

Delivered by



**Brookhill Children's
Centre**

42 Brumwell Avenue
Woolwich
LONDON SE18 6BD
020 8319 5320

**Children Centre
Services at Glyndon
Community Centre**

75 Raglan Road
Plumstead
London SE18 7LB
020 8316 8085

**Plumstead Children's
Centre**

6 Purrett Road
Plumstead
London
SE18 1JW
020 8836 9252

**Slade Children's
Centre**

Erindale
Plumstead
London
SE18 2QQ
020 8854 7900 opt 2

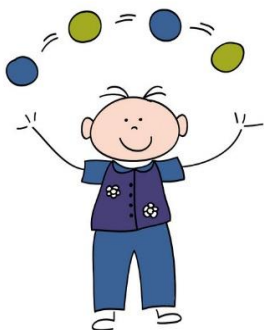


**Support and friendship
for families**

www.homestartgreenwich.org.uk

Delivered By Home Start Greenwich

Jan- July 2020 Centres Programme



Monday

Brookhill Children's Centre

**Health Advice Drop-In
Session**
9.30am -12pm

Greenwich Mindful Mums
20th April – 18th May
12.30pm – 2.15pm

Learn tips and techniques to look after yourself and handle the stresses and anxieties of being a mum. Build confidence and social connections with other mums.

**Referral & Self Referral based
(Call 07850 639 819 to book)**

ESOL – Entry Level 1&2
English classes provided by City Lit
(No crèche provided)
12.45pm – 3pm
(Call 077 3330 7266 to book)

Stay & Play 0-5yrs
1pm - 3pm

**Weekly meet-up Autism
Group**
(Drop in, all ages welcome)
4pm-6pm



Glyndon Community Centre

Stay & Play 0-5yrs
9.30am - 11.30am

Plumstead Children's Centre

Mum's Aid Counselling
(Appointment only)
1pm - 4pm

Laugh, Sing & Play
10am-10.45am
(Term-time Only)
Family laughter workshop with
interactive games & songs

DIY
24th Feb– 25th May
1pm-3pm
(Crèche Provided)
This is a relaxed, fun class that
explores all aspects of basic D.I.Y.
Areas covered include; painting &
decorating tips and techniques,
tiling, woodwork, basic plumbing,
basic bricklaying and general
maintenance.
(Term-time only)
(Please book)

Slade Children's Centre

Baby Group 0-1yrs
(Drop-in)
9.30am-11.30am

Learning Through Play
9.30am-11am
(Term-time only)
Discover learning through fun
activities with your child
Age 2-4 years
(50p per child)

10-12 Month Checks
1pm-4pm
Every Monday afternoon
(Apt Only)

Tuesday

Brookhill Children's Centre

Stay & Play 0-5 yrs
9.30am – 11.30am

2 year Checks
9am – 12pm
(Appt Only)

Mum's Aid Counselling
(Appointment only)
12pm - 3pm

Speech & Language Therapy
Drop In
(1st come 1st served 6 children)
1pm-3pm

Integrated Therapy Sessions:
Physio, Occupational &
Speech & Language Therapist
(Drop-In for under 5's)
1pm-3pm
11th Feb
10th March

Glyndon Community Centre

Stay & Play 0-5
9.30am -11.30am

Plumstead Children's Centre

Baby Group
0-12 months
(Drop in)
10am - 12pm

Sticky Fingers
Play, get messy and explore
Walkers – 36months
1pm-2.30pm

10-12 Month Checks
Every Tuesday afternoon
1pm-4pm
(Apt Only)

Slade Children's Centre

Stay & Play 0-5yrs
9.30am -11.30am

Devonport Midwives
(Antenatal clinic)
(Appointment only)
9.30am – 1.30pm

Childminder's
(Drop in)
9.30am-11.30am
Family Therapist

Breastfeeding Support
Group
(Drop In)
10am-12pm

Rhyme Time 0-5yrs
(Drop-in)
(Library)
10am-10.30am

Brookhill (Continued)....

