

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Brookhill 42 Brumwell Avenue Woolwich SE18 6BD</p> <p>☎ 020 8319 5320</p>	<p>Devonport Midwives <u>All day</u> 1:1 Appointment only</p> <p>Development Reviews (1-2yrs) (AM) 1:1 Appointment only</p> <p>Healthy Eating & Running a Cookery Club 10am – 1pm Starts 13th Sept – 6th Dec</p> <p>Autism Group - Starts 13th September 4pm – 6pm</p> <p>New Parent Group (0-1yr) Play & Rhyme Time 1:30pm – 2:45pm</p>	<p>Best Beginnings Midwives Clinic <u>AM</u> 1:1 Appointment only</p> <p>Volunteer Training (5 weeks) 9:45am – 2pm Starts: 7th, 14th, 21st, 28th September & 5th October</p> <p>Mum's Aid Counselling 1:00pm – 4:00pm 1:1 Appointment only (Creche available)</p> <p>Monthly Meet-up for families with Downs Syndrome 4pm – 5.30pm (Term time only) (Every first Tuesday of the month)</p>	<p>Devonport Midwives Clinic <u>AM</u> 1:1 Appointment only</p> <p>BCG Clinic (All day) 1:1 Appointment</p> <p>Infant Feeding Team 1:00pm – 4:00pm 1:1 Appointment only</p> <p>Thames Midwives Clinic <u>PM</u> 1:1 Appointment only</p> <p>Learning Through Play (2-4yrs) 1:30pm – 2:45pm (Term-time only)</p>	<p>Devonport Midwives Clinic <u>AM</u> 1:1 Appointment only</p> <p>SEND Baby/Toddler Support Group (0 - 3yrs) 10:00am – 12:00pm</p> <p>Weighing Clinic 1:00pm – 4:00pm 1:1 Appointment only</p>	<p>(Start dates tbc) Music Therapy for New Parents (0-1yr) 9:30am – 10:30am & 10:30am – 11:15am Session suitable for babies and children with SEND</p> <p>Devonport Midwives Clinic <u>PM</u> 1:1 Appointment only</p> <p>Stay & Play (0-5yrs) Busy Bees 1:30pm – 3:00pm</p>
<p>Cardwell 118 Frances Street Woolwich SE18 5LP</p> <p>☎ 020 8854 7342</p>	<p>Thames Midwives Clinic (AM) 1:1 Appointment only</p>	<p>Mum's Aid Counselling (PM) 1:1 Appointment only</p> <p>Development Reviews (1-2yrs) (PM) 1:1 Appointment only</p> <p>Stay and Play (0-2yrs) 1pm - 2:30pm</p>	<p>Thames Midwives Clinic (All day) 1:1 Appointment only</p> <p>Stay & Play (0-5yrs) 9:30am – 11:30am</p>	<p>Best Beginnings Clinic (All day) 1:1 Appointment only</p> <p>New Parent Group (0-1yr) 1pm – 2:30pm</p> <p>Future Families Group (0-5yr) 1:30pm – 3:00pm</p>	<p>Thames Midwives Clinic (All day) 1:1 Appointment only</p>
<p>Eglinton Paget Rise Woolwich SE18 3PY</p> <p>☎ 020 8331 0374</p>	<p>Weighing Clinic 9:30am – 12:00pm 1:1 Appointment only</p> <p>Development Reviews (1-2yrs) (PM) 1:1 Appointment only</p> <p>Laugh, Sing & Play (Birth -5yrs) Starts 13th September 10:00am – 10:45am Interactive play/singing session with bubbles, twirlers & parachute. Lots of action rhymes, stories as well as a focus on laughter & its amazing benefits. £1 per family</p>	<p>Devonport Midwives Clinic (All day) 1:1 Appointment only</p> <p>New Parent Group (0-1yr) 10:00am – 12pm</p> <p>Stay & Play (0-5yr) 1pm – 3pm</p>	<p>Best Beginnings Clinic (All day) 1:1 Appointment only</p> <p>Tiny Feet (10mth - 4yrs) Starts 15th September (Also suitable for children with additional needs) 9:30am – 10:15am £1 per child</p>	<p>Development Reviews (1-2yrs) (AM) 1:1 Appointment only</p> <p>Childminders Stay & Play 9:30am – 11:30am</p>	<p>Stay & Play (0-5yrs) 9:15am – 11:15am</p> <p>New Parent Group (0-1yr) 1pm – 3pm</p>
<p>Glyndon Community Centre 75 Raglan Road, Plumstead, SE18 7LB ☎ 07817 992378</p>	<p>Service on hold</p>	<p>Service on hold</p>	<p>New Parent Group (0-1yr) 9:30am – 11:30am</p>	<p>Service on hold</p>	<p>Service on hold</p>

