

## Mile End Children's Centre Activities for children under 5 Autumn Term 1 September - 24 December 2025

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Monday	9am to 5pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9am to 5pm	Midwife Clinic - Community Midwife Team	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	10am to 11:30am	Little Talkers	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
	10am to 11:30am	Toilet Training Workshop For children 18 months to 5 years	29 September, 27 October, 24 November	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Call to book</li> </ul>
	1:30pm to 3pm	Baby Club including Starting Solids	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• For children 0 to 12 months</li> </ul>
Tuesday	9am to 5pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9am to 5pm	3 to 4 Months Health Review	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9:30am to 11:30am	Healthy Child Start for Life Clinic	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
	10am to 11:30am	Get Ready for School	Every week	<ul style="list-style-type: none"> <li>• For children 18 months to 5 years</li> </ul>
	1:30pm to 3pm	Sensory Play for Toddlers	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• For under 2s</li> </ul>
Wednesday	9am to 5pm	Midwife Clinic - Community Midwife Team	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	10am to 11:30am	Play and Connect	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
Thursday	9am to 5pm	Midwife Clinic - Community Midwife Team	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9am to 5pm	3 to 4 Months Health Review	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	10am to 11:30am	Active Stay and Play	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
	1:30pm to 3pm	Play in the Park	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Delivered at Mile End Play Pavillion</li> </ul>

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Friday	9am to 5pm	Midwife Clinic - Community Midwife Team	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9am to 5pm	NOUR Counselling	Every week	<ul style="list-style-type: none"> <li>• Appointment only</li> </ul>
	10am to 11:30am	Baby Massage	Every week	<ul style="list-style-type: none"> <li>• By invite only</li> <li>• Call to book</li> <li>• Pre-crawlers only</li> </ul>
	1:30pm to 3pm	Communication Stay and Play	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>

## ADDRESS

9 Bede Square, Joseph Street, E3 4GY  
Tel: 020 7364 7557

## OPENING HOURS

Monday to Friday, 9:15am to 5pm

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

## Marner Children's Centre

### Activities for children under 5

### Autumn Term 1 September - 24 December 2025

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Monday	9am to 5pm	3 to 4 Month Review	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	10am to 11:30am	Baby Massage	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Call to book</li> <li>• By invite only</li> </ul>
	1:30pm to 3pm	Sensory Play for Toddlers	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• For under 2s</li> </ul>
Tuesday	9am to 5pm	2 to 2½ Year Health Review	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	10am to 11:30am	Explore and Connect Stay and Play	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
	3pm to 4:15pm	Twilight Stay & Play	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
Wednesday	9am to 5pm	8 to 12 Months Health Review	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	10am to 11:30am	Baby Club including Starting Solids	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• For children 0 to 12 months</li> </ul>
	1:30pm to 3pm	Little Talkers Workshop	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
Thursday	9am to 5pm	Midwife Clinic - Community Midwife Team	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	10am to 11:30am	Play Plus	Every week	<ul style="list-style-type: none"> <li>• By invite only</li> </ul>
	1:30pm to 3pm	Understanding Emotions Together	11, 18, 25 September, 2, 9 October	<ul style="list-style-type: none"> <li>• Call to book</li> <li>• By invite only</li> </ul>
	1:30pm to 3pm	Toilet Training Workshop	25 September, 30 October, 27 November	<ul style="list-style-type: none"> <li>• Call to book</li> <li>• By invite only</li> </ul>
Friday	10am to 11:30am	Active Stay and Play	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
	1:30pm to 3pm	Get Ready for School	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• For children 18 months to 5 years</li> </ul>

#### ADDRESS

Devas Street, E3 3LL  
Tel: 020 7364 3534

#### OPENING HOURS

Monday to Friday, 9:15am to 5pm

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

## Overland Family Hub

### Activities for children under 5

### Autumn Term 1 September - 24 December 2025

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Monday	9am to 5pm	3 to 4 Month Review	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9am to 5pm	Midwife Clinic - Community Midwife Team	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	10am to 11:30am	Active Stay and Play	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
	3pm to 4:15pm	Twilight Stay & Play	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
Tuesday	9am to 5pm	Midwife Clinic - Community Midwife Team	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9am to 5pm	NHS Talking Therapies	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
	9am to 5pm	NOUR Counselling	Every week	<ul style="list-style-type: none"> <li>• Appointment only</li> </ul>
	9am to 5pm	8 to 12 Months Health Review	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	10am to 11:30am	Play Plus	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
	1:30pm to 3pm	Little Talkers	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
Wednesday	9am to 5pm	2 to 2½ Year Health Review	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9am to 5pm	Supporting Families Employment Advisor	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Call to book</li> </ul>
	9am to 5pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9:30am to 11:30am	Healthy Child Start for Life Clinic	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
	10am to 11:30am	Get Ready for School	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• For children 18 months to 5 years</li> </ul>
	1:30pm to 3pm	Baby Massage	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Call to book</li> </ul>
Thursday	9am to 5pm	Midwife Clinic - Community Midwife Team	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9am to 5pm	3 to 4 Month Review	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9am to 5pm	2 to 2½ Year Health Review	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	10am to 11:30am	Communication Stay and Play	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
	1:30pm to 3pm	Play and Connect	11 September to 11 December	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Friday	9am to 5pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	10am to 11:30am	Sensory Play for Toddlers	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• For under 2s</li> </ul>
	12:30pm to 2pm	Baby Feeding Drop-in	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
	1:30pm to 3pm	Baby Club including Starting Solids	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• For children 0 to 12 months</li> </ul>
Saturday	10am to 11:30am	Baby Club	Every Saturday from 11 October	<ul style="list-style-type: none"> <li>• Universal</li> <li>• 0 to 12 months</li> </ul>
	12pm to 1pm	Play Plus	Every Saturday from 11 October	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>

## ADDRESS

60 Parnell Road, E3 2RU  
Tel: 020 7364 3534

## OPENING HOURS

Monday to Friday, 9:15am to 5pm

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

## Olga Centre

### Activities for children under 5

Autumn Term 1 September - 24 December 2025

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Monday	9am to 5pm	8 to 12 Months Health Review	Every week	<ul style="list-style-type: none"><li>• Universal</li><li>• Appointment only</li></ul>
Tuesday	9am to 5pm	Midwife Clinic - Gateway Midwife Team	Every week	<ul style="list-style-type: none"><li>• Universal</li><li>• Appointment only</li></ul>
Thursday	10am to 12pm	Childminders	Term time only	<ul style="list-style-type: none"><li>• Universal</li><li>• For registered childminders only</li></ul>

#### ADDRESS

25 Medway Road, E3 5DS  
Tel: 020 7364 3100

#### OPENING HOURS

Monday to Friday, 9:15am to 5pm

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