

South West Locality Activities for children under 5

Spring Term Timetable 2 January - 21 April 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
John Smith	John Smith	John Smith	John Smith	John Smith
9.15am-4pm Midwife Clinic - Community Midwife Team UⓄ	9.15am-5pm Midwife Clinic - Gateway Midwife TeamⓄⓂ	9.15am-12noon NOUR CounsellingⓄ✉	9.15am-5pm Newborn Hearing Clinic UⓄ	9.15am-5pm Midwife Clinic - Community Midwife Team UⓄ
9.30-11.30am Ready Steady GoⓄ✉📅	9.30-10.30am Get Ready for School Stay and Play U	9.15am-1pm Speech and Language TherapyⓄ✉	9.30am-4.30pm Healthy Child Start for Life Clinic UⓄ	9.30-10.30am Sensory Play for Babies including Starting Solids U For pre-crawlers only
9.30am-2.30pm Supporting Families Employment Advisor U📞	10.30-11.30am Toilet Training Workshop U Last Tuesday of the month	9.30-11.30am Healthy Lifestyle Drop-in U 29 January, 26 February, 26 March	10-11.30am Communication Stay and Play U	9.30-11.30am SEND Coffee Morning U📅
9.30am-3pm British Sign LanguageⓄ✉📅	11am-12.30pm Parents Forum Cooking U📅📞	9.30am-4pm 0-19 Appointment Clinics U✉	1.30-3pm Play and ConnectⓄ✉📅	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	10-11.30am Play and ConnectⓄ✉📅	1.30-3pm Peace of Cake - Mindful Baking U📅📞 Starts 9 January, every 2 weeks	10.30-11.30am Starting Solid Workshop U Last Friday of the month
1.30-3pm Little TalkersⓄ✉📅		1-3pm Young Parents GroupⓄ✉ First Wednesday of the month	2-3pm Baby Massage including Starting Solids U📞 For pre-crawlers only	1-5pm Speech and Language TherapyⓄ✉
1.30-3pm My Time 1-2-1 SupportⓄ✉		2-3.30pm Play PlusⓄ✉ Does not run on the first Wednesday of the month	Ocean	2-3.15pm Learning through Play U📅 Harry Gosling Primary School. Understand how play supports your child's development. Toilet training advice available last Friday of the month
Ocean	Ocean	Ocean	9.30am-4pm 8-12 Months Health Review UⓄ Shadwell 3-4 Months Health Review UⓄ Shadwell	Ocean
9.15am-5pm Universal Credit Calculator U📞 Third Monday of the month	9.30-11.45am Healthy Child Start for Life Clinic UⓄ	9.30-10.30am Sensory Play for Babies including Starting Solids U For pre-crawlers only	10-11.30am Childminders Group U📅 For registered Childminders only. My Time 1-2-1 SupportⓄ✉ Understanding emotions togetherⓄ✉📅 5 weeks course, starts 16 Jan Baby Feeding and Wellbeing Service Drop-in U✉ Shadwell. Drop-in group for Women only	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Ⓞ Shadwell	10-11.30am Communication Stay and Play U Shadwell	9.30am-4pm 3-4 Months Health Review UⓄ Shadwell	10am-12noon Parents/Carers Hearing Impairment Coffee MorningⓄ📅 Shadwell	9.30am-4pm 2-2½ Year Health Review UⓄ Shadwell
9.30am-4.30pm 8-12 Months Health Review UⓄ	10am-12noon Bengali Antenatal Breastfeeding Workshop U✉ Shadwell Last Tuesday of the month	10.30-11.30am Starting Solid Workshop U Last Wednesday of the month	10am-12noon Parents/Carers Hearing Impairment Coffee MorningⓄ📅 Shadwell	10.30-11.30am Toilet Training Workshop U First Friday of the month
10-11.30am Communication Stay and Play U	10am-12.30pm Cooking Therapy U📅📞 Shadwell. Starts 7 January then every 2 weeks	11am-1.30pm NOUR CounsellingⓄ✉	1.30-3pm Active Stay and Play U	2-3.30pm Play PlusⓄ✉
11.45am-1.15pm Parents Forum Gardening U	10am-4pm Supporting Families Employment Advisor U📞	1.30-3.30pm Jamie's Recipes Cooking Class U📞 Shadwell. Last Wednesday of the month	Wapping and Bigland	Wapping and Bigland
2-3.30pm Explore and Connect Stay and PlayⓄ✉	12noon-4.30pm 0-19 Appointment Clinics U✉	2-3pm Baby Massage including Starting Solids U📞 For pre-crawlers only	9.15am-5pm Midwife Clinic - Community Midwife Team UⓄ	9.30am-4.30pm 8-12 Months Health Review UⓄ
Wapping and Bigland	Wapping and Bigland	2-3.30pm Play PlusⓄ✉	1.30-3pm Active Stay and Play U	10-11.30am Communication Stay and Play U
9.15am-5pm Midwife Clinic - Gateway Midwife TeamⓄⓂ	1.30-3pm Little TalkersⓄ✉📅	Wapping and Bigland	Wapping and Bigland	1.30-2.30pm Baby Massage including Starting Solids U📞 For pre-crawlers only
9.30-10.30am Get Ready for School Stay and Play U For children 18 months to 5 years	Wapping and Bigland	10-11.30am Active Stay and Play U	9.30am-4pm 2-2½ Year Health Review UⓄ	2.30-3.30pm Starting Solids Workshop U Last Friday of the month
10.30-11.30am Toilet Training Workshop U Last Monday of the month	9.30am-4pm 0-19 Appointment Clinics UⓄ	10-11.30am Communication Stay and Play U Wapping One O'Clock Club	10am-12noon Supporting Families Employment Advisor U📞	
1.30-3pm Little TalkersⓄ✉📅	10-11.30am Communication Stay and Play U Wapping One O'Clock Club	2-3.30pm Play PlusⓄ✉	1.30-3pm Learning through Play U Wapping One O'Clock Club	
	2-3pm Baby Club including Starting Solids U📞 Pre-birth to 12 months Starting solids last Tuesday 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.

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

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

KEY	
U	Universal
Ⓞ	By appointment only
📞	Call to book
📅	Term time only
✉	By invite only
🖥	Virtual session
🎯	Targeted
👶	Crèche available