

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Brookhill</b> 42 Brumwell Avenue Woolwich SE18 6BD</p> <p>☎ 020 8319 5320</p>	<p><b>Devonport Midwives</b> <u>All day</u> 1:1 Appointment only</p> <p><b>Development Reviews (1-2yrs) (AM)</b> 1:1 Appointment only</p> <p><b>Healthy Eating &amp; Running a Cookery Club</b> 10am – 1pm Starts 13<sup>th</sup> Sept – 6<sup>th</sup> Dec</p> <p><b>Autism Group</b> 4pm – 5:30pm</p> <p><b>Under 2s Play Time (0-2yr)</b> Play &amp; Rhyme Time 1:30pm – 2:45pm <b>*Booking is required</b></p>	<p><b>Best Beginnings Midwives Clinic</b> <u>AM</u> 1:1 Appointment only</p> <p><b>All Kids Can: Active Tots (Walkers - 4yrs)</b> 10:00am – 10:45am 2<sup>nd</sup> November - 12<sup>th</sup> December <b>*Booking is required</b></p> <p><b>Mum's Aid Counselling</b> 1:00pm – 4:00pm 1:1 Appointment only</p> <p><b>Monthly Meet-up for families with Downs Syndrome</b> 4pm – 5:30pm (Term time only) (Every first Tuesday of the month)</p>	<p><b>Devonport Midwives Clinic</b> <u>AM</u> 1:1 Appointment only</p> <p><b>BCG Clinic (All day)</b> 1:1 Appointment</p> <p><b>Infant Feeding Team</b> 1:00pm – 4:00pm 1:1 Appointment only</p> <p><b>Thames Midwives Clinic</b> <u>PM</u> 1:1 Appointment only</p> <p><b>Learning Through Play (2-4yrs)</b> 1:30pm – 2:45pm (Term-time only) <b>*Booking is required</b></p>	<p><b>Devonport Midwives Clinic</b> <u>AM</u> 1:1 Appointment only</p> <p><b>Play Group</b> Suitable for SEND Baby/Toddler (0 - 3yrs) 10:00am – 11:45pm <b>*Booking is required</b></p> <p><b>Weighing Clinic</b> 1:00pm – 4:00pm 1:1 Appointment only</p>	<p><b>Starts 12<sup>th</sup> Nov Music Therapy for New Parents (0-1yr)</b> 9:30am – 10:15am &amp; 10:30am – 11:15am Session suitable for babies and children with SEND <b>*Booking is required</b></p> <p><b>Devonport Midwives Clinic</b> <u>PM</u> 1:1 Appointment only</p> <p><b>Stay &amp; Play (0-5yrs) Busy Bees</b> 1:30pm – 3:00pm <b>*Booking is required</b></p>
<p><b>Cardwell</b> 118 Frances Street Woolwich SE18 5LP</p> <p>☎ 020 8854 7342</p>	<p><b>Thames Midwives Clinic (AM)</b> 1:1 Appointment only</p>	<p><b>Fun with Food</b> 9:30am - 11:30am 9<sup>th</sup> /16<sup>th</sup> / 23<sup>rd</sup> / 30<sup>th</sup> Nov &amp; 7<sup>th</sup> Dec <b>*Booking is required</b></p> <p><b>Mum's Aid Counselling (PM)</b> 1:1 Appointment only</p> <p><b>Development Reviews (1-2yrs) (PM)</b> 1:1 Appointment only</p> <p><b>Stay and Play (0-2yrs)</b> 1pm - 2:30pm <b>*Booking is required</b></p>	<p><b>Thames Midwives Clinic (All day)</b> 1:1 Appointment only</p> <p><b>Stay &amp; Play (0-5yrs)</b> 9:30am – 11:30am <b>*Booking is required</b></p> <p><b>Nourishing Nippers</b> 1pm - 3pm 3<sup>rd</sup> /10<sup>th</sup> / 17<sup>th</sup> / 24<sup>th</sup> Nov &amp; 1<sup>st</sup> Dec <b>*Booking is required</b></p>	<p><b>Best Beginnings Clinic (All day)</b> 1:1 Appointment only</p> <p><b>New Parent Group (0-1yr)</b> 1:30pm – 3pm <b>*Booking is required</b></p>	<p><b>Thames Midwives Clinic (All day)</b> 1:1 Appointment only</p>
<p><b>Eglinton</b> Paget Rise Woolwich SE18 3PY</p> <p>☎ 020 8331 0374</p>	<p><b>Weighing Clinic</b> 9:30am – 12:00pm 1:1 Appointment only</p> <p><b>Development Reviews (1-2yrs) (PM)</b> 1:1 Appointment only</p> <p><b>Laugh, Sing &amp; Play (Birth -5yrs)</b> 10:00am – 10:45am £1 per family <b>*Booking is required</b></p>	<p><b>Devonport Midwives Clinic (All day)</b> 1:1 Appointment only</p> <p><b>New Parent Group (0-1yr)</b> 10:00am – 12pm <b>*Booking is required</b></p> <p><b>Stay &amp; Play (0-5yr)</b> 1:15pm – 3pm <b>*Booking is required</b></p>	<p><b>Best Beginnings Clinic (All day)</b> 1:1 Appointment only</p> <p><b>Tiny Feet (10mth - 4yrs)</b> (Also suitable for children with additional needs) 9:30am – 10:15am £1 per child <b>*Booking is required</b></p>	<p><b>Development Reviews (1-2yrs) (AM)</b> 1:1 Appointment only</p> <p><b>Childminders Stay &amp; Play</b> 9:30am – 11:30am</p>	<p><b>Stay &amp; Play (0-5yrs)</b> 9:15am – 11:15am <b>*Booking is required</b></p> <p><b>New Parent Group (0-1yr)</b> 1pm – 3pm <b>*Booking is required</b></p>
<p><b>Glyndon Community Centre</b> 75 Raglan Road, Plumstead, SE18 7LB</p> <p>☎ 07564 048865</p>	<p><b>Starting 11<sup>th</sup> November</b> <b>Stay &amp; Play (0-5yrs)</b> 10:00am – 11:45am <b>*Booking is required</b></p>	<p>Service on hold</p>	<p>Service on hold</p>	<p>Service on hold</p>	<p>Service on hold</p>

