

North West Locality Activities for children under 5

Summer Term Timetable 21 April 2025 – 25 July 2025



MONDAY
Meath Gardens
9.15am-4.30pm Midwife Clinic - Community Midwife Team
10-11am Baby Massage For pre-crawlers only
11.15am-12.15pm Starting Solids 26 May, 30 June, 28 July
12.30-2pm Baby Feeding and Wellbeing Service Drop-in
1.30-3pm Communication Stay and Play During holidays, children under 11 can attend this session
Mowlem
9.15-10.30am School Readiness Workshops Sessions will run in schools
9.15am-5pm 0-19 Appointments
10-11.30am Childminders Group Registered Childminders only
10-11.30am Active Stay and Play with Toyhouse Library St Hilda's
11am-12noon Toilet Training Workshop 28 April, 26 May, 30 June For children 18 months to 5 years
1.30-4.30pm Play Plus
Collingwood
9.15am-5pm NOUR Counselling
9.30-11am Baby Club
10-11am Starting Solids Workshop 12 May, 16 June, 14 July
1.30-3pm School Partnership Stay and Play Canon Barnett School

TUESDAY
Meath Gardens
9-10.30am School Readiness Workshop Sessions will run in schools
9.15am-5pm Supporting Families Employment Advisor
9.15am-5pm Midwife Clinic - Gateway Midwife Team
1.30-3pm Little Talkers
4-7pm Streets of Growth
Mowlem
10-11.30am Story and Rhyme
1.45-3pm Active Stay and Play Rich Mix
Collingwood
9.15am-12noon Supporting Families Employment Advisor
9.15am-5pm Midwife Clinic - Community Midwife Team
10-11.30am Active Stay and Play
10am-12noon Change for Good Walking Group
Opening times: Monday - Friday, 9.15am-5pm
Meath Gardens Family Hub Opening Times:
Monday 9.15am-5pm
Tuesday 9.15am-5pm
Wednesday 9.15am-5pm
Thursday 9.15am-7pm
Friday 9.15am-5pm
Saturday 9am-2pm
Sunday Closed
Please note there will be no admittance to sessions 30 minutes before the end.

WEDNESDAY
Meath Gardens
9.15am-1pm 0-19 Appointment Clinics
9.15am-4.30pm Healthy Child Start for Life Clinic
9.15am-5pm Docklands Outreach - Counselling
9.30am-4pm 8-12 Months Health Review
10-11.30am Play and Connect
11am-12noon Parents Forum
1-4pm Speech and Language Therapy
1.30-3pm Play Plus
Mowlem
9.15am-5pm 2-2½ Year Health Review
9.15am-5pm Midwife Clinic - Community Midwife Team
10-11.30am Little Talkers Workshop
1-3pm Active Stay and Play with Toyhouse Library St Hilda's
1.30-4.30pm My Time 1-2-1 Support
Collingwood
9.15am-4.30pm 3-4 Months Health Review
9.30am-2.30pm Supporting Families Employment Advisor
10am-12noon Change for Good Walking Group
10.30-11.30am Baby Massage
12.30-2pm Baby Feeding and Wellbeing Service
1.30-3pm Play Plus

THURSDAY
Meath Gardens
9.15am-4.30pm 8-12 Months Health Review
10-11.30am Learn and Connect
10-11.30am Childminders Group For registered childminders only
1.30-3pm ASDAS Group
3.30-5pm Twilight Stay & Play During holidays, children under 11 are able to attend this session
4-5.30pm Family Support Stay and Play 8 May, 12 June, 10 July
Mowlem
9.15am-5pm Supporting Families Employment Advisor
10am-12noon Baby Club including Starting Solids Birth to 12 months
2-3pm Baby Massage For pre-crawlers only
3-4pm Starting Solids Workshop 24 April, 22 May, 26 June, 24 July
Collingwood
9.15am-4.30pm 3-4 Months Health Review
9.30am-5pm NHS Talking Therapies Emotional Wellbeing
10-11.30am Get Ready for School Stay and Play For children 18 months to 5 years
1.30-3pm Communication Stay and Play

FRIDAY
Meath Gardens
9.15am-5pm Midwife Team - Community Midwife Clinic
9.30-11.30am Healthy Child Start for Life Clinic
10-11.30am Get Ready for School Stay and Play For children 18 months to 5 years
12.30-4pm 8-12 Months Health Review
1.30-3pm Baby Club For children birth to 12 months
Mowlem
9.15am-4pm 3-4 Months Health Review
9.15am-4.30pm 0-19 Appointments
10-11.30am Communication Stay and Play
2-3.30am Explore and Connect Stay and Play
Collingwood
9am-3pm Healthy Child Clinic
9.30-11.30am ESOL and Maths
10-11.30am Little Talkers
2-3.30pm Story and Rhyme
SATURDAY
Meath Gardens
9-11am Play Plus
10-11.30am Baby Feeding and Wellbeing Service Drop-in First and Last Saturday of the month
11.30am-1pm Active Stay and Play

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.

Centre details

CENTRE	ADDRESS	TELEPHONE
Meath Gardens	1 Smart Street, E2 0SN	020 7364 0349
St Hilda's Community Centre	18 Club Row, E2 7EY	
Mowlem	Wadeson Street, E2 9DL	020 7364 7935
Collingwood	St Bartholomew Gardens, Buckhurst St, E1 5QT	020 7364 0539

KEY	
	Universal
	By appointment only
	Call to book
	Term time only
	By invite only
	Virtual session
	Targeted
	Crèche available
	Mothers and female carers only