Monthly Meet-up for
families with Downs
Syndrome
(Drop in, all ages welcome)
3.30pm – 5.30pm
First Tuesday of every
month
4th Feb & 3rd Mar

Wednesday

Delivered by

**Home
START**
Support and Friendship
for families

Brookhill Children's Centre

Midwife - Antenatal clinic

(Appointment only)

9.30am – 12.30pm

Functional Skills

Practical skills in English &
Maths

(Crèche provided)

9.30am – 11.30am

Stay & Play 0-5yrs

1pm-3pm

Midwife Clinic

(Appointment only)

1pm-5pm

Glyndon Community Centre

Stay & Play (Drop-in)

9.30am - 11.30am

13th Feb Oral Health drop-
in

Baby Stay & Play 0-12 months

(Drop-in)

9.30am – 11.30am

Music Therapy 2-5 years

9.30am – 11.30am

Best Beginnings

Midwives

(App only)

1pm - 3pm

Plumstead Children's Centre

Tiny Feet 2-5yrs

Dance activity for little
ones

11.15am – 12pm

Stay & Play – 0 to 5yrs

(Call to book)

1pm – 2.45pm

2 year Checks

Every Wednesday

afternoon

1pm-4pm

(Apt Only)

Slade Children's Centre

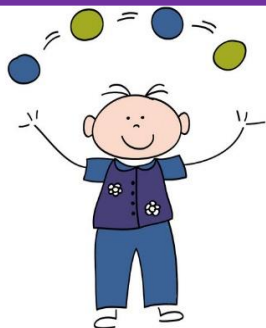
Parenting Course:

Taming Tantrums

26th Feb - 1st April

10am -12pm

(Crèche provided)



Thursday

Brookhill Children's Centre

Stay & Play 0-5yrs
9.30am – 11.30am

Midwife Antenatal clinic
(Appointment Only)
9.30am – 12.30pm

Breast Feeding Support Group
9.30am-11.30pm

Baby Group 0-1yrs (Drop-in)
10am-12pm

Mums Aid Counselling
(Appointment Only)
1pm – 6pm

Beginners Ballet
Term-time only
Ballet lessons & preparation for performance: **2-3yrs: 4-4.30pm; 3-4yrs: 4.40pm-5.10pm; 5-6yrs: 5.15-6pm; 6-12yrs: 6pm-7pm** £22-£28 per 4 weeks) depends on age. Half-price for 5 & under in receipt of benefits. Subsidised places are limited.

Piano & Guitar Music Lessons
07743288529
Piano:3-5yrs 4.30pm-5pm, 6-9yrs 5pm-5.30pm, 5.30pm-6pm Block of 2 lessons @ £36 (concession rate £30)
Guitar: 6-8yrs 5pm-5.30pm, 9-11yrs 5.30pm-6pm, 12yrs and above: 6pm-6.30pm Block of 6 lessons@£42 (concession rate £36)

Glyndon Community Centre

Big Hopes Big Futures
(Bookings only)
12 week parent and child course- pre booking essential Structured sessions planned around getting your child ready for starting nursery, pre-school or school. Covering topics such as bedtime routines and potty training, whilst supporting parents to engage in their children's early learning. (Suitable for children from 2 yrs onwards)
10.30am – 12pm
(Pre-registration required)

Tiny Feet 2-5yrs
Dance activity for little ones
1pm – 2pm

Parent Gym
1pm-3pm
(Taster session 2nd April)
Parenting course for parents of children aged 2-11, it is practical and interactive, with a different parenting theme each week. Parents are expected to attend all 6 weeks of the course. Call Tina to book: 0208 836 9252

Plumstead Children's Centre

Thames Midwife Clinic
(Appointment only)
9am - 5pm

Group Antenatal Clinic
12.30pm – 5pm

2nd, 9th, 16th, 23rd April
7th, 14th, 21st, 28th May

Parent Gym booster
1pm-3pm
(Crèche Provided)
(Fully booked)
26th March

Slade Continued...

Stay & Play 0-5yrs
1pm - 3pm

Thames Midwives
Antenatal Clinic
(Appt Only)
1pm-4pm

Slade Children's Centre

Nursery Nurse Drop-in
Baby weigh & progress check
9.30am – 11.20am

The Slade Health Walk
All Welcome\Buggy Friendly
call 07927 668 657 to book
9.30am (walk lasts 1 hr)

All kids Can 2-5 yrs
(Was Activ-tots)
(Term-time only)
Physical Activity for children
9.30am – 10.15am

Special Babies & Children 0-5 yrs – Drop-in
Activities for babies with delays or SEND children
10am-12pm
13th Feb – Family Therapist

Emotional Freedom Technique
10.30am-11.30am
Tapping, as a tool to relieve stress, anxiety, fear etc)
2nd Thursday of each month
No crèche provided

Music Therapy
(First come, first served)
During Stay & Play
(No more than 6 families per session)

Friday

Delivered by

**Home
START**
Support and Friendship
for families

Brookhill Children's Centre

Stay & Play 0-5yrs
9.30am – 11.30am

Music Therapy 2-5 yrs

1st Session (8 children): **10.15am**
2nd Session (8 children): **10.50am**

SEND Sensory Play (0 – crawlers)

