

	Monday	Tuesday	Wednesday	Thursday	Friday
Brookhill 42 Brumwell Avenue Woolwich SE18 6BD 020 8319 5320	<p>Devonport Midwives All day Pre-booked Appointments</p> <p>2 Year Development Reviews 9:30am – 12pm Appointment only</p> <p>Volunteers Training (All day) 28th Feb 7th / 14th & 21st March (Pre-booked)</p> <p>Autism Group 4pm – 5:30pm</p> <p>Under 2s Play Time (Birth-2yr) Play & Rhyme Time 1:30pm – 2:45pm *Booking is required</p>	<p>Best Beginnings Midwives Clinic AM Pre-booked Appointments</p> <p>All Kids Can (Walkers - 4yrs) Starts 11th January 10:00am – 10:45am *Booking is required (£1 per family)</p> <p>Perinatal Groups sessions (Starts 18th Jan) 1pm – 3pm Pre-booked Appointments (10 max)</p> <p>Mum's Aid Counselling 1:00pm – 4:00pm Pre-booked Appointments</p> <p>Monthly Meet-up for families with Downs Syndrome 4pm – 5:30pm (Term time only) (First Tuesday of the month)</p>	<p>Devonport Midwives Clinic AM Pre-booked Appointments</p> <p>BCG Clinic (All day) Pre-booked Appointments</p> <p>Infant Feeding Clinic 1:00pm – 4:00pm Appointment only</p> <p>Thames Midwives Clinic PM Pre-booked Appointments</p> <p>Learning Through Play (2-4yrs) 1:30pm – 2:45pm (Term-time only) *Booking is required</p>	<p>Devonport Midwives Clinic AM Pre-booked Appointments</p> <p>Play Group Suitable for SEND Baby/Toddler (Birth - 3yrs) 10:00am – 11:45pm *Booking is required (Supported by TAS every last Thursday of the month)</p> <p>Weighting Clinic 1:00pm – 4:00pm Appointment only</p>	<p>Blood Spots Clinics 9:30am – 11:30am Pre-booked Appointments</p> <p>Music Therapy for New Parents (Birth-1yr) 9:30am – 10:15am & 10:30am – 11:15am Session suitable for babies and children with SEND *Booking is required</p> <p>Devonport Midwives Clinic PM Pre-booked Appointments</p> <p>Stay & Play (Birth-5yrs) Busy Bees 1:30pm – 3:00pm *Booking is required (50p contribution per family)</p>
Cardwell 118 Frances Street Woolwich SE18 5LP 020 8854 7342	<p>6-8 Week Reviews 9:30am – 12pm Appointment only</p> <p>Thames Midwives Clinic (AM) Pre-booked Appointments</p>	<p>10-12 Month Developmental Reviews 9:30am – 12pm Appointment only</p> <p>Mum's Aid Counselling (with creche) (PM) Pre-booked Appointments</p> <p>Stay & Play (Birth-2yrs) 1pm – 3pm *Booking is required (50p contribution per family)</p>	<p>6-8 Week Reviews 9:30am -12pm Appointment only</p> <p>Thames Midwives Clinic (All day) Pre-booked Appointments</p> <p>Stay & Play (Birth-5yrs) 9:30am – 11:30am *Booking is required (50p contribution per family)</p>	<p>Best Beginnings Clinic (All day) Pre-booked Appointments</p>	<p>Thames Midwives Clinic (All day) Pre-booked Appointments</p> <p>New Parent Group (Birth-1yr) 1:30pm – 3pm *Booking is required</p>
Eglinton Paget Rise Woolwich SE18 3PY 020 8331 0374	<p>Weighing Clinic 9:30am – 12:00pm Appointment only</p> <p>10-12 Months Developmental Reviews 1pm-4pm Appointment only</p> <p>Laugh, Sing & Play (Birth -5yrs) Starts 10th January 10:00am – 10:45am *Booking is required £1 per family</p>	<p>Devonport Midwives Clinic (All day) Pre-booked Appointments</p> <p>New Parent Group (0-1yr) 10:00am –12pm *Booking is required</p> <p>Dealing with Challenging mealtime (Fussy Eaters) 1pm - 3pm 11th, 18th, 25th January & 1st, 8th Feb (Limited creche spaces)</p> <p>Stay & Play (with creche) (Birth-5yr) 1pm – 3pm *Booking is required (50p contribution per family)</p>	<p>Best Beginnings Clinic (All day) Pre-booked Appointments</p> <p>Free ESOL classes (max 10) 12th January – 15th June *Except school holidays Help improve English and work towards taking an exam *subject to eligibility Accredited course ESOL E2 Speaking & Listening 12:45pm - 3pm *Booking is required (No creche available)</p>	<p>2 Year Developmental Reviews 9:30am – 12pm Appointment only</p> <p>Childminders Stay & Play 9:30am – 11:30am Starts 13th January</p>	<p>6-8 Week Reviews 9:30am -12pm Appointment only</p> <p>Stay & Play (Birth-5yrs) 9:15am – 11:15am *Booking is required (50p contribution per family)</p> <p>New Parent Group (Birth-1yr) 1pm – 3pm *Booking is required</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



