

# North West Locality Activities for children under 5

## Spring Term Timetable 2 January - 21 April 2025



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| <b>Meath Gardens</b>  | <b>Meath Gardens</b>  | <b>Meath Gardens</b>   | <b>Meath Gardens</b>   | <b>Meath Gardens</b>   |
| 9am-5pm<br>Midwife Clinic - Community Midwife Team U📞   | 9.15am-5pm<br>Supporting Families Employment Advisor 📞📞   | 9.15am-5pm<br>Docklands Outreach - Counselling 📞   | 9.15am-4.30pm<br>8-12 Months Health Review U📞  | 9.15am-5pm<br>Midwife Team - Community Midwife Clinic U📞   |
| 10-11am<br>Baby Massage including Starting Solids U📞<br>For pre-crawlers only                                     | 9.15am-5pm<br>Midwife Clinic - Gateway Midwife Team 📞📞  | 9.30am-1pm<br>0-19 Appointment Clinics U📞  | 10-11.30am<br>Learn and Connect 📞📞📞<br>9, 16, 23, 30 January, 6, 13, 27 February, 6, 13, 20, 27 March, 3 April | 9.30-11.30am<br>Healthy Child Start for Life Clinic U  |
| 11.15am-12.15pm<br>Starting Solids U📞<br>31 January, 10 February, 10 March, 7 April<br>For babies under 12 months | 10-11.30am<br>Little Talkers 📞📞<br>Starts 14 January  | 9.30am-4pm<br>8-12 Months Health Review U📞<br>Healthy Child Start for Life Clinic U                        | 10-11.30am<br>Childminders Group U<br>For registered childminders only   | 10-11.30am<br>Sensory Play for Babies U<br>For pre-crawlers only                                   |
| 12.30-2pm<br>Baby Feeding and Wellbeing Service Drop-in U   | 1.30-3pm<br>Active Stay and Play U<br>During holidays, children under 11 are able to attend this session        | 10-11.30am<br>Active Stay and Play U<br>During holidays, children under 11 are able to attend this session | 10am-4pm<br>Rooted Finance and Benefits Advice U📞  | 12.30-4pm<br>8-12 Months Health Review 📞📞  |
| 2-3.30pm<br>Communication Stay and Play U<br>During holidays, children under 11 can attend this session           | 4-7pm<br>Streets of Growth 📞📞   | 11am-12noon<br>Parents Forum U   | 1.30-3pm<br>Toilet Training Workshop 📞📞<br>30 January, 27 February, 27 March                                   | 1.30-3pm<br>Get Ready for School 📞<br>For children 18 months to 5 years                            |
| <b>Mowlem</b>   | <b>Mowlem</b>   | <b>Mowlem</b>  | <b>Mowlem</b>  | <b>Mowlem</b>  |
| 9.15am-5pm<br>0-19 Appointments 📞📞  | 9.30am-4pm<br>2-2½ Year Review  | 1-3pm Toilet Training Workshop 📞📞<br>14 January, 12 Feb, 11 March, 15 April                                | 1.30-3pm<br>ASDAS Group 📞  | 9.30-11am<br>Active Stay and Play U  |
| 10-11.30am<br>Childminders Group U📞<br>Registered Childminders only   | 9.30am-4.30pm<br>0-19 Appointment Clinic  | 1-4pm<br>Speech and Language Therapy 📞   | 4-5.30pm<br>Twilight Stay & Play U<br>During holidays, children under 11 are able to attend this session       | 9.30am-4pm<br>3-4 Months Health Review 📞📞  |
| 10-11.30am<br>Sensory Play for Babies U<br>For pre-crawlers only  | 10-11.30am<br>Get Ready for School Stay and Play U<br>For children 18 months to 5 years                         | 1.30-3pm<br>My Time 1-2-1 Support 📞📞📞<br>Healthy Snacks/Cooking U📞<br>29 January, 26 Feb, 26 March         | Family Support Stay and Play 📞📞<br>2nd Thursday of the month   | 9.30am-4pm<br>0-19 Appointment Clinics 📞📞  |
