

Autumn Activity Timetable 5 September – 23 December 2022

MONDAY

9am-1pm
Gateway Midwife Clinic ☉ Wapping and Bigland
9am-3pm
Supporting Families Employment Advisor U📞 John Smith
9am-5pm
Community Midwife Clinic U☉ John Smith
9.30am-4.30pm
Health Visitor Clinic U Ocean
10-11am
Creative Play with Half Moon Theatre U📺 <i>18 months to 3 years only</i> Ocean
Baby Massage including Starting Solids U📞 <i>For babies under 12 months</i> Wapping and Bigland
10-11.30am
Active Stay and Play U John Smith
10am-12noon
Ready Steady Go 📺📺 John Smith
Mums Matter U📺📺📺 Ocean (Shadwell)
10am-1pm
Strengthening Families, Strengthening Communities U📺📺 John Smith
1-3pm
ESOL U📺📺 John Smith
1.30-3pm
Play Together U <i>Prepare children to be ready for nursery/school</i> John Smith
Parents Forum U📺📺 <i>4th Monday of the month</i> Ocean
Little Talkers 📺📺 Wapping and Bigland
School Readiness U <i>1st, 2nd, 3rd Monday in the month For 18 months - 3 years only</i> Ocean

TUESDAY

9am-1pm
Gateway Midwife Clinic ☉ John Smith
9am-3pm
Supporting Families Employment Advisor U📞 <i>1st & 3rd Tuesday of the month</i> Wapping and Bigland
9.30-11am
Forest School U📺 Wapping One O'clock Club
9.30am-2.30pm
Managing Challenging Behaviour U📺📺📺 John Smith
9.30am-4.30pm
Health Visitor Clinic U☉ John Smith, Ocean
9.30am-5pm
Health Visitor Clinic U☉ John Smith
10-11.30am
Little Talkers 📺📺 John Smith
Childminders Group U📺 <i>For registered childminders only</i> Ocean
Communication Stay & Play U Ocean (Shadwell)
10am-12noon
Doves 📺📺 John Smith
Employment Support for Ukrainian Refugees 📺 Ocean (Shadwell)
1-4pm
Health Visitor Clinic U☉ Wapping and Bigland
1.30-3pm
Communication Stay & Play U John Smith
Play Plus 📺 Ocean
2-3pm
Baby Club including Starting Solids U📺 <i>Pre-birth-12 months</i> Wapping and Bigland
Drop-in Social Group for Ukrainian Refugees Ocean (Shadwell)

WEDNESDAY

9am-4pm
Health Visitor Clinic U☉ John Smith
9am-4.30pm
Health Visitor Clinic U☉ Ocean (Shadwell)
9am-5pm
Speech and Language Therapy ☉ John Smith
10-11.30am
Childminders Group U📺 <i>For registered childminders only</i> John Smith
Play & Connect 📺📺 John Smith
My Time 1-2-1 Support 📺 John Smith
Sensory Play for Babies including Starting Solids U <i>For babies under 12 months</i> Ocean
School Readiness Stay & Play U <i>18 months - 5 year olds Prepare children to be ready for school</i> Wapping and Bigland
10am-12noon
ESOL Pre-Entry Level U📺📺 Ocean
1-2.30pm
Young Parents Group 📺 John Smith
1-4pm
Health Visitor Clinic U☉ Wapping and Bigland

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.

THURSDAY

9am-5pm
New-born Hearing Clinic ☉ John Smith
NHS Talking Therapies Employment Service U📞 Ocean
9am-4pm
Community Midwife Clinic U☉ Wapping and Bigland
Health Visitor Clinic U☉ Wapping and Bigland
9am-4.30pm
Health Visitor Clinic U☉ John Smith
9.30am-4.30pm
Health Visitor Clinic U☉ Ocean (Shadwell)
10-11.30am
Active Stay and Play U Ocean, Wapping One O'clock Club
Invitation to Play 📺📺 John Smith
Baby Feeding Drop-in U Ocean (Shadwell)
10am-1pm
Strengthening Families, Strengthening Communities U📺📺 Ocean
1.30-3pm
Communication Stay & Play U John Smith
Little Talkers 📺📺 Ocean
Play Together U <i>Prepare children to be ready for nursery/school</i> Wapping One O'clock Club

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


FRIDAY

9am-12noon
Health Visitor Clinic U☉ Ocean, Wapping and Bigland
9am-5pm
Community Midwife Clinic U☉ John Smith
Speech and Language Therapy ☉ John Smith
Health Visitor Clinic U☉ John Smith
9.30am-4.30pm
Healthy Child Clinic U☉ Ocean (Shadwell)
10-11.30am
Sensory Play for Babies including Starting Solids U <i>For babies under 12 months</i> John Smith
Play Together U <i>Prepare children to be ready for nursery/school</i> Ocean
Communication Stay & Play U Wapping and Bigland
10.30am-12noon
Support Group for Families with Children with Downs Syndrome 📺📺 <i>7, 14, 21 October and 4, 11, 18 November only</i> John Smith
1.30-3pm
School Readiness U John Smith
Play Plus Wapping and Bigland
My Time 1-2-1 Support 📺 Ocean
2-3pm
Baby Massage including Starting Solids U📺 Ocean
4-4.45pm
Get Ready for School U📺📺

SATURDAY

11-11.45am
Special Story time U📺📺

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.

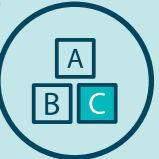
What are our aims?

- 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.