COVID-19: We offer hand sanitizer on arrival in our buildings as well as encourage you to wash your hands. Face coverings are highly recommended in all communal spaces unless you are exempt.



Call each Centre to book onto sessions



Appointments only



£1 charges apply for certain sessions (cash/card optional)



HANDS FACE SPACE

<p>Mulgrave Rectory Place Woolwich, SE18 5DL ☎ 020 8331 4128</p>	<p>Service on hold</p>	<p>Development Reviews (1-2yrs) (AM) 1:1 Appointment only</p>	<p>Development Reviews (1-2yrs) (AM) 1:1 Appointment only</p>	<p>Mum's Aid Counselling 10:00am – 11:00am & 11:00am – 12:00pm 1:1 Appointment only</p>	<p>Service on hold</p>
<p>Plumstead 6 Purrett Road Plumstead SE18 1JW ☎ 020 8836 9252</p>	<p>Bouncing Babies (1yrs) 10am – 10:45am Rhythm and Rhyme (2-5yrs) 11:30am – 12:45pm Mum's Aid Counselling 1:00pm – 4:00pm 1:1 Appointment only (Creche available, term time only)</p>	<p>Development Reviews (1-2yrs) (PM) 1:1 Appointment only Stay & Play (0-5yrs) Sticky Fingers 1:30pm – 2:45pm</p>	<p>Development Reviews (1-2yrs) (PM) 1:1 Appointment only</p>	<p>Baby Me Fit (0-1yr) Firefly Fitness UK 10am-11am £1 per child Stay & Play (0-5yrs) 1:30pm – 3:00pm Dad's Day on 7th October 1:30pm – 3:00pm (Stay & Play will not run this day)</p>	<p>New Parent Group (0-1yr) 1:30pm – 2:45pm</p>
<p>Plumcroft Primary School, Vincent Road, Woolwich, SE18 6RG ☎ 07958 514 141</p>	<p>New Parent Group (0-1yrs) Play & Rhyme Time 9:30am – 11:30am & New Parent Group (0-2yrs) Soft Play 9:30am – 11:30am New Parent Group (1-2yrs) Messy Play 12:45pm – 2:45pm</p>	<p>New Parent Group (0-1yrs) Play & Rhyme Time 9:30am – 11:30am & New Parent Group (0-2yrs) Soft Play 9:30am – 11:30am</p>	<p>New Parent Group (0-1yrs) Soft Play 9:30am – 11:30am & New Parent Group (0-2yrs) Soft Play 9:30am – 11:30am New Parent Group (0-2yrs) 12:45pm – 2:45pm</p>	<p>New Parent Group (0-1yrs) Play & Rhyme Time 9:30am – 11:30am & New Parent Group (0-2yrs) Soft Play 9:30am – 11:30am Bouncing Babies (0-1yr) Starts 16th September 12:45pm – 1:30pm</p>	<p>New Parent Group (0-1yrs) Play & Rhyme Time 9:30am – 11:30am & New Parent Group (0-2yrs) Soft Play 9:30am – 11:30am New Parent Group (0-1yr) 12:45pm – 2:45pm Dad's Day Starts 24th September Between 9:30pm – 2:30pm Light refreshments provided (New Parent Groups will not run this day)</p>
<p>Slade Erindale Plumstead SE18 2QQ ☎ 020 8854 7900 opt 2</p>	<p>New Parent Group (0-1yr) 9:30am – 11:00am Tiny Feet (10mth - 4yrs) Starts 13th September (Also suitable for children with additional needs) 11:45am – 12:30pm £1 per child Volunteer Training (5 weeks) Starts, 6th, 13th, 20th, 27th, September & 4th October 9:45am – 2pm</p>	<p>Devonport Midwives Clinic <u>AM</u> 1:1 Appointment only Infant Feeding Team 10:00am - 12:00pm 1:1 Appointment only</p>	<p>Weighing Clinic 9:30am – 12:00pm 1:1 Appointment only Best Beginnings Teenage Midwives Clinic <u>PM</u> 1:1 Appointment only TOTs Nature Space (Walkers - 5yrs) Outdoor Play 1.30pm – 3.00pm</p>	<p>Stay & Play (0-5yrs) 1:30pm – 2:45pm & Sticky Fingers (As part of Stay & Play sessions) (Term-time Only) Play, Learn and Explore. 1:30pm – 2:45pm</p>	<p>Tiny Feet (10mth - 4yrs) Starts 17th September (Also suitable for children with additional needs) 9:30am – 10:15pm £1 per child Slade Library Rhyme Time 10am – 10:30am – Tuesdays 10:30am – 11am - Fridays New Parent Group (0-1yr) Play & Rhyme Time 1:30pm – 2:45pm New Laugh, Sing & Play (Birth -5yrs) Starts 10th September 1:30pm – 2:15pm £1 per family</p>

