

South East Locality Children and Family Centres Summer Term Activity Timetable

19 April –
22 July 2022



Useful numbers

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

You could get help to buy:

- Fresh cow's milk
- Fresh, frozen or dried fruit and vegetables
- Fresh, dried, and bread 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
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

Tax Credit Helpline
0345 300 3900

Health Visitor clinics
020 4551 1414

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

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.

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

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

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

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

South east locality

Bus routes/ DLR

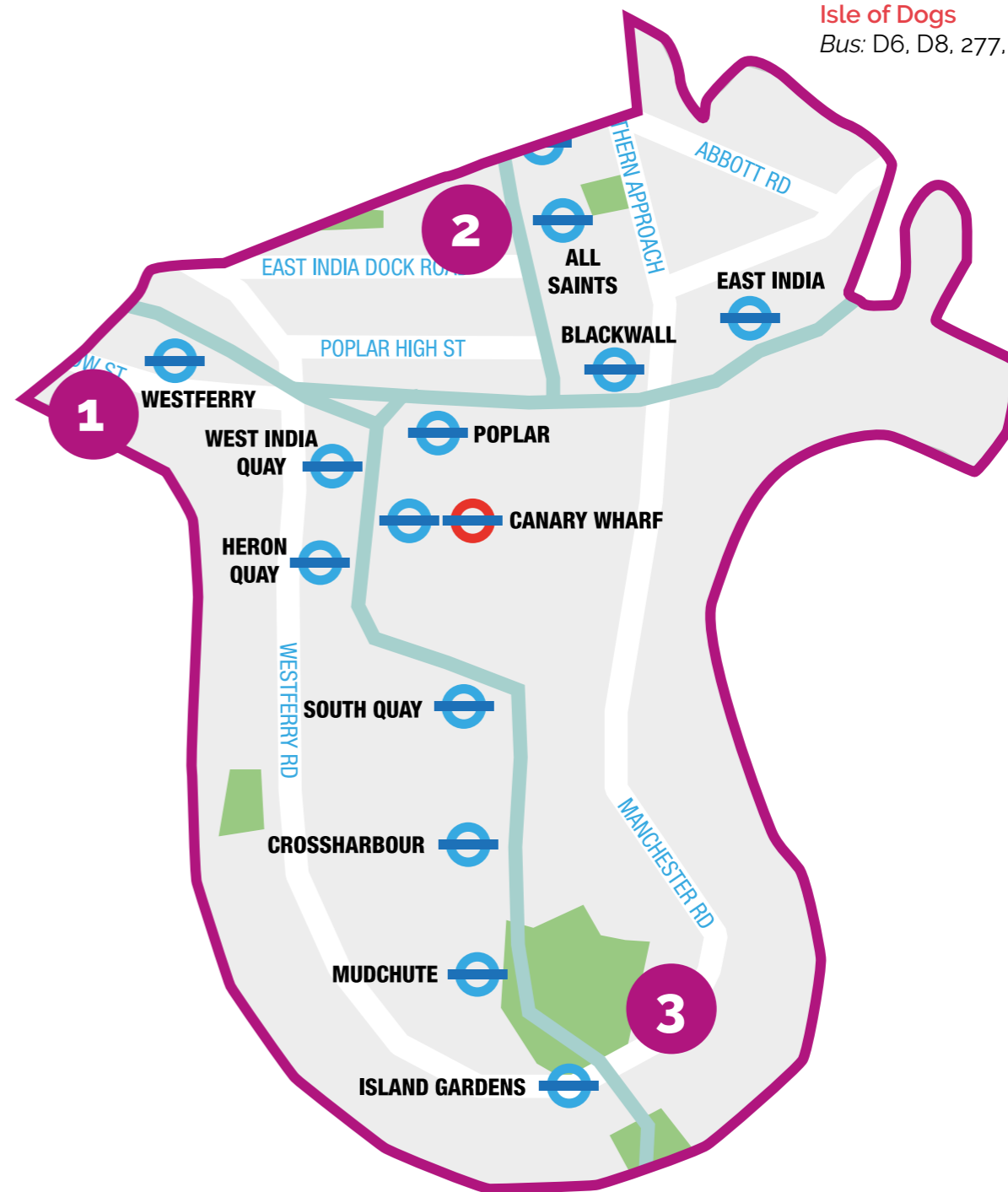
Around Poplar
Bus: D7, 277 DLR:
Westferry

Chrip Street

Bus: 15, D6 DLR: Poplar

Isle of Dogs

Bus: D6, D8, 277, 135



1

Around Poplar,
115 Three Colt Street,
London, E14 8AP

2

Chrip Street,
45 Kerbey Street
London, E14 6AW

3

Isle of Dogs,
Millwall Park, Stebondale Street,
London, E14 3BX

Summer Activity Timetable 19 April – 22 July 2022

MONDAY
9am-5pm Health Visitor Clinic U ⊙ Chrisp Street, Around Poplar
Two Year Old Integrated Review U ⊙ Isle of Dogs
9am-12noon Speech and Language Therapy U ⊙ Isle of Dogs
10-11.30am Active Stay and Play U Around Poplar
Communication Stay and Play U Chrisp Street
Early Learning for 2 year olds School Readiness U <i>18 months - 36 months</i> Isle of Dogs
Creative Play with Half Moon Theatre U Isle of Dogs
1.30-2.30pm Active Play for Babies including Starting Solids U <i>For babies under 12 months. Starting solids last Monday of the month.</i> Around Poplar
1.30-3pm BookStart Stay and Play U Isle of Dogs
2-3pm Walk and Talk U Chrisp Street

