

South West Locality Activities for children under 5
Summer Term Timetable 21 April - 25 July 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
John Smith	John Smith	John Smith	John Smith	John Smith
9.15am-5pm Midwife Clinic - Community Midwife Team U🕒	9.15am-5pm Midwife Clinic - Gateway Midwife Team🕒🕒 RESET Family Therapy🕒📧	9.15am-1pm Speech and Language Therapy🕒📧	9.15am-5pm Newborn Hearing Clinic U🕒	9am-5pm Speech and Language Therapy🕒📧
9.15am-5pm British Sign Language🕒📧📅	9.30-10.30am Get Ready for School Stay and Play U For children 18 months to 5 years	9.30am-4pm 0-19 Appointment Clinics U📧	9.30am-4.30pm Healthy Child Start for Life Clinic U🕒	9.15am-5pm Midwife Clinic - Community Midwife Team U🕒
9.30am-2.30pm Supporting Families Employment Advisor U📱	9.30am-4.30pm Newborn Blood Spot Clinic U🕒	10-11am Baby Massage including Starting Solids U📱 For pre-crawlers only	10-11.30am Communication Stay and Play U	9.30-11am Sensory Play for Babies including Starting Solids U For pre-walkers only
9.30am-4pm 0-19 Appointment Clinics U🕒	10.45-11.45am Toilet Training Workshop U Last Tuesday of the month. For children 18 months to 5 years	10-11.30am Play and Connect🕒📧 Raising Happy Babies🕒📧	10am-12noon Positive Change🕒🕒👶	9.30-11.30am SEND Coffee Morning U📅 Last Friday of the month
9.30-11.30am Ready Steady Go🕒📧📅	11am-12.30pm Parents Forum Cooking U📅📱 Last Tuesday of the month	10am-12noon Pregnant and New Parents Meetup U Drop-in. First Wednesday of the month	1.30-3pm Peace of Cake - Mindful Baking U📅📱 Starts 8 May, every 2 weeks	9.30am-4pm 0-19 Appointment Clinics U🕒
10-11.30am Active Stay and Play U	3-4.30pm Twilight Stay & Play U During holidays, children under 11 are able to attend this session	1-3pm Young Parents Group🕒📧 First Wednesday of the month	1.30-3pm Play and Connect🕒📧	10.45am-12.30pm Down Syndrome Group🕒📧
1.30-3pm Little Talkers🕒📧📅		1.30-3pm Little Talkers Workshop🕒📧 Last Wednesday of the month	2-3.30pm Breast Pump Loan Scheme 📧	11.15am-12.15pm Starting Solid Workshop U Last Friday of the month
2-4pm My Time 1-2-1 Support🕒📧		2-3.30pm Play Plus🕒📧 Does not run on the first Wednesday of the month		
Ocean	Ocean	Ocean	Ocean	Ocean
9.15am-5pm Universal Credit Calculator U📱 Third Monday of the month	9.15am-5pm Healthier Wealthier Welfare Advice🕒🕒	9.30-11am Sensory Play for Babies including Starting Solids U For pre-crawlers only	9.30am-4pm 8-12 Months Health Review U🕒 Shadwell 3-4 Months Health Review U🕒 Shadwell	9.30am-4pm 2-2½ Year Health Review U🕒
9.30am-4.30pm 8-12 Months Health Review U🕒	9.30-11.45am Healthy Child Start for Life Clinic U	9.30am-4pm 3-4 Months Health Review U🕒 Shadwell	10-11.30am Childminders Group U📅 For registered Childminders only	9.30-10.30am Get Ready for School Stay and Play U For children 18 months to 5 years
10-11.30am Communication Stay and Play U During holidays, children under 11 are able to attend this session	10-11.30am Communication Stay and Play U Shadwell	11.15am-12.15pm Starting Solid Workshop U Last Wednesday of the month	10-11.30am My Time 1-2-1 Support🕒📧	10.45-11.45am Toilet Training Workshop U First Friday of the month
11.45am-1.15pm Parents Forum Gardening U📅	10am-12noon Bengali Antenatal Breastfeeding Workshop U Shadwell Last Tuesday of the month	1-3pm Fuel your Finances🕒📧 Food Pantry🕒📧 Shadwell	10-11.30am Understanding Emotions Together🕒📧 5-week course, starts 19 June	2-3.30pm Play Plus🕒📧
2-3.30pm Explore and Connect Stay and Play🕒📧	10am-1pm Parent Forum Cooking U📅📱 Shadwell. Starts 13 May	1.30-3.30pm Jamie's Recipes Cooking Class U📱 Last Wednesday of the month	10-11.30am Baby Feeding and Wellbeing Service Drop-in U📱 Shadwell	
Wapping and Bigland	Wapping and Bigland	Wapping and Bigland	Wapping and Bigland	Wapping and Bigland
9.15am-5pm Midwife Clinic - Gateway Midwife Team🕒🕒	10am-4pm Supporting Families Employment Advisor U📱	2-3pm Baby Massage U📱 For pre-crawlers only	9.15am-4pm Midwife Clinic - Community Midwife Team U🕒	9.30am-4.30pm 8-12 Months Health Review U🕒
9.30-10.30am Get Ready for School Stay and Play U For children 18 months to 5 years	12noon-4.30pm 0-19 Appointment Clinics U📧	2-3.30pm School Readiness Workshop U📅📧 Held in various school settings	9.30am-4pm 2-2½ Year Health Review U🕒	10-11.30am Communication Stay and Play U
10am-12noon Disabled Children Outreach Service Coffee Morning🕒 Third Monday of the month Starts 19 May	1.30-3pm Active Stay and Play U		10-11.30am Active Stay and Play U Wapping One O'Clock Club	1.30-2.30pm Baby Massage including Starting Solids U📱 For pre-crawlers only. Starting solids last Friday of the month
10.45-11.45am Toilet Training Workshop U Last Monday of the month			10am-2pm Supporting Families Employment Advisor U📱	2-3.30pm School Readiness Workshop U📅📧 Held in various school settings
1.30-3pm Little Talkers🕒📧	2-3pm Baby Club including Starting Solids U📱 Pre-birth to 12 months. Starting solids last Tuesday of the month		1.30-3pm Learning through Play U Wapping One O'Clock Club	2.30-3.30pm Starting Solids Workshop U Last 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 West 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	👤 Virtual session
🕒	By appointment only	🕒 Targeted
📱	Call to book	👶 Crèche available
📅	Term time only	👩 Mothers and female carers only
📧	By invite only	

CENTRE	ADDRESS	TELEPHONE
John Smith	90 Stepney Way, E1 2EN	020 7364 0537
Ocean	Whitehorse Road, E1 0ND	020 7364 6605
Ocean Shadwell	418 Cable Street, E1 0AF	020 7364 1836
Wapping and Bigland	15 Richard Street, E1 2JP	020 7364 0423
Wapping One O'Clock Club	Wapping Gardens, Tench St, E1W 2QE	020 7481 9321

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

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