Starts 28th February

10.30am - 11.30am

£5.50 per family for each session.
Block of 6 weeks= £30

SEND Sensory Play for (10 mnths – 3yrs)

Starts 28th February

1.30pm - 2.30pm

£5.50 per family for each session.
Block of 6 weeks= £30

Midwife Clinic
(Appointment Only)
1pm - 4pm

Glyndon Community Centre

Paediatric first Aid

10am-12pm

5th June-10th July

(Crèche provided)
Certified 6 week course that is a great introduction to first aid for children. It's designed for parents, grandparents or anybody that is in regular contact with children and wants the knowledge and skills to deal with an emergency situation effectively.
(Please book)

Plumstead Children's Centre

Community Clothes & Toys Bank

All day everyday

All Kids Can 2-5 yrs (Was Activ-tots)

Physical Activity for children
10am – 11am

Personal Career Planning award

1pm-3pm

6th March – 22nd May
(Crèche provided)

This course will help participants understand the skills and attributes needed to get into different career paths. They will earn an award at the end of the course which will allow them to help coach others in how to plan their career.
(Please book)

Paediatric first Aid

1pm-3pm

5th June-10th July

(Crèche provided)
Certified 6 week course that is a great introduction to first aid for children. It's designed for parents, grandparents or anybody that is in regular contact with children and wants the knowledge and skills to deal with an emergency situation effectively.

Slade Children's Centre

Bouncing Babies 6 week course

(Need to book)

9.30am-10.30am

6th March-24th April

Community Clothes Bank

All day everyday

3-4 month Checks

(Appt Only)

1.30pm-3pm

20March

Health Visitor Baby Massage

(Apt Only)

1.30pm-3pm

Starting Solids

Sessions run once a

month – drop-in

27March

ADDITIONAL ACTIVITY & COURSES INFORMATION

General Activities that are drop-ins

Autism Weekly Meet-up: Playgroup for Autistic/ADHD & Dyspraxia children (no age limit)(Brookhill)

Baby Group: Fun bonding & play drop-in for 0-1 year olds. (Brookhill, Slade, Plumstead & Glyndon)

Breast Feeding support Group: Support for mothers who are breastfeeding. (Brookhill)

Bump, Birth and Beyond: Support & Preparation for expectant families. (Brookhill)

Child Health Advice: Child health drop-in clinic (Brookhill)

Childminders Stay & Play: Play session for childminders and the children in their care. (Slade)

Her Centre Women's Group (Coffee Morning): For women needing confidential advice on practical and emotional issues. (Brookhill)

Integrated Therapy Sessions: Drop-in clinic to for under 5's to see Physiotherapist, Occupational and Speech and Language Therapist. (Brookhill)

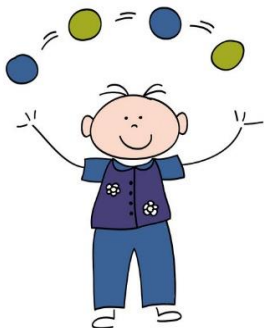
Family Saturday club: Fun activities for all the family every 2nd Saturday of the month. (Brookhill)

Monthly meet-up for families with Down's syndrome: All ages welcome first week of each month. (Brookhill)

Rhyme time 0-5 yrs: partnership with Library which includes sing-a-long rhyme time sessions. (Slade)

Special Babies & Children 0-5 yrs: Music, singing & sensory activities for babies with delays or SEND children (Drop in) (Slade)

Special Toddlers Football: footballs sessions for children with disabilities, development delays, medical conditions or additional needs who can sit, stand, walk or run with or without support or equipment (e.g frames or orthotics) (Every 2nd Saturday of the month, 1pm-2pm) (Brookhill)



Speech and Language Therapy Session: Drop-in session to meet your local Speech and Language Therapist who can give you advice on your child's speech development and answer any questions you may have about your child's communication, even if they speak other languages. (Brookhill)

Stay and Play: This is a centre run session where you come and stay with your child to enable you to meet other parents and carers in a friendly and fun atmosphere with opportunities to play and engage with your child. 50p per family. (All Centres)

Sticky Fingers: Messy play and exploration for walkers to 36 month yr olds.(Plumstead)

General Activities with fixed class times

Activ Tots: A fun way to learn about natural exercise for pre-school children aged 2 years onwards. (Slade, Glyndon & Plumstead)

Ballet sessions for 2-12 year olds: On-going ballet lessons which includes techniques and termly performances. Ballet can assist and improve the development of children in their early learning years. Benefits include: *Nurture Confidence *Enhance focus* Promote bonding*Enable children to learn strength, flexibility & movement *Platform for self-expression. (Brookhill)

Laugh, Sing & Play Family laughter workshop with interactive games & songs. (Plumstead)

Messy Baby Play 6-18 mnths: Fun Bonding & Play with little ones.

