

South East Locality Activities for children under 5
Summer Term Timetable 21 April 2025 – 25 July 2025



MONDAY
Isle of Dogs
9.15am-5pm Speech and Language Therapy ☒📅
9.30am-4pm 2-2½ Year Health Review U🕒
10-11am Creative Play with Half Moon Theatre U📱
1-2pm Toilet Training U📱 2 June, 7 July
1.30-3pm Little Talkers Workshop ☉☒ Does not run first Monday of the month
Around Poplar
9.15am-5pm Speech and Language Therapy ☉☒
9.30am-4pm 3-4 Months Health Review U🕒 For under 2s
10-11.30am Little Talkers ☉☒📅
1.30-3pm Sensory Play for Babies U For pre-crawlers only
Chrisp Street
9am-5pm Midwife Clinic - Community Midwife Team U🕒
9.30am-4pm 2-2½ Year Health Review U🕒
10-11.30am Communication Stay and Play U
1.30-3pm Play Plus ☉☒



TUESDAY
Isle of Dogs
9am-5pm Midwife Clinic – Community Midwife Team U🕒 For under 2s
12noon-1.30pm Sensory Play for Babies U For pre-crawlers only
1-2pm Starting Solids U For under 2s 6 May, 3 June, 1 July
4-5.30pm Active Stay and Play U During holidays, children under 11 are able to attend this session
5-7pm My Time 1-2-1 Support ☉☒
Around Poplar
9.30am-4pm 0-19 Appointment Clinic U🕒
10-11.30am Active Stay and Play U During holidays, children under 11 are able to attend this session
1.30-3pm Play Plus ☉☒📅
Chrisp Street
10-11.30am Learn and Connect ☉☒📅👤
10-11.30am Baby Feeding and Wellbeing Service Drop-in U👤
1.30-3pm Little Talkers ☉☒📅
SATURDAY
Isle of Dogs
9.30am-1pm Health Visitor Clinic U☒
10-11.30am Communication Stay and Play U During holidays children aged under 11 are able to attend
12noon-1.30pm Dad’s/Carers Saturday Stay and Play U During holidays children aged under 11 are able to attend
12.30-2pm Play Plus ☉☒
12.30-2pm Little Talkers Workshop ☉☒

WEDNESDAY
Isle of Dogs
10-11.30am Childminders Group U☒ For registered childminders only
10am-4pm Hopscotch U Domestic violence surgery
10.30-11.30am Baby Massage U☒📱 25 June, 2, 9 and 16 July
10-11.30am School Readiness ☒ Delivered in local schools – School Partnership working
2-3.30pm Parents Forum U Second Wednesday of the month
2-4.30pm Community Cupboard U
Around Poplar
9am-5pm Healthy Child Start for Life Clinic U🕒
9.15am-5pm NHS Talking Therapies Employment Service U🕒
10-11.30am Baby Massage U☒📱📅
11.30am-12.30pm Starting Solids U For under 2s Last Wednesday of the month
11.30am-12.30pm Toilet Training Workshop U First Wednesday of the month
11.30am-12.30pm Little Talkers Workshop ☉☒ Second and third Wednesday of the month
2-4.30pm Community Cupboard U
Chrisp Street
9-11.45am Healthy Child Start for Life Clinic U🕒
1-4pm 0-19 Appointments U🕒
10-11.30am Play and Connect ☉☒📅
2-4.30pm Community Cupboard U
1-2pm Toileting Troubleshooting Session ☉ 4 June

THURSDAY
Isle of Dogs
9.30-11.30am Healthy Child Start for Life Clinic U Drop-in
1-4pm 0-19 Appointment Clinics U
1.30-3pm Explore and Connect Stay and Play U☒ For children with complex SEND needs
3.30-5pm Little Talkers ☉☒📅
5.30-7pm My Time 1-2-1 Support ☉☒
Around Poplar
9.15am-5pm Docklands Outreach Family Intervention U🕒
10-11.30am Communication Stay and Play U During holidays, children under 11 are able to attend this session
10-11.30am Education Psychology U📱 Sleep workshop
1.30-3pm Play and Connect ☉☒ For children with complex SEND needs
Chrisp Street
10-11.30am Active Stay and Play U
1.30-3pm Sensory Play for Babies U For pre-crawlers only

Centre details

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

FRIDAY
Isle of Dogs
10-11.30am Learning through Play U During holidays, children under 11 are able to attend this session
1.30-2.30pm Baby Massage U☒📱 For pre-crawlers only
2.30-3.30pm Baby Club including Starting Solids U Pre-birth-12 months
3-6pm Streets of Growth ☉☒
Around Poplar
9.30am-4pm 3-4 Months Health Review U🕒 For under 2s
10-11.30am Education Psychology U📱 Workshops around emotional regulation
10-11.30am School Readiness U📱
1.30-3pm Active Stay and Play U During holidays, children under 11 are able to attend this session
Chrisp Street
10-11.30am Learning through Play U
1-2pm Baby Massage U☒📱 For pre-crawlers only Does not run on last Friday of the month
2.30-3.30pm Starting Solids U 25 April, 30 May, 27 June
3.30-5pm Toilet Training Workshop U 2 May, 6 June, 4 July
3.30-5pm Little Talkers Workshop ☉☒ Does not run first Friday of the month

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 South 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.

KEY	
U	Universal
🕒	By appointment only
📱	Call to book
📅	Term time only
☒	By invite only
👤	Virtual session
☉	Targeted
👶	Crèche available
👩	Mothers and female carers only
Please note there will be no admittance to sessions 30 minutes before the end.	

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

Isle of Dogs Family Hub Opening Times:

Monday	9.15am-5pm	Friday	9.15am-6pm
Tuesday	9.15am-7pm	Saturday	9am-2pm
Wednesday	9.15am-5pm	Sunday	Closed
Thursday	9.15am-7pm		