

Isle of Dogs 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 4pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	9.30am to 5pm	Perinatal Mental Health Clinic	8, 22 September, 6, 20 October, 3, 17 November, 8, 22 December	<ul style="list-style-type: none"> • Targeted • By invite only • Referral only
	10am to 11am	Baby Massage	Every week	<ul style="list-style-type: none"> • Universal • By invite only • Call to book • For pre-crawlers only
	1.30pm to 3pm	Little Talkers Workshop	8, 15, 22, 29 September, 13, 20, 27 October, 10, 17, 24 November, 8, 15, 22 December	<ul style="list-style-type: none"> • Targeted • By invite only
	3pm to 3:30pm	Starting Solids	Last Monday of the month	<ul style="list-style-type: none"> • Universal • Call to book
	3:30pm to 4:30pm	Toilet Training Workshop	First Monday of the month	<ul style="list-style-type: none"> • Universal • Call to book
Tuesday	9am to 5pm	Midwife Clinic – Community Midwife Team	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	9.30am to 4:30pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	11am to 12:30pm	Sensory Play for Babies	Every week	<ul style="list-style-type: none"> • Universal • For pre-crawlers only
	1pm to 2pm	Starting Solids	First Tuesday of the month	<ul style="list-style-type: none"> • Universal • Call to book
	2:30pm to 4pm	Parents Forum	Last Tuesday of the month	<ul style="list-style-type: none"> • Universal
	4pm to 5:30pm	Active Stay and Play	Every week	<ul style="list-style-type: none"> • Universal
Wednesday	9am to 10:30pm	School Partnership Working	Term time only	<ul style="list-style-type: none"> • This session is co-located
	9.30am to 5pm	Docklands Outreach	Every week	<ul style="list-style-type: none"> • Appointment only
	10am to 11:30am	Childminders Group	Every week	<ul style="list-style-type: none"> • Universal • By invite only • For registered childminders only

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Wednesday	10am to 1pm	Hopscotch Domestic abuse advice	Every week	<ul style="list-style-type: none"> • Universal • Call to book
	1:30pm to 2:30pm	Baby Massage	Every week	<ul style="list-style-type: none"> • Universal • Call to book • By invite only • Pre-crawlers only
Thursday	9:15am to 11:30am	Healthy Child Start for Life Clinic	Every week	<ul style="list-style-type: none"> • Universal • Drop-in clinics
	10am to 11am	Creative Play with Half Moon Theatre	Every week	<ul style="list-style-type: none"> • Universal • Call to book • By invite only
	10:30am to 12pm	Mandarin Mums	Every week	<ul style="list-style-type: none"> • Universal
	1pm to 4pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	1:30pm to 3pm	Explore and Connect Stay and Play	Every week	<ul style="list-style-type: none"> • Targeted • By invite only
	3:30pm to 5pm	Little Talkers	Every week	<ul style="list-style-type: none"> • Targeted • By invite only
	5:30pm to 7pm	My Time 1 to 2 to 1 Support	Every week	<ul style="list-style-type: none"> • Targeted • By invite only
Friday	9am to 5pm	Midwife Clinic – Community Midwife Team	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	9.30am to 4:30pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	10am to 11:30am	Learning through Play	Every week	<ul style="list-style-type: none"> • Universal
	1pm to 2:30pm	Understanding Emotions Together	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	1:30pm to 3pm	My Amazing Baby	Every week	<ul style="list-style-type: none"> • Universal • Call to book • By invite only
	2:45pm to 3:45pm	Baby Club	Every week	<ul style="list-style-type: none"> • Universal • Pre-birth to 12 months
	4pm to 8pm	Streets of Growth	Every week	<ul style="list-style-type: none"> • Universal • By invite only

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Saturday	9.30am to 1pm	Health Visitor Clinic	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	10am to 11:30am	Communication Stay and Play	Every week	<ul style="list-style-type: none"> • Universal
	10:30am to 12:30pm	Play Plus	Every week	<ul style="list-style-type: none"> • Targeted • By invite only
	12pm to 1:30pm	Dad's/Carers Saturday Stay and Play	Every week	<ul style="list-style-type: none"> • Universal
	12:30pm to 2pm	Little Talkers Workshop	Every week	<ul style="list-style-type: none"> • Targeted • By invite only

