midwife Team U⌚
For babies under 12 months
Meath Gardens, Collingwood

10-11.30am
Early Learning for 2 year olds School Readiness U📱
Open to all children aged 2 who are getting ready to start nursery or school.
Meath Gardens

Active Stay and Play U
Mowlem

Communication Stay and Play U
The session changes on the 26/4/22, 3/5/22, 17/5/22 and 24/5/22 to include Soundplay
Collingwood

10am-12noon
Mums Matter 📱📱
Collingwood

1-4pm
Speech and Language Therapy ☒📱
Meath Gardens

1.30-3pm
Communication Stay and Play U
Meath Gardens

Family Support Stay and Play ☒
Mowlem

Invitation to Play ☒📱
Collingwood

1.45-3pm
Active Stay and Play U
Starts on 26/4
Rich Mix

WEDNESDAY

9am-5pm
Innovation Project ☒📱
Meath Gardens, Mowlem

Healthy Child Clinic U⌚
Meath Gardens, Mowlem

Midwife Clinic – Community Midwife Team U⌚
For babies under 12 months
Mowlem

Health Visitor Clinic U⌚
Collingwood

9.30-10.30am
Sensory Play for Babies including Starting Solids U📱
For babies under 12 months
Meath Gardens

10-11.30am
Play in the Park U
Meath Park and Meath Gardens CFC. 1st June - joint event with the parks team, more details to follow
Meath Gardens

Communication Stay and Play U
Mowlem

Early Learning for 2 year olds School Readiness U
Collingwood

Stay and Play for Complex Needs
All parents in the borough can attend for SEND support. 11, 18 and 25 May, 8, 15 and 22 June
St Jude's

School Readiness ☒📱
Starts 20 April
Collingwood

10.45-11.45am
Sensory Play for Babies including Starting Solids U📱
For babies under 12 months
Meath Gardens

12.30-2pm
Baby Feeding Service U
For babies under 12 months
Baby Feeding Service T: 07961 609626

1-3pm
Active Stay and Play U📱
St Hilda's

THURSDAY

9am-2pm
Health and Social Care Level 1 U📱
Collingwood

Childcare Level 1 U📱
Mowlem

9am-5pm
Healthy Child Clinic U⌚
Meath Gardens, Collingwood

NHS Talking Therapies Employment Service ⌚
Mowlem

10-11am
Virtual Baby Massage including Starting Solids U📱
Mowlem

10-11.30am
Invitation to Play ☒📱
Meath Gardens

Change for Good U📱📱
Mowlem

Early Learning for 2 year olds School Readiness
Open to all children aged 2 who are getting ready to start nursery.
Mowlem

Sensory Play for Babies including Starting Solids U📱
For babies under 12 months
Collingwood

10am-12noon
Childminders Group U📱
Registered childminders only
Meath Gardens

Parents Forum U
Meath 5 May, Mowlem 9 June, Collingwood 7 July. Call Luthfa Rahman.
Meath Gardens, Mowlem, Collingwood

1.30-2.30pm
Baby Massage including Starting Solids U📱
For babies under 12 months
Meath Gardens

1.30-3pm
Active Stay and Play U
Meath Gardens

Little Talkers ☒📱
Mowlem

THURSDAY

1.30-3pm
Family Support Stay and Play ☒
Collingwood

2.45-3.45pm
Baby Massage including Starting Solids U📱
For babies under 12 months
Meath Gardens

FRIDAY

9am-3pm
Midwife Clinic – Community Midwife Team U⌚
For babies under 12 months
Meath Gardens

9am-5pm
Healthy Child Clinic U⌚
Meath Gardens, Mowlem

9.30-11.30am
ESOL U📱
Collingwood

10am-2pm
Healthy Child Clinic U⌚
Collingwood

10-11.30am
Communication Stay and Play U
Meath Gardens

Active Stay and Play U
Mowlem

Little Talkers ☒📱
Collingwood

1.30-3pm
School Readiness Stay and Play U
Meath Gardens

Communication Stay and Play U
Collingwood

2-3.30pm
Early Learning for 2 year olds School Readiness U
Mowlem

Opening times are Monday - Friday, 8.30am to 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
- 👤 Crèche available
- 🖥️ Virtual session