| 10am-12noon<br>Active Stay and Play with Toyhouse Library U📞  | 1.45-3pm<br>Active Stay and Play U📞<br>Rich Mix   | <b>Mowlem</b>  | <b>Mowlem</b>  | 2-3.30pm<br>Explore and Connect Stay and Play 📞📞   |
| 1.30-3pm<br>Communication Stay and Play U   | <b>Collingwood</b>  | 9.15am-5pm<br>Midwife Clinic - Community Midwife Team U📞<br>2-2½ Year Health Review 📞📞                     | 9.15am-5pm<br>Supporting Families Employment Advisor U📞  | <b>Collingwood</b>   |
| <b>Collingwood</b>  | 9.15am-5pm<br>Midwife Clinic - Community Midwife Team U📞  | 10-11.30am<br>Baby Massage U📞<br>For Pre-crawlers only   | 9.15am-5pm<br>Speech and Language Therapy 📞📞   | 10-11.30am<br>Little Talkers 📞📞  |
| 9am-5pm<br>Nour Counselling 📞   | 9.15am-4.30pm<br>Healthy Child Start for Life Clinic U  | 11.15am-12.15pm<br>Starting Solid Workshop U📞<br>22 January, 19 February, 19 March, 16 April               | 10-11.30am Communication Stay and Play U   | 2-3.30pm<br>Active Stay and Play U   |
| 9.15am-5pm<br>Healthy Child Start for Life Clinic U   | 10-11.30am<br>Active Stay and Play U  | 1-3pm Active Stay and Play with Toyhouse Library U📞  | 1.30-3pm<br>Little Talkers 📞📞  | <b>SATURDAY</b>  |
| 9.15am-5pm<br>Midwife Clinic - Community Midwife Team U📞  | 1.30-3pm<br>Communication Stay and Play U<br>During holidays, children under 11 are able to attend this session | 1.30-5pm<br>My Time 1-2-1 Support 📞📞   | <b>Collingwood</b>   | <b>Meath Gardens</b>   |
| 9.30-11am<br>Active Play for Babies including Starting Solids U<br>For pre-crawlers only                          | <b>KEY</b>  | <b>Collingwood</b>   | 9.15am-4.30pm<br>3-4 Months Health Review 📞📞   | 10-11.30am<br>Story and Rhyme U<br>Second and third Saturday of the month                          |
| 1.30-3pm<br>School Partnership Stay and Play U📞<br>Canon Barnett School   | U Universal   | 9.15am-4.30pm<br>3-4 Months Health Review 📞📞   | 9.30am-5pm<br>NHS Talking Therapies Emotional Wellbeing Workshop 📞📞  | 10-11.30am<br>Baby Feeding and Wellbeing Service Drop-in U<br>First and last Saturday of the month |
|   | 📞 By appointment only   | 10-11.30am<br>Play and Connect 📞📞  | 10-11.30am Baby Massage U📞<br>For pre-crawlers only  | 11am-1pm<br>Active Stay and Play U<br>First and last Saturday of the month                         |
|   | 📞📞 Call to book   | 12.30-2pm<br>Baby Feeding and Wellbeing Service U Drop in session  | 11.15am-12.15pm<br>Starting Solids U📞<br>23 January, 20 February, 20 March, 17 April                           |  |
|   | 📅 Term time only  | 1-2pm<br>Toilet Training Workshop U📞📞<br>29 January, 26 Feb, 26 March                                      | 2-3.30pm<br>Get Ready for School Stay and Play U<br>For children 18 months to 5 years                          |  |
|   | 📞 By invite only  |  |  |  |
|   | 👤 Virtual session   |  |  |  |
|   | 📍 Targeted  |  |  |  |
|   | 👶 Crèche available  |  |  |  |

### 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 West 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.

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

Meath Gardens Family Hub Opening Times:

|           |  |
|-----------|--|
| Monday    | 9.15am-5pm   |
| Tuesday   | 9.15am-7pm   |
| Wednesday | 9.15am-6pm   |
| Thursday  | 9.15am-7pm   |
| Friday    | 9.15am-5pm   |
| Saturday  | 9am-2pm<br>(on the first and last Saturday of the month) |
| Sunday    | Closed   |

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