

## Meath Gardens Family Hub

### Activities for children under 5

### Autumn Term 1 September - 24 December 2025

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Monday	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	Communication Stay and Play	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• During holidays, children under 11 are able to attend this session</li> </ul>
	12:30 to 2pm	Baby Feeding and Wellbeing Service	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Drop-in</li> </ul>
	1:30pm to 3pm	My Time 1 to 2 to 1 Support	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite 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>
	9am to 10am	School Readiness Workshops	Term time only	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Sessions will be held in schools</li> </ul>
	9:30am to 2:30pm	Supporting Families Employment Advisor	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Call to book</li> </ul>
	10am to 12pm	SEND Stay & Play	30 September, 28 October, 25 November, 23 December	<ul style="list-style-type: none"> <li>• Universal</li> <li>• This session is for children with complex SEND needs</li> </ul>
	10am to 1pm	Strengthening Families Strengthening Communities- English	16, 23, 30 September, 7, 14, 21 October, 4, 11, 18, 25 November, 2, 9 December	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> <li>• Crèche available</li> </ul>
	1:30pm to 3pm	Little Talkers	9 September to 2 December	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
	4pm to 7pm	Streets of Growth	16 September to 16 December	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
Wednesday	9am to 5pm	Docklands Outreach - Counselling	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> <li>• Counselling session</li> </ul>
	9:30am to 1pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9:30am to 4pm	8 to 12 Months Health Review	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9:30am to 4:30pm	Healthy Child Start for Life Clinic	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Wednesday	10am to 11:30am	Play and Connect	Every week	<ul style="list-style-type: none"> <li>Targeted</li> <li>By invite only</li> </ul>
	11am to 12:30pm	Parents Forum	Every week	<ul style="list-style-type: none"> <li>Universal</li> </ul>
Thursday	9:30am to 4pm	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	Childminders Group	Term time only	<ul style="list-style-type: none"> <li>Universal</li> <li>For registered childminders only</li> </ul>
	1:30pm to 3pm	ASDAS Group	Every week	<ul style="list-style-type: none"> <li>Targeted</li> <li>By invite only</li> </ul>
	3:30pm to 5pm	Twilight Stay & Play	Every week	<ul style="list-style-type: none"> <li>Universal</li> </ul>
	4pm to 5:30pm	Family Support Stay and Play	11 September, 9 October, 13 November, 11 December	<ul style="list-style-type: none"> <li>Targeted</li> <li>By invite only</li> </ul>
Friday	9:30am to 11:30am	Healthy Child Start for Life Clinic	Every week	<ul style="list-style-type: none"> <li>Universal</li> </ul>
	9:30am to 4:30pm	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	Active Stay and Play	Every week	<ul style="list-style-type: none"> <li>Universal</li> <li>During holidays, children under 11 are able to attend this session</li> </ul>
	1:30pm to 3pm	Sensory Play for Babies	Every week	<ul style="list-style-type: none"> <li>Universal</li> <li>0 to 18 months</li> </ul>
Saturday	9:30am to 11am	Play Plus	Every week	<ul style="list-style-type: none"> <li>Targeted</li> <li>By invite only</li> </ul>
	9:30am to 1pm	Healthy Child Start for Life Clinic	Every week	<ul style="list-style-type: none"> <li>Universal</li> <li>Drop-in clinic</li> </ul>
	11:30am to 1pm	Active Stay and Play	Every week	<ul style="list-style-type: none"> <li>Universal</li> <li>0 to 11 years</li> </ul>
	10am to 11:30am	Baby Feeding and Wellbeing service drop in	First and last Saturday of the month	<ul style="list-style-type: none"> <li>Universal</li> </ul>

## ADDRESS

1 Smart Street, E2 0SN  
Tel: 020 7364 0349

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

## OPENING HOURS

Monday	9:15am to 5pm
Tuesday	9:15am to 7pm
Wednesday	9:15am to 6pm
Thursday	9:15am to 7pm
Friday	9:15am to 7pm
Saturday	9am to 2pm
Sunday	Closed