Music Therapy: Come and try the various instruments and join in with the Music Therapist who runs the group. This helps your child be ready for nursery or school by supporting their core skills of listening, confidence and social awareness. (Brookhill, Glyndon)

Tiny Feet: These sessions are a great introduction to dance and movement classes for toddlers and their parents. With fun steps, great music and passionate teachers you are guaranteed an exciting introduction into the world of dance. All walkers to pre-school aged children are welcome. (All Centres)

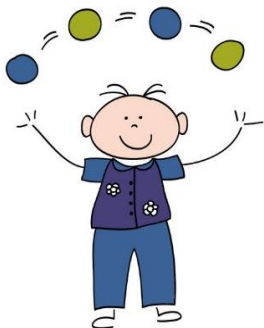
Zumba: Keep fit exercise for adults (Brookhill)

Courses/Activities that need to be pre-booked

Baby Massage: Learn massage techniques for pre-crawlers (Glyndon & Slade)

Bouncing Babies: Singing with your baby course using actions and gestures (Brookhill)

ESOL Course: English for speakers of other languages (ESOL). Learning English or improving what you already know is really useful if you want to study or gain employment. (Brookhill)



Functional Skills Course: Enables you to gain practical skills in English, Maths and ICT for all learners. It provides you with essential knowledge, skills and understanding that will enable you become confident and independent in daily life and work. (Brookhill)

Midwives: Pre-natal & Antenatal clinics. (Brookhill, Slade)

Learning Through Play 2-4 yr olds: Activities with 18 months plus to help them with communication and confidence building. (Glyndon, Plumstead)

Big Hopes Big Futures: Home-Start Greenwich are running these pre-school readiness early learning sessions for parents and children. They are 12 week structured sessions around the needs of your child, including helping to establish routines, potty training and early literacy skills. (Glyndon)

Home-Start Family Group: Attendance by invitation only. Group for Mums to get together to support each other and enjoy learning some new skills. (Brookhill)

Family Legal Advice: Advice and information on child contact, disputes between parents, domestic violence and disputes with social care. By appointment only. Call Slade Children's Centre to book your appointment. (Slade)

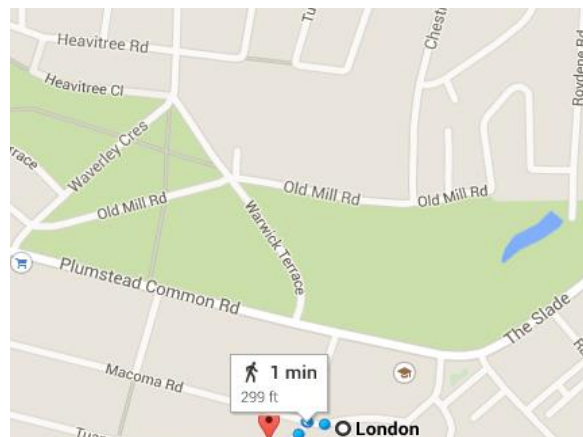
Mums Aid Postal Natal Counselling Sessions: Free post-natal counselling for mothers with a baby under 2 years old. For women experiencing emotional difficulties during pregnancy and after having a baby. By referral only. Booked appointments. (Brookhill)

Specific Children's Centre Support

Family Support: Children's Centres offer support to families within our area in a variety of ways. All families go through some difficult times and our service understands that we can play a part in empowering mothers, fathers and carers in their role as parents. We can signpost you to services which you may wish to access. We can offer you one to one support with various issues. If you have concerns about anything please talk to our staff.

Infant Feeding - We have now received accreditation for the UNICEF Baby Friendly Initiative (BFI) Award. This means we will be promoting breastfeeding, safe and responsive bottle feeding and strong and loving relationship[s] between parents and their babies. Please speak to a member of staff.

PARENTS FORUM The Parents Forum is made up of parents who want to get involved with the Children's Centre which they normally attend. There are opportunities to have your say regarding activities and events which take place at the centres. If you would like to get involved please contact the Children's Centre which is closest to you.



