

John Smith Family Hub

Activities for children under 5

Autumn Term 1 September - 24 December 2025

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Monday	9:15am to 5pm	BSL Class	Term time only	<ul style="list-style-type: none"> Targeted By invite only
	9:15am to 5pm	Midwife Clinic - Community Midwife Team	Every week	<ul style="list-style-type: none"> Universal Appointment only
	9:30am to 11:30am	Ready Steady Go	Term time only	<ul style="list-style-type: none"> Targeted By invite only
	9:30am to 2:30pm	Supporting Families Employment Advisor	Every week	<ul style="list-style-type: none"> Universal Call to book
	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	Little Talkers	Every week	<ul style="list-style-type: none"> Targeted By invite only
	2pm to 4pm	My Time 1 to 2 to 1 Support	Every week	<ul style="list-style-type: none"> Targeted By invite only
Tuesday	9:15am to 5pm	Midwife Clinic - Gateway Midwife Team	Every week	<ul style="list-style-type: none"> Targeted By invite only
	9:30am to 4:30pm	Newborn Blood Spot Clinic	Every week	<ul style="list-style-type: none"> Universal Appointment only
	10am to 11am	Get Ready for School	Every week	<ul style="list-style-type: none"> Universal For children 18 months to 5 years
	11:15am to 12:15pm	Toilet Training Workshop	Last Tuesday of the month	<ul style="list-style-type: none"> Universal For children 18 months to 5 years
	3pm to 4:30pm	Twilight Stay & Play	Every week	<ul style="list-style-type: none"> Universal During holidays, children under 11 are able to attend this session
Wednesday	9:30am to 4pm	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 For pre-crawlers only
	1:30pm to 3pm	Play Plus	Every week	<ul style="list-style-type: none"> Targeted By invite only
	10:00am to 11:30am	Play and Connect	Every week	<ul style="list-style-type: none"> Targeted By invite only

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Wednesday	1:30pm to 3pm	Young Parents Group	First Wednesday of the month	<ul style="list-style-type: none"> Targeted By invite only
	1:30pm to 3pm	Little Talkers Workshop	Every week	<ul style="list-style-type: none"> Targeted By invite only
	4pm to 8pm	RESET Family Therapy	1 October to 3 December	<ul style="list-style-type: none"> Targeted By invite only
Thursday	9:15am to 1pm	Positive Change	11 September to 13 November	<ul style="list-style-type: none"> Targeted By invite only Crèche available
	9:15am to 5pm	Newborn Hearing Clinic	Every week	<ul style="list-style-type: none"> Universal Appointment only
	9:30am to 4:30pm	Healthy Child Start for Life Clinic	Every week	<ul style="list-style-type: none"> Universal Appointment only
	10am to 11:30am	Play and Connect	Every week	<ul style="list-style-type: none"> Targeted Invite only
	1:30pm to 2:30pm	Creative Play with Half Moon Theatre	Every week	<ul style="list-style-type: none"> Universal Call to book For 0 to 5 year olds Need to commit to all 10 weeks sessions
	1:30pm to 3pm	My Time 1 to 2 to 1 Support	Every week	<ul style="list-style-type: none"> Targeted By invite only
	1:30pm to 3pm	Peace of Cake - Mindful Baking	Every 2 weeks, call for more details	<ul style="list-style-type: none"> Universal Call to book
Friday	9:15am to 5pm	Midwife Clinic - Community Midwife Team	Every week	<ul style="list-style-type: none"> Universal Appointment only
	9:30am to 11:30am	SEND Coffee Morning	Last Friday of the month Term time only	<ul style="list-style-type: none"> Universal
	9:30am to 4pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> Universal Appointment only
	10:30am to 11:30am	Sensory Play for Babies including Starting Solids	Every week	<ul style="list-style-type: none"> Universal For pre-walkers only
	2pm to 3pm	Starting Solid	Last Friday of the month	<ul style="list-style-type: none"> Universal
	2pm to 3pm	My Amazing Baby	Every week	<ul style="list-style-type: none"> Universal Appointment only
	2pm to 3:30pm	Communication Stay and Play	Every week	<ul style="list-style-type: none"> Universal

ADDRESS

90 Stepney Way, E1 2EN
Tel: 020 7364 0537

OPENING HOURS

Monday to Friday, 9:15am to 5pm
Saturday, 9:15am to 1:30pm

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

Ocean Children's Centre (Whitehorse)