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<p><b>Mulgrave</b> Rectory Place Woolwich, SE18 5DL ☎ 020 8331 4128</p>	<p><b>Mindful Mums</b> Starts 8<sup>th</sup> November 10am -12pm <b>By Appointment only</b></p>	<p><b>Development Reviews (1-2yrs)</b> (AM) <b>1:1 Appointment only</b></p>	<p><b>Development Reviews (1-2yrs)</b> (AM) <b>1:1 Appointment only</b></p>	<p><b>Mum's Aid Counselling</b> 10:00am – 11:00am &amp; 11:00am – 12:00pm <b>1:1 Appointment only</b></p>	<p>Service on hold</p>
<p><b>Plumstead</b> 6 Purrett Road Plumstead SE18 1JW ☎ 020 8836 9252</p>	<p><b>Mum's Aid Counselling</b> 1:00pm – 4:00pm <b>1:1 Appointment only</b> (Creche available, term time only)</p>	<p><b>Development Reviews (1-2yrs)</b> (PM) <b>1:1 Appointment only</b></p> <p><b>Stay &amp; Play (0-5yrs)</b> <b>Sticky Fingers</b> 1:30pm – 2:45pm <b>*Booking is required</b></p>	<p><b>Development Reviews (1-2yrs)</b> (PM) <b>1:1 Appointment only</b></p> <p><b>Sensory Baby Play Group</b> (0-18mths) 1:30pm – 2:45pm <b>*Booking is required</b></p>	<p><b>Baby Me Fit (0-1yr)</b> <b>Firefly Fitness UK</b> 10am-11am <b>£1 per child</b></p> <p><b>Stay &amp; Play (0-5yrs)</b> 1:30pm – 3:00pm <b>*Booking is required</b></p>	
<p><b>Plumcroft Primary School,</b> Vincent Road, Woolwich, SE18 6RG ☎ 07958 514 141 / 07564 048 865</p>	<p><b>New Parent Group (0-1yrs)</b> Play &amp; Rhyme Time 9:30am – 11:30am &amp; <b>New Parent Group (0-2yrs)</b> Soft Play 9:30am – 11:30am</p> <p><b>New Parent Group (0-3yrs)</b> Soft Play 12:45pm – 2:45pm</p> <p><b>New Parent Group (1-2yrs)</b> Messy Play 12:45pm – 2:45pm <b>*Booking is required for all groups</b></p>	<p><b>New Parent Group (0-1yrs)</b> Play &amp; Rhyme Time 9:30am – 11:30am &amp; <b>New Parent Group (0-2yrs)</b> Soft Play 9:30am – 11:30am</p> <p><b>Baby/Toddler Soft Play</b> 12:45pm – 2:45pm</p> <p>Session also suitable for babies and children with SEND(0-3yrs)</p> <p><b>*Booking is required</b></p>	<p><b>New Parent Group (0-1yrs)</b> Play &amp; Rhyme Time 9:30am – 11:30am &amp; <b>New Parent Group (0-2yrs)</b> Soft Play 9:30am – 11:30am</p> <p><b>New Parent Group (0-1yrs)</b> Play &amp; Rhyme Time 12:45pm – 2:45pm</p> <p><b>New Parent Group (0-2yrs)</b> Soft Play 12:45pm – 2:45pm <b>*Booking is required for all</b></p>	<p><b>New Parent Group (0-1yrs)</b> Play &amp; Rhyme Time 9:30am – 11:30am &amp; <b>New Parent Group (0-2yrs)</b> Soft Play 9:30am – 11:30am</p> <p><b>Baby Rhythm Time with Dawn &amp; Linda (0-2yrs)</b> 12:45pm – 1:30pm <b>*Booking is required for all groups</b></p>	<p><b>New Parent Group (0-1yrs)</b> Play &amp; Rhyme Time 9:30am – 11:30am &amp; <b>New Parent Group (0-2yrs)</b> Soft Play 9:30am – 11:30am</p> <p><b>New Parent Group (0-1yr)</b> Soft Play 12:45pm – 2:45pm <b>*Booking is required for all groups</b></p>