Delivered by



Slade Children's Centre
Erindale, SE18 2QQ

Telephone 020 8854 7900 option 2

Nearest Bus: 51, 53, 291

Plumstead Children's Centre
6 Purrett Road SE18 1JW

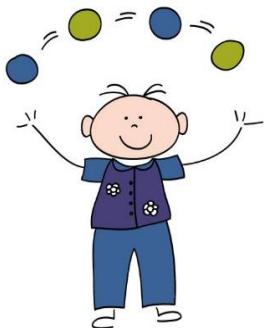
Telephone: 020 8836 9252

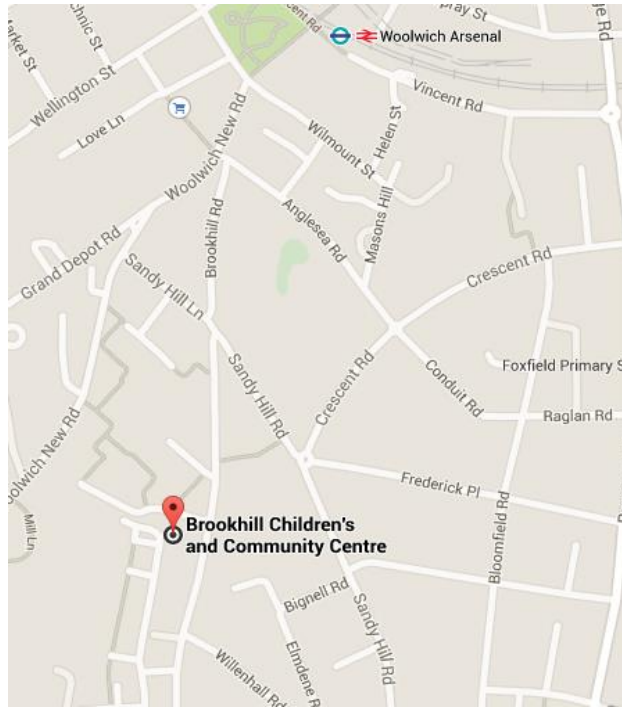
**Nearest Bus: 51, 53, 96, 99, 177, 180,
422, 469**

Glyndon Community Centre
75 Raglan Road, SE18 7LB

Telephone: 020 8316 8085

Nearest Bus: 291



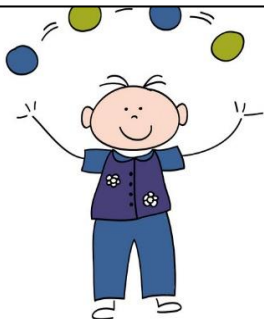


Brookhill Children's Centre
42 Brumwell Avenue

Woolwich, LONDON SE18 6BD

Telephone: 020 8319 5320

Nearest Bus: 384 and all buses that go
to Woolwich Town Centre (General
Gordon Square)



Please contact the centres for further information:

Feeding Support

Family Support Services

Courses & Training

Toy Library

Coffee mornings

Together for 2's Crèche & Preschool

Saturday Club

Together for 2's enquiry sessions

CAMHS Sessions

Educational Psychologist

Homestart Family Group

Dental hygienist

Room Hire

We want you to come and enjoy our activities at our centres, we know the challenges of getting children ready and the logistics of getting anywhere, please call us if you are running late and please let us know how we can help.

More than one? Don't be put off by the age ranges, it can be difficult to attend a class not designed to meet all your children's needs, do not be put off, we are here to help and can accommodate most requests.

Talk to Us, Service Development Team, 020 8319 5320

Activity Costs 2020

Our activities are mostly free however some activities require a fee to be paid in full on the first day of your course/activity.

The prices are as follows:

- Stay and Plays a charge of 50 pence per child per session
- Some courses have a cost and this information will be on the course leaflet. Concessions are available.
- Some course Bookings are payable in advance for the whole course which would be a one off or a term.

No fee will be payable for any of our Health Services for example the Midwife Clinic, Developmental Checks, Health Visitor Clinic and Breastfeeding Support Group. If you require any further information please do not hesitate to get in touch with us.

Crèche Places

Some crèches will have a small attendance charge but most are free. Please check course leaflet.

If you or your child are unable to attend due to illness or an emergency please contact us. Places are forfeited for the remainder of the course if no contact to cancel your place is made.

Volunteering Opportunities

Anyone interested in volunteering either as a home visiting volunteer for Homestart Greenwich or in the Children's Centres to support services please contact Kate Shrager, Volunteer Co-ordinator at the Homestart Greenwich Office on telephone on 020 8317 4298 or email kate.shrager@homestartgreenwich.org.uk.