

South East Locality Activities for children under 5

Spring Term Timetable 2 January - 21 April 2025



MONDAY
Isle of Dogs
9.15am-5pm Speech and Language Therapy U✉
9.30am-4pm 2-2½ Year Health Review U🕒
10-11am Creative Play with Half Moon Theatre U📅
1-2pm Toilet Training U Delivered on 1st Monday of the month
Around Poplar
9.15am-5pm Speech and Language Therapy U✉
9.30am-4pm 3-4 Months Health Review 🕒 For under 2s
10-11.30am Little Talkers 📅✉
1.30-3pm Sensory Play for Babies U For pre-crawlers only
Chrip 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🕒
11.30am-1pm Sensory Play for Babies For under 12 months
1-2pm Starting Solids U For under 2s First Tuesday of the month
4-5.30pm Twilight Stay & Play U During holidays, children under 11 are able to attend this session
5.30-7pm My Time 📅✉
Around Poplar
9.30am-4.30pm 0-19 Appointment Clinic U🕒
10am-11.30am Active Stay and Play U During holidays, children under 11 are able to attend this session
1.30-3pm Play Plus 📅✉
Chrip Street
10-11.30am Baby Feeding and Wellbeing Service Drop-in U Drop in service for families needing baby feeding support
10-11.30am Learning and Connect 📅✉📅
1.30-3pm Little Talkers 📅✉📅

WEDNESDAY
Isle of Dogs
10-11.30am Childminders Group U📅 For registered childminders only
10-11.30am School Readiness 📅✉📅 Delivered in local schools - School Partnership working
Around Poplar
9am-5pm Healthy Child Start for Life Immunisation Clinic U🕒
9.15am-5pm NHS Talking Therapies Employment Service U🕒
10am-12noon Baby Massage including Starting Solids U📅 Last Wednesday of the month For pre-crawlers only
Chrip Street
9-11.45am Healthy Child Start for Life Clinic U🕒
10-11.30am Play and Connect 📅✉📅
1-4pm 0-19 Appointments U🕒 Health room



THURSDAY
Isle of Dogs
9.15am-5pm Speech and Language Therapy U🕒
9.30-11.30am Healthy Child Start for Life Clinic U Drop-in
10-11.30am Baby Massage 📅📅
1-4pm 0-19 Appointments U✉
1.30-3pm Explore and Connect Stay and Play 📅✉📅
4-5.30pm Little Talkers 📅✉📅
Around Poplar
9.15am-5pm Docklands Outreach Family Intervention U🕒
9.15am-5pm Antenatal Class U🕒
9.45-10.45am SEND Coffee Morning U✉📅 For parents of children with additional needs
10-11.30am Communication Stay and Play U During holidays, children under 11 are able to attend this session
1.30-2.30pm Play and Connect U📅
Chrip Street
10-11.30am Active Stay and Play U
1.30-3pm Sensory Play for Babies U For pre-crawlers only
5.30-7pm My Time 1-2-1 Support 📅✉



FRIDAY
Isle of Dogs
9am-5pm Midwife Clinic - Community Midwife Team U🕒
10-11.30am Learning through Play U During holidays, children under 11 are able to attend this session
1.30-2.30pm Baby Massage including Starting Solids U📅✉ For pre-crawlers only
2.30-3.30pm Baby Club including Starting Solids U For pre-crawlers only
3-6pm Streets of Growth 📅✉
Around Poplar
9.30am-4pm 3-4 Months Health Review U🕒 For under 2s
10-11.30am School Readiness U✉📅 Delivered in local schools - School Partnership working
10-11.30am Education Psychology 📅✉📅 Workshops around emotional regulation and sleep
1.30-3pm Active Stay and Play U During holidays, children under 11 are able to attend this session
Chrip Street
10-11.30am Learning through Play U
12-3pm ESOL 📅📅📅
1.30-3pm Toilet Training Workshop U 17 January, 21 February, 21 March, 11 April
1.30-2.30pm Baby Massage including Starting Solids U📅 For pre-crawlers only Starting Solids last Friday of the month 2.30-3.30pm

KEY

- U Universal
- 🕒 By appointment only
- 📅 Call to book
- 📅 Term time only
- ✉ By invite only
- 👤 Virtual session
- 🎯 Targeted
- 👶 Crèche available

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

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
11.30am-1pm Dad's/Carers Saturday Stay and Play U
12.30-2pm Play Plus 📅✉

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.