<p><b>Slade</b> Erindale Plumstead SE18 2QQ ☎ 020 8854 7900 opt 2</p>	<p><b>Story Bags Course delivered by City Lit</b> 9:30am – 12pm 1st November to 13th December <b>*Booking is required</b></p> <p><b>Stay and Play (0-5)</b> 1:00pm – 2:30pm <b>*Booking is required</b></p>	<p><b>Devonport Midwives Clinic</b> <u>AM</u> <b>1:1 Appointment only</b></p> <p><b>Slade Library Rhyme Time</b> 10:30am – 11:00 – Tuesdays</p> <p><b>Infant Feeding Team</b> 10:00am - 12:00pm <b>1:1 Appointment only</b></p>	<p><b>Weighing Clinic</b> 9:30am – 12:00pm <b>1:1 Appointment only</b></p> <p><b>Music Therapy for New Parents (0-1yr)</b> <b>Starts 10<sup>th</sup> of Nov</b> 9:30am – 10:15am 10:30am – 11:15am <b>*Booking is required</b> Session suitable for babies and children with SEND</p> <p><b>Best Beginnings Teenage Midwives Clinic</b> <u>PM</u> <b>1:1 Appointment only</b></p> <p><b>TOTs Nature Space (Walkers - 5yrs)</b> Outdoor Play 1:30pm – 2:45pm <b>*Booking is required</b></p>	<p><b>All Kids Can: Active Tots (Walkers - 4yrs)</b> 10:00am – 10:45am 4<sup>th</sup> November until 16<sup>th</sup> December <b>*Booking is required</b></p> <p><b>Stay &amp; Play (0-5yrs)</b> 1:30pm – 3:00pm</p> <p><b>Sticky Fingers (Term-time only)</b> <b>(As part of Stay &amp; Play sessions)</b> 1:30pm – 2:45pm <b>*Booking is required</b></p>	<p><b>Tiny Feet (10mth - 4yrs)</b> (Also suitable for children with additional needs) 9:30am – 10:15am 10:30am – 11:15am <b>£1 per child</b> <b>*Booking is required</b></p> <p><b>Slade Library Rhyme Time</b> 10:30am – 11am - Fridays</p> <p><b>New Laugh, Sing &amp; Play (Birth -5yrs)</b> <b>Starts 10<sup>th</sup> September</b> 1:30pm – 2:15pm <b>£1 per family</b> <b>*Booking is required</b></p>

For additional service enquiries, please contact us on: [admin@homestartgreenwich.org.uk](mailto:admin@homestartgreenwich.org.uk)

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HANDS FACE SPACE

## Services Explained & Additional Information

The new programme does not have a fixed number of families attending each session but will consider the size of the room, ventilation, and practical considerations. There is also no limitation on numbers singing in sessions, so feel free to join in.

- **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.
- **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. **£1 per child**
- **Bouncing Babies:** Sessions 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. **£1 per family.**
- **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 via the Midwifery Teams 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](mailto:admin@homestartgreenwich.org.uk) Thank you**

