

Autumn Activity Timetable 5 September – 23 December 2022

MONDAY
9am-5pm Health Visitor Clinic U 📞 Chrisp Street, Isle of Dogs, Around Poplar
Speech & Language Therapy 📞 Isle of Dogs, Around Poplar
10-11.30am Play Together U <i>Prepare children to be ready for nursery/school</i> Isle of Dogs
Invitation to Play 📞 <i>For children 18 months-5 years old</i> Around Poplar
Communication Stay & Play U Chrisp Street
1.30-3pm Bookstart Stay & Play U Isle of Dogs
Sensory Play for Babies including Starting Solids U <i>For babies under 12 months</i> Around Poplar
1.30-2.30pm Baby Massage including Starting Solids U Chrisp Street
3-4pm My Time 1-2-1 Support 📞📱 Isle of Dogs, Around Poplar

TUESDAY
9am-5pm Midwife Clinic - Community Midwife Team U 📞 Isle of Dogs
Baby Feeding Service U 📞📱 Chrisp Street
10-11am Baby Massage including Starting Solids U 📞📱 Around Poplar
Singalong Rhyme time U 📱📱
10-11.30am School Readiness Stay & Play U <i>18 months - 5 year olds</i> <i>Prepare children to be ready for school</i> Chrisp Street
10am-12noon Childminders Group U <i>For Childminders Group (for registered childminders only)</i> Isle of Dogs
Safer Together and Healthy Relationships 📱 <i>1-22 November only</i> Around Poplar
12.30-3pm Pre-entry ESOL U 📱 <i>27 September - 6 December only</i> Chrisp Street
1.30-3pm Sensory Play for Babies including Starting Solids U <i>For babies under 12 months</i> Isle of Dogs
Bookstart Stay & Play U <i>For babies under 12 months</i> Around Poplar
Invitation to Play 📞📱 Chrisp Street

WEDNESDAY
9am-5pm Health Visitor Clinic U 📞 Chrisp Street, Around Poplar, Isle of Dogs
10-11.30am School Readiness Stay & Play U <i>18 months - 5 year olds</i> <i>Prepare children to be ready for school</i> Isle of Dogs
Little Talkers 📞 Around Poplar
Play & Connect Chrisp Street
6.30-7.00pm Oral Health Virtual Live Chat 📱

KEY

- U** Universal
- 📞 By appointment only
- 📱 Call to book
- 📅 Term time only
- 📧 By invite only
- 👶 Crèche available
- 🖥️ Virtual session

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

Opening times are Monday - Friday, 8.30am to 5pm

THURSDAY
9am-5pm Midwife Clinic - Gateway Midwife Team 📞 Chrisp Street, Isle of Dogs
Speech & Language Therapy 📞 Isle of Dogs
NHS Talking Therapies Employment Service U 📞📱 Around Poplar
9.30am-2.30pm Support Work in Schools 📱 <i>29 September - 8 December only</i> Chrisp Street
10-11.30am Invitation to Play 📞 Isle of Dogs
Communication Stay & Play U Around Poplar
Little Talkers 📞 Chrisp Street
1.30-3pm Communication Stay & Play U Isle of Dogs
Play Together U <i>Prepare children to be ready for nursery/school</i> <i>For children 18 months-5 years old</i> Around Poplar
Active Stay & Play U Chrisp Street
Parent Forum <i>29 September, 27 October and 24 November only</i> Chrisp Street <i>All families in the South East locality welcome</i>

FRIDAY
9am-5pm Health Visitor Clinic U 📞 Around Poplar
10-11.30am Little Talkers 📞 Isle of Dogs
Active Stay & Play U Around Poplar
Play Together U <i>Prepare children to be ready for nursery/school</i> Chrisp Street
1.30-3pm Baby Massage including Starting Solids U 📱 Isle of Dogs
School Readiness Stay & Play U <i>18 months - 5 year olds</i> <i>Prepare children to be ready for school</i> Around Poplar
Sensory Play for Babies including Starting Solids U Chrisp Street
3-4pm My Time 1-2-1 Support 📞 Chrisp Street

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

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 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.

School Readiness Programme



Children need skills to make sure they are ready when they start school. The skills a child will need are:

- Being able to put on their coat.
- Go to the toilet independently.
- Be able to focus.
- To feel confident to make friends.
- To explore and learn new things.
- Be able to talk to adults and show how they feel.

Children need to have good routines, have a healthy diet, and get enough sleep. This lets them make use of this new stage in their life.

Our Children and Family Centres have a rolling programme of 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 on their own.
- Healthy lifestyle: tips for a healthy diet and everyday life.
- Sleep and routines: making sure they get a good night's sleep, having routines and managing limits.
- Learning through play: the importance of playing to help children learn and grow.