## Mowlem Children's Centre

### Activities for children under 5

### Autumn Term 1 September - 24 December 2025

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Monday	9:30am to 4:30pm	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	Childminders Group	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• For registered childminders only</li> </ul>
	10am to 11am	Baby Massage	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Call to book</li> </ul>
	12pm to 1pm	Starting Solids	8 September, 13 October, 10 November, 8 December	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Call to book</li> </ul>
	1:30pm to 4:30pm	Play Plus	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
Tuesday	9:30am to 4pm	2 to 2½ Year Health Review	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9:30am to 4:30pm	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	My Time 1 to 2 to 1 Support	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
	1:45pm to 3pm	Active Stay and Play at Rich Mix	Term time only	<ul style="list-style-type: none"> <li>• Universal</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>
	9:30am to 4:30pm	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	Little Talkers Workshop	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
Thursday	9:30am to 2:30pm	Supporting Families Employment Advisor	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Call to book</li> </ul>
	10am to 11:30am	Sensory Play for Babies	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• 0 to 18 months</li> </ul>
	10am to 12:15pm	Incredible Years Parenting Course	25 September to 11 December	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> <li>• Call to book</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>

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Friday	9:30am to 4pm	3 to 4 Months Health Review	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
	9:30am to 4pm	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	Story and Rhyme	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
	2pm to 3:30pm	Explore and Connect Stay and Play	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>

## ADDRESS

Wadeson Street, E2 9DL  
Tel: 020 7364 7935

## OPENING HOURS

Monday to Friday, 9:15am to 5pm

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

## Collingwood 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	Midwife Clinic - Community Midwife Team	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	9:10am to 4:30pm	Nour Counselling	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
	9:30am to 4:30pm	Healthy Child Start for Life Clinic	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
	10am to 11:30am	My Amazing Baby	2nd, 3rd and 4th Monday of the month	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Appointment only</li> </ul>
	12pm to 1pm	Toilet Training Workshop	1 September, 6 October, 3 November, 1 December	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Call to book</li> </ul>
	2pm to 3:30pm	Story and Rhyme	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
Tuesday	9am to 2:30pm	Supporting Families Employment Advisor	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Call to book</li> </ul>
	10am to 11:30am	Active Stay and Play	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• During holidays, children under 11 are able to attend this session</li> </ul>
	10am to 12pm	Change for Good Walking Group	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
	1:30pm to 3pm	Understanding Emotions Together	23, 30 September, 7, 14, 21 October	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>
Wednesday	9:30am to 2:30pm	Supporting Families Employment Advisor	Every week	<ul style="list-style-type: none"> <li>• Universal</li> <li>• Call to book</li> </ul>
	9:30am to 4pm	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	Communication Stay and Play	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
	12:30pm to 2pm	Baby Feeding and Wellbeing Service Drop-in	Every week	<ul style="list-style-type: none"> <li>• Universal</li> </ul>
	1:30pm to 3pm	My Time 1 to 2 to 1 Support	Every week	<ul style="list-style-type: none"> <li>• Targeted</li> <li>• By invite only</li> </ul>

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Thursday	9.15am to 5pm	NHS Talking Therapies Emotional Wellbeing Workshop	Every week	<ul style="list-style-type: none"> <li>Targeted</li> <li>By invite only</li> </ul>
	10am to 11:30am	Little Talkers	11 September to 4 December	<ul style="list-style-type: none"> <li>Targeted</li> <li>By invite only</li> </ul>
	1:30pm to 3pm	Active Play for Babies	Every week	<ul style="list-style-type: none"> <li>Universal</li> <li>Babies under 12 months</li> </ul>
	3pm to 4pm	Starting Solids	Every week	<ul style="list-style-type: none"> <li>Universal</li> <li>Call to book</li> </ul>
Friday	9:30am to 11:30am	ESOL	Term time only	<ul style="list-style-type: none"> <li>Universal</li> <li>By invite only</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>
	12:30pm to 3pm	Baby Massage	Every week	<ul style="list-style-type: none"> <li>Universal</li> <li>Call to book</li> </ul>

## ADDRESS

St Bartholomew Gardens, Buckhurst St, E1 5QT  
Tel: 020 7364 0539

## OPENING HOURS

Monday to Friday, 9:15am to 5pm

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