For additional service enquiries, please contact us on: admin@homestartgreenwich.org.uk

COVID-19: We offer hand sanitizer on arrival in our buildings as well as encourage you to wash your hands. Face coverings are highly recommended in all communal spaces unless you are exempt.



Call each Centre to book onto sessions



Appointments only



£1 charges apply for certain sessions (cash/card optional)



HANDS FACE SPACE

Services Explained & Additional Information

- **New Parent Group & Soft Play:** Sessions provide fun with signing songs and bonding experiences whilst making new friends.
- **Stay & Play Sessions:** A variety of activities where you come and stay with your child. Sessions enable you to meet other parents and carers in a friendly and fun atmosphere with opportunities to play and engage with your child.
 - *Learn through Play & Sticky Fingers:* an interactive play sessions for both parents and child.
 - *Messy Play:* fun bonding & play with babies.
 - *Rhyme Time:* musical sessions for babies.
- **Monthly Meet-Up for Children with Downs Syndrome:** First Tuesday of the month and run by parents with children who have Downs Syndrome (no age limit).
- **Autism Group:** Meets weekly a play group for Autistic children (no age limit).
- **Childminders Stay & Play:** Play session for childminders and the children in their care.
- **Dads Group:** Stay & Play for dads and their children. There are a variety of activities that you can access with your child.
- **SEND Baby & Toddler Support Group:** Music, singing & sensory activities for babies with delays or SEND children
- **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.
- **Rhythm & Rhyme:** Music sessions help to support and improve child's interaction & social skills.
- **Tiny Feet:** Sessions are a great introduction to dance and movement suitable for toddlers and their parents. With fun steps, great music, and with passionate teachers you are guaranteed an exciting introduction into the world of dance. Suitable for walkers to pre-school aged children.
- **Bouncing Babies:** Sessions designed and suitable for babies under 20 months to enable you to learn the best songs to sing, actions and gestures to use and how singing can help develop your baby's language. The aim is to encourage and increase communication between babies and their carers.
- **Healthy Eating & Running a Cookery Club:** Health Cooker Club run by GCDA. A free, accredited course to teach others how to prepare and enjoy healthy meals.
- **Laugh, Sing & Play:** Interactive play/singing session with bubbles, twirlers & parachute.
- **TOTs Nature Space (Outdoor Play)** Provides to experience freedom and space to explore and demonstrate independence, gain increased awareness of environment, consequences of their actions and learn teamwork. Playing with objects naturally

Variety of the above sessions are suitable for children with additional needs

- **Midwife Clinics:** Booked appointments only for before and after delivery of your baby.
- **Health Visiting & Breastfeeding Services:** Support and advice from the Health Visitors & Breastfeeding Advocates by appointment only. ☎ 0208 161 0530 for Bromley Health Care

We welcome feedback on our services, please share your experiences with us by contacting us on: admin@homestartgreenwich.org.uk Thank you