TUESDAY
9am-5pm Supporting Families Employment Advisors U Ⓜ Isle of Dogs
10-11.30am Invitation to Play U Ⓜ Around Poplar
Baby Feeding Drop-in Service U <i>Baby Feeding Service T: 07961 609626</i> Chrisp Street
School Readiness Stay and Play U <i>18 months - 5 years</i> Chrisp Street
Active Stay and Play U Isle of Dogs
10am-12noon Change for Good Classroom U <i>8 weeks, 10/5 to 5/7</i> Around Poplar
Childminders Group U Ⓜ <i>Registered childminders only</i> Isle of Dogs
Mums Matter Classroom U <i>7-12 June</i> Isle of Dogs
1.30-2.30pm Active Play for Babies including Starting Solids U <i>Babies under 12 months</i> Isle of Dogs
1.30-3pm BookStart Stay and Play U Around Poplar
Invitation to Play U Ⓜ Chrisp Street
ESOL with crèche U Ⓜ <i>7 June - 12 July</i> Chrisp Street
2.30-3pm Starting Solids Workshop U <i>Last Tuesday of the month</i> Isle of Dogs

WEDNESDAY
9am-5pm Health Visitor Clinic U ⊙ Around Poplar, Chrisp Street, Isle of Dogs
Supporting Families Employment Advisors U Ⓜ Around Poplar
10-11am Play Plus U Ⓜ <i>School holidays only</i> Around Poplar, Chrisp Street
10-11.30am Little Talkers U Ⓜ Around Poplar, Chrisp Street
School Readiness Stay and Play U <i>18 months - 5 years</i> Isle of Dogs



THURSDAY
9am-5pm NHS Employment Advisor U Ⓜ Around Poplar
Midwife Clinic –Gateway Midwife Team U Chrisp Street
Supporting Families Employment Advisors U Ⓜ Chrisp Street
9.30am-2.30pm Childcare Level 2 U Ⓜ <i>21 April - 21 July</i> Chrisp Street
10-11am Walk and Talk U Around Poplar
10-11.30am Active Stay and Play U Chrisp Street
Invitation to Play U Ⓜ Isle of Dogs
1.30-2.30pm Baby Massage including Starting Solids U Ⓜ Around Poplar
1.30-3pm Early Learning for 2 year olds School Readiness U <i>18 months - 36 months</i> Around Poplar
BookStart Stay and Play U Chrisp Street
Communication Stay and Play U Isle of Dogs
Parents Forum U Ⓜ <i>Last Thursday of the month, for all parents in the SE locality</i> Isle of Dogs

FRIDAY
9am-5pm Health Visitor Clinic U ⊙ Around Poplar
10-11.30am Active Stay and Play U Around Poplar
Early Learning for 2 year olds School Readiness U <i>18 months - 36 months</i> Chrisp Street
Little Talkers U Ⓜ Isle of Dogs
1.30-2.30pm Active Play for Babies including Starting Solids U Chrisp Street
Baby Massage including Starting Solids U Ⓜ Chrisp Street, Isle of Dogs
1.30-2.30pm Play Plus U Ⓜ <i>School holidays only</i> Isle of Dogs
1.30-3pm School Readiness Stay and Play U <i>18 months - 5 years</i> Around Poplar
2.30-3pm Starting Solids Workshop U <i>Last Friday of the month</i> Chrisp Street

KEY
U Universal
⊙ By appointment only
Ⓜ Call to book
Ⓜ Term time only
Ⓜ By invite only
Ⓜ Crèche available
Ⓜ Virtual session

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

Which Children and Family Centre can I use?



You may access any of the three centres within your locality and will also depend on where you live and your postcode. Each Children and Family Centre has a locality area. We prioritise families using the following order:

- Children living within the reach of the locality
- Children living within the borough of Tower Hamlets.

Due to the coronavirus, we want to ensure that families and visitors are kept safe. Therefore, we are requesting that you follow guidance and please wear a face covering (unless you have a disability, certain health conditions or are under the age of 11) when entering our buildings.
Thank you for keeping us all safe.

Healthy Start



You can collect Healthy Start vitamins and find out how Healthy Start might be able to help you to buy healthy food and milk from your local Children and Family Centre or visit www.healthystart.nhs.uk

CENTRE	ADDRESS	TELEPHONE
Around Poplar	115 Three Colts Street, E14 8AP	020 7364 0540
Chrisp Street	Kerbey Street, E14 6AW	020 7364 2856
Isle of Dogs	Millwall Park, Stebondale St, E14 3BX	020 7364 1179

