



Useful numbers

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

You could get help to buy:

- Fresh cow's milk
- Fresh, frozen or dried fruit and vegetables
- Fresh, dried, and tinned pulses
- Infant formula milk
- All pregnant, breast feeding and up to 1 year postnatal
- Women & children 0 - 4 can get free healthy start vitamins

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

Keep your child's
growth charts
and health
records from the
NHS with you
wherever you are.

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

Register for free
www.eredbook.
org.uk

Find a Doctor/
Dentist
020 7364 5016

Visit our website



Mind in Tower
Hamlets/
Newham
020 7510 1081

www.towerhamlets.gov.uk/childrenandfamilycentres

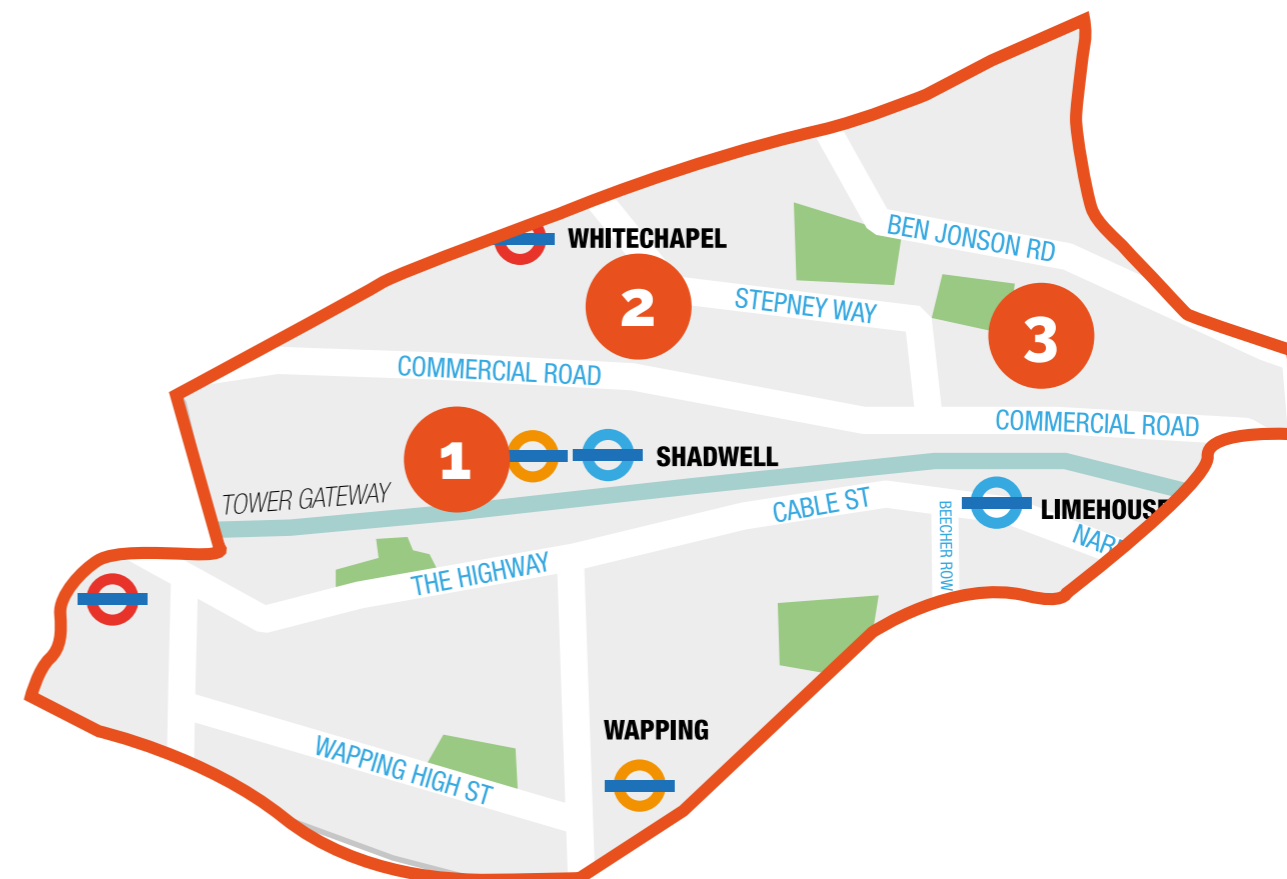
South west locality

Bus routes/DLR

John Smith
Bus: 106, 254 DLR:
Shadwell

Ocean
(Whitehorse) Bus: 339
DLR: Limehouse
(Cable Street) Bus: 100,
D3 DLR: Shadwell

Wapping and Bigland
Bus: D3 DLR: Shadwell



South West Locality Children and Family Centres Summer Term Activity Timetable

19 April –
22 July 2022



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



1

Wapping and Bigland,
15 Richard Street,
London, E1 2JP

2

John Smith,
90 Stepney Way,
London, E1 2EN

3

Ocean,
Whitehorse Road,
London, E1 0ND

Summer Activity Timetable 19 April – 22 July 2022



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

Healthy Start



All pregnant, breast feeding and 1-year postnatal women and children age 0 – 4 can collect free Healthy Start vitamins at their local Children and Family Centre.



You may also be able to get help to buy healthy food and milk with Healthy Start, apply online at www.healthystart.nhs.uk or ask staff at any Children and Family Centre or Idea Store who can help you to apply.