Activities for children under 5

Autumn Term 1 September - 24 December 2025

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Monday	9:30am to 4pm	8 to 12 Months Health Review	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	10am to 11:30am	Communication Stay & Play	Every week	<ul style="list-style-type: none"> • Universal
	11:45am to 1:15pm	Parents Forum Gardening	Term time only	<ul style="list-style-type: none"> • Universal
	2pm to 3:30pm	Explore and Connect Stay and Play	Term time only	<ul style="list-style-type: none"> • Targeted • By invite only
Tuesday	9:30am to 11:45am	Healthy Child Start for Life Clinic	Every week	<ul style="list-style-type: none"> • Universal • Drop-in
	9:30am to 1:30pm	Parents Forum Cooking	Every week	<ul style="list-style-type: none"> • Universal • Call to book
	10am to 4pm	Supporting Families Employment Advisor	Every week	<ul style="list-style-type: none"> • Universal • Call to book
	12pm to 4:30pm	0 to 5 Appointment Clinics	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	2pm to 3:30pm	Sensory Play for Babies including Starting Solids	Every week	<ul style="list-style-type: none"> • Universal • Call to book • Pre-walkers only
Wednesday	10am to 11am	Get Ready for School	Every week	<ul style="list-style-type: none"> • Universal • For children 18 months to 5 years
	2pm to 3pm	Baby Massage	Every week	<ul style="list-style-type: none"> • Universal • Call to book • Pre-walkers only
Thursday	10am to 11:30am	Understanding Emotions Together	25 September, 2, 9, 16, 23 October	<ul style="list-style-type: none"> • Targeted • By invite only
	10am to 11:30am	My Time 1 to 2 to 1 Support	Every week	<ul style="list-style-type: none"> • Targeted • By invite only
	10am to 11:30am	Childminders Group	Term time only	<ul style="list-style-type: none"> • Universal • For registered childminders only
	1pm to 3pm	Little Talkers	Every week	<ul style="list-style-type: none"> • Targeted • By invite only

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Friday	9:30am to 4pm	2 to 2½ Year Health Review	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	10:30am to 11:30am	Active Stay and Play	Every week	<ul style="list-style-type: none"> • Universal
	2pm to 3pm	Toilet Training Workshop	First Friday of the month	<ul style="list-style-type: none"> • Universal • For children 18 months to 5 years
	2pm to 3pm	Starting Solids	Last Friday of the month	<ul style="list-style-type: none"> • Universal
	2pm to 3:30pm	Play Plus	Every week	<ul style="list-style-type: none"> • Targeted • By invite only

ADDRESS

Whitehorse Road, E1 OND
Tel: 020 7364 6605

OPENING HOURS

Monday to Friday, 9:15am to 5pm

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

Ocean Children's Centre (Shadwell)

Activities for children under 5

Autumn Term 1 September - 24 December 2025

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Tuesday	10am to 4pm	NOUR Counselling	Every week	<ul style="list-style-type: none"> • Targeted • By invite only
	10am to 11:30am	Communication Stay and Play	Every week	<ul style="list-style-type: none"> • Universal
Wednesday	9:30am to 4pm	3 to 4 Months Health Review	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	1pm to 3pm	Food Distribution	Every week	<ul style="list-style-type: none"> • Targeted • By invite only
Thursday	9:30am to 4pm	3 to 4 Months Health Review	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	9:30am to 4pm	8 to 12 Months Health Review	Every week	<ul style="list-style-type: none"> • Universal • Appointment only
	10am to 11:30am	Baby Feeding and Wellbeing Service Drop-in	Every week	<ul style="list-style-type: none"> • Universal • Appointment only • Mothers and female carers only
Friday	9:30am to 3pm	NOUR Counselling	Every week	<ul style="list-style-type: none"> • Targeted • By invite only

ADDRESS

418 Cable Street, E1 OAF
Tel: 020 7364 1836

OPENING HOURS

Monday to Friday, 9:15am to 5pm

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

Wapping and Bigland Children's Centre

Activities for children under 5

Autumn Term 1 September - 24 December 2025

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Monday	9:15am to 5pm	Midwife Clinic - Gateway Midwife Team	Every week	<ul style="list-style-type: none"> Targeted Appointment only
	9:30am to 10:30am	Get Ready for School Stay and Play	Every week	<ul style="list-style-type: none"> Universal For children 18 months to 5 years
	10:45am to 11:45am	Toilet Training Workshop	Last Monday of the month	<ul style="list-style-type: none"> Universal For children 18 months to 5 years
	1.30pm to 3pm	Play and Connect	Every week	<ul style="list-style-type: none"> Targeted By invite only
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	Communication Stay and Play	Every week	<ul style="list-style-type: none"> Universal Wapping One O'Clock Club
	2pm to 3:30pm	Sensory Play for Babies including Starting Solids	Every week	<ul style="list-style-type: none"> Universal For pre-walkers only
Wednesday	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
Thursday	9:15am to 4pm	Midwife Clinic - Community Midwife Team	Every week	<ul style="list-style-type: none"> Universal Appointment only
	9:15am to 4pm	2 to 2½ Year Health Review	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 Wapping One O'Clock Club
	10am to 2pm	Supporting Families Employment Advisor	Every week	<ul style="list-style-type: none"> Universal Call to book
	1.30pm to 3pm	Learning through Play	Every week	<ul style="list-style-type: none"> Universal Wapping One O'Clock Club

DAY	TIME	ACTIVITY	DATE(S)	INFORMATION
Friday	9.30am to 4:30pm	8 to 12 Months 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 2:30pm	Baby Massage including Starting Solids	Every week	<ul style="list-style-type: none"> • Universal • Call to book • For pre-crawlers only
	2:30pm to 3:30pm	Starting Solids	Last Friday of the month	<ul style="list-style-type: none"> • Universal

ADDRESS

15 Richard Street, E1 2JP
Tel: 020 7364 0423

Wapping One O’Clock Club
Wapping Gardens, Tench St, E1W 2QE
Tel: 020 7481 9321

OPENING HOURS

Monday to Friday, 9:15am to 5pm

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