ADDRESS

Millwall Park, Stebondale Street, E14 3BX
Tel: 020 7364 1179

OPENING HOURS

Monday to Friday, 9:15am to 5pm

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

Around Poplar Family Hub

Activities for children under 5

Autumn Term 1 September - 24 December 2025

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Monday	9.30am to 4pm	3 to 4 Months Health Review	Every week	<ul style="list-style-type: none"> • Universal • By invite only
	10am to 11:30am	Little Talkers	Every week	<ul style="list-style-type: none"> • Targeted • By invite only
	10am to 2pm	Baby and Us	6, 13, 20, 27 October, 3, 10, 17 November	<ul style="list-style-type: none"> • Universal • Call to book • Crèche available
	1:30pm to 3pm	Sensory Play for Babies	Every week	<ul style="list-style-type: none"> • Universal • For pre-crawlers only
	3pm to 3:30pm	Starting Solids Workshop	Last Monday of the month	<ul style="list-style-type: none"> • Universal • Call to book
Tuesday	9.30am to 4pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	10am to 11.30am	Active Stay and Play	Every week	<ul style="list-style-type: none"> • Universal
	1:30pm to 3pm	Play Plus	Every week	<ul style="list-style-type: none"> • Targeted • By invite only
Wednesday	9.30am to 4:30pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	10am to 11am	Baby Massage including Starting Solids	Every week	<ul style="list-style-type: none"> • Universal • Call to book • By invite only
	11:30am to 12:30pm	My amazing Baby	Every week	<ul style="list-style-type: none"> • Universal • By invite only
	11:30am to 12:30pm	Toilet Training Workshop	First Wednesday of the month	<ul style="list-style-type: none"> • Universal • Call to book
	11:30am to 12:30pm	Little Talkers Workshop	10, 17 September, 8, 15, 22 October, 12, 19 November, 10, 17 December	<ul style="list-style-type: none"> • Targeted • By invite only
	12pm to 3pm	Strengthening Families Strengthening Communities	9 September to 2 December	<ul style="list-style-type: none"> • Universal • Call to book • Crèche available
Thursday	9am to 12pm	Antenatal Class	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	9:30am to 5pm	Docklands Outreach	Every week	<ul style="list-style-type: none"> • Targeted • By invite only • Call to book
	10am to 11.30am	Communication Stay and Play	Every week	<ul style="list-style-type: none"> • Universal
	1pm to 3pm	Antenatal Class	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	1:30pm to 3pm	Play and Connect	Every week	<ul style="list-style-type: none"> • Targeted • By invite only

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"> • Universal • By invite only
	10am to 11am	School Readiness Workshops	Week 1: Toilet Training Week 2: Healthy Lifestyle/Oral Health Week 3: Routine and Boundaries Week 4: Interaction and language	<ul style="list-style-type: none"> • Universal • Call to book
	10am to 11:30am	Understanding Emotions Together	Every week	<ul style="list-style-type: none"> • Universal • By invite only • Call to book
	1:30pm to 3pm	Active Stay and Play	Every week	<ul style="list-style-type: none"> • Universal

ADDRESS

115 Three Colts Street, E14 8AP
Tel: 020 7364 0540

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

Chrisp Street 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"> • Universal • Appointment only
	9:30am to 4pm	2 to 2½ Year Health Review	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	10am to 11:30am	Communication Stay and Play	Every week	<ul style="list-style-type: none"> • Universal
	1:30pm to 3pm	Baby Club	Every week	<ul style="list-style-type: none"> • Universal • Pre-birth to 12 months
Tuesday	9:15am to 10am	Play Plus	Every week	<ul style="list-style-type: none"> • Targeted • By invite only
	9:30am to 4:30pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> • Universal • By invite only
	10am to 11:30am	Baby Feeding and Wellbeing Service Drop-in	Every week	<ul style="list-style-type: none"> • Universal • Mothers and female carers only
	10am to 11:30am	Learn and Connect	Every week	<ul style="list-style-type: none"> • Targeted • By invite only • Crèche available
	12pm to 3pm	ESOL	Starts 16 September	<ul style="list-style-type: none"> • Universal • Call to book • Crèche available
	1:30pm to 3pm	Little Talkers	Every week	<ul style="list-style-type: none"> • Targeted • By invite only
Wednesday	9am to 11:45am	Healthy Child Start for Life Clinic	Every week	<ul style="list-style-type: none"> • Universal • Drop-in clinics
	10am to 11:30am	Play and Connect	Every week	<ul style="list-style-type: none"> • Targeted • By invite only
	1pm to 4pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
Thursday	9:30am to 4:30pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	10am to 11:30am	Active Stay and Play	Every week	<ul style="list-style-type: none"> • Universal
	1:30pm to 3pm	Sensory Play for Babies	Every week	<ul style="list-style-type: none"> • Universal • For pre-crawlers only

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Friday	10am to 11:30am	Learning through Play	Every week	• Universal
	1pm to 2pm	Baby Massage	Every week	• Universal • By invite only • Call to book • For pre-crawlers only
	2:30pm to 3:30pm	Starting Solids	5 September, 3 October, 7 November, 5 December	• Universal • Call to book
	2:30pm to 3:30pm	My Amazing Baby	Every week	• Universal • By invite only
	3:30pm to 4:30pm	Toilet Training Workshop	5 September, 3 October, 7 November, 5 December	• Universal • Call to book
	3:30pm to 4:30pm	Little Talkers Workshop	Every week	• Targeted • By invite only

ADDRESS

Kerbey Street, E14 6AW
Tel: 020 7364 2856

OPENING HOURS

Monday to Friday, 9:15am to 5pm

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