CENTRES

John Smith
90 Stepney Way, E1 2EN T: 020 7364 0537

Ocean
Whitehorse Road, E1 0ND T: 020 7364 6605

Ocean (Shadwell)
418 Cable Street, E1 0AF T: 020 7364 1836

Wapping and Bigland
15 Richard Street, E1 2JP T: 020 7364 0423/6004

Wapping One O'Clock Club
Wapping Gardens, off Tench Street, E1W 2QD

MONDAY
9am-1pm Midwife Clinic – Community Midwife Team U ⌚ Wapping and Bigland
9am-5pm Midwife Clinic – Community Midwife Team U ⌚ John Smith
Supporting Families Employment Advisor U 📞 John Smith
9.30am-4.30pm Healthy Child Clinic U ⌚ Ocean
10-11.30am Active Stay and Play U John Smith, Ocean
Little Talkers U 📺 Wapping and Bigland
10am-12noon Ready Steady Go U 📺 John Smith
ESOL Pre-entry Level U 📺 Ocean (Shadwell)
1-3pm ESOL U 📺 John Smith
1.30-3pm Parents Forum U 📺 <i>4th Monday of the month, for the South West locality only</i> John Smith
Early Learning for 2 year olds School Readiness U <i>1st, 2nd and 3rd Monday of the month</i> John Smith
School Readiness U Ocean
Communication Stay and Play U Wapping and Bigland
5-7.30pm Kids Time U 📺 <i>2nd Monday of the month</i> John Smith

TUESDAY
9am-1pm Midwife Clinic – Gateway Midwife Team U ⌚ John Smith
9am-5pm Health Visitor Clinic U ⌚ John Smith
9.30-11am Active Stay and Play U Wapping One O'clock Club
9.30am-2.30pm Understanding Autism U 📺 John Smith
9.30am-4.30pm Healthy Child Clinic U ⌚ Ocean
10-11.30am Little Talkers U 📺 John Smith
Communication Stay and Play U Ocean (Shadwell)
Childminders Group U 📺 <i>Registered childminders only</i> Ocean
1-4pm Health Visitor Clinic U ⌚ Wapping and Bigland
1.30-3pm Communication Stay and Play U <i>With London Sinfonia Music - 26 April, 3, 17 and 24 May</i> John Smith
Play Plus U 📺 Ocean
2-3pm Baby Club including Starting Solids U 📺 <i>Pre-birth to 12 months</i> Wapping and Bigland

KEY
U Universal
⌚ By appointment only
📞 Call to book
📺 Term time only
📧 By invite only
👶 Crèche available
👤 Virtual session

WEDNESDAY
9am-4pm Health Visitor Clinic U ⌚ John Smith
9am-4.30pm Health Visitor Clinic U ⌚ Ocean (Shadwell)
9am-5pm Speech and Language Therapy U John Smith
10-11.30am Childminders Group U 📺 <i>Registered childminders only</i> John Smith
Invitation to Play U 📺 John Smith
Sensory Play for Babies including Starting Solids U Ocean
School Readiness U Wapping and Bigland
10am-12noon Doves U 📺 John Smith
Incredible Years Parenting Course U 📺 Ocean
1-2.30pm Young Parents Group U 📺 John Smith
1-4pm Health Visitor Clinic U ⌚ Wapping and Bigland

THURSDAY
9am-4pm Health Visitor Clinic U ⌚ John Smith, Wapping and Bigland
Midwife Clinic – Gateway Midwife Team U ⌚ Wapping and Bigland
9am-5pm New Born Hearing U ⌚ John Smith
NHS Employment Advisor U 📞 Ocean
9.30am-4.30pm Health Visitor Clinic U ⌚ Ocean (Shadwell)

THURSDAY
10-11.30am Invitation to Play Plus with Young V&A session U 📺 <i>21/4, 19/5 and 16/6</i> John Smith
Baby Feeding Drop-in U <i>Baby Feeding Service</i> <i>T: 07961 609626</i> Ocean (Shadwell)
Active Stay and Play U Ocean
Active Stay and Play U Wapping One O'clock Club
10am-12noon Safer Together and Healthy Relationships U 📺 Ocean
12noon-3.30pm Baby Feeding Service U ⌚ <i>Baby Feeding Service</i> <i>T: 07961 609626</i> Ocean (Shadwell)
1.30-3pm Communication Stay and Play U John Smith
Little Talkers U 📺 Ocean
My Time 1-2-1 Support U 📺 Wapping and Bigland
2-3pm Baby Massage including Starting Solids U 📺 <i>Non-crawling babies only</i> John Smith

FRIDAY
9am-3pm Supporting Families Employment Advisor U 📞 Wapping and Bigland
9am-5pm Midwife Clinic – Community Midwife Team U ⌚ John Smith
Speech and Language Therapy U John Smith
Health Visitor Clinic U ⌚ John Smith

FRIDAY
9.30am-1pm Health Visitor Clinic U ⌚ Ocean
9.30am-4.30pm Health Visitor Clinic U ⌚ Ocean (Shadwell)
10-11.30am Sensory Play for Babies including Starting Solids U <i>For babies under 15 months</i> John Smith
Support Group for Families with Children with Down's Syndrome U <i>For babies under 15 months</i> John Smith
Early Learning for 2 year olds School Readiness U Ocean
Communication Stay and Play U Wapping and Bigland
1-3pm ESOL Pre-entry Level U 📺 Ocean (Shadwell)
1-4pm Health Visitor Clinic U ⌚ Wapping and Bigland
1.30-3pm My Time 1-2-1 Support U 📺 John Smith
School Readiness U John Smith
My Time 1-2-1 Support U 📺 <i>Fortnightly</i> Ocean
B19 Parents Group U 📺 Ocean
Early Learning for 2 year olds School Readiness U Wapping and Bigland
1.30-3.30pm Early Learning for 2 year olds Outreach <i>Fortnightly</i> Ocean
2-3pm Baby Massage including Starting Solids U 📺 <i>Non-crawling babies only</i> Ocean

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

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