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



HANDS FACE SPACE

<p>Glyndon Community Centre 75 Raglan Road, Plumstead, SE18 7LB (Call Cardwell)</p>	<p>Stay & Play (Birth-5yrs) 9:30am – 11:30am Booking is required (50p contribution per family)</p>	<p>Service on hold</p>	<p>Service on hold</p>	<p>Service on hold</p>	<p>Service on hold</p>
<p>Mulgrave Rectory Place Woolwich, SE18 5DL ☎ 020 8331 4128</p>	<p>Mindful Mums 10am -12pm Pre- booked Appointments</p>	<p>6-8 Week Reviews 9:30am – 11:30am Appointment only</p>	<p>2 Year Developmental Reviews 1pm - 4pm Appointment only</p>	<p>Mum’s Aid Counselling 10:00am – 11:00am / 11:00am – 12:00pm 1:1 Appointment only</p> <p>6-8 Week Reviews 1pm - 4pm Appointment only</p>	<p>Service on hold</p>
<p>Plumstead 6 Purrett Road Plumstead SE18 1JW ☎ 020 8836 9252</p>	<p>Mum’s Aid Counselling 1:00pm – 4:00pm 1:1 Appointment only (Creche available, term time only)</p>	<p>2 Year Developmental Reviews 1pm - 4pm Appointment only</p> <p>Stay & Play (Birth-5yrs) Sticky Fingers 1:30pm- 3pm *Booking is required (50p contribution per family)</p>	<p>10-12 Month Developmental Reviews 1pm - 4pm Appointment Only</p> <p>Sensory Baby Play Group (Birth-18mths) 1:30pm – 2:45pm *Booking is required</p>	<p>Baby Me Fit (Birth-1yr) Firefly Fitness UK 10am-11am £1 per child</p> <p>Stay & Play (Birth-5yrs) 1:30pm – 3pm *Booking is required (50p contribution per family)</p>	<p>6-8 Week Reviews 9:30am – 12pm Appointment only</p>
<p>Plumcroft Primary School, Vincent Road, Woolwich, SE18 6RG ☎ 07564 048 865/ 07912 285 994</p>	<p>New Parent Group (Birth-12mths) Play & Rhyme Time 9:30am – 11:30am & New Parent Group (Birth-24mths) Soft Play 9:30am – 11:30am (£1.50 per family)</p> <p>New Parent Group (12mths – 24mths) Creative storytelling 12:45pm – 2:45pm *Booking is required for all groups</p>	<p>New Parent Group (Birth-12mths) Play & Rhyme Time 9:30am – 11:30am & New Parent Group (Birth-24mths) Soft Play 9:30am – 11:30am (£1.50 per family)</p> <p>New Parent Group (Birth-24mths) Soft Play 12:45pm – 2:45pm *Booking is required (£1.50 per family)</p>	<p>New Parent Group (Birth-12mths) Play & Rhyme Time 9:30am – 11:30am & New Parent Group (Birth-24mths) Soft Play 9:30am – 11:30am (£1.50 per family)</p> <p>New Parent Group (Birth-12mths) Play & Rhyme Time 12:45pm – 2:45pm</p> <p>New Parent Group (Birth-24mths) Soft Play - 12:45pm – 2:45pm *Booking required (£1.50 per family)</p>	<p>New Parent Group (Birth-12mths) Play & Rhyme Time 9:30am – 11:30am & New Parent Group (Birth-24mths) Soft Play 9:30am – 11:30am (£1.50 per family)</p> <p>Rhythm Time (Birth-24mths) 12:45pm – 1:30pm *Booking is required for all groups</p>	<p>New Parent Group (Birth-12mths) Play & Rhyme Time 9:30am – 11:30am & Baby Soft Play (Birth-24mths) 9:30am – 11:30am Session also suitable for babies and children with SEND (0-18mths) (£1.50 per family)</p> <p>New Parent Group (Birth-12mths) Play & Rhyme Time 12:45pm – 2:45pm *Booking is required</p>
<p>Slade Erindale Plumstead SE18 2QQ ☎ 020 8854 7900 opt 2</p>	<p>Music Therapy for New Parents (Birth-1yr) 9:30am – 10:15am 10:30am – 11:15am *Booking is required</p> <p>Stay and Play (Birth-3yrs) 1:00pm – 2:30pm *Booking is required (50p contribution per family)</p>	<p>Devonport Midwives Clinic AM Pre-booked Appointments</p> <p>Volunteers Training (All day) 1st / 8th /15th /22nd & 29th March (Pre-booked)</p> <p>Slade Library Rhyme Time 10:30am – 11:00 – Tuesdays</p> <p>Infant Feeding Team 10:00am - 12:00pm Appointment only</p> <p>New Laugh, Sing & Play (Birth -5yrs) 1:30pm – 2:15pm *Booking is required - £1 per family</p>	<p>Weighing Clinic 9:30am – 12:00pm Appointment only</p> <p>Best Beginnings Teenage Midwives Clinic PM Pre-booked Appointments</p> <p>TOTs Nature Space (Walkers - 5yrs) Outdoor Play - 1:30pm – 3pm *Booking is required (Dress appropriately for the weather)</p>	<p>All Kids Can: Active Tots (Walkers - 4yrs) Starts 13th January 10:00am – 10:45am *Booking is required £1 per family</p> <p>Stay & Play (Birth-5yrs) 1:30pm – 3:00pm Sticky Fingers (Term-time only) (part of Stay & Play sessions) 1:30pm – 2:45pm *Booking is required (50p contribution per family)</p>	<p>10-12 Month Developmental Reviews 9:30am - 12pm Appointment only</p> <p>Slade Library Rhyme Time 10:30am – 11:00 am - Fridays</p>

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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, and we provided light refreshments. **50p contribution per family.**
 - *Learn through Play & Sticky Fingers:* an interactive play session for both parents and child.
 - *Messy Play:* fun bonding & play with babies.
 - *Rhyme Time:* musical sessions for babies.
 - *Creative Storytelling Sessions.*
- **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.
- **Bouncing Babies: (Taster Sessions during March)** 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 GCD. 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.**
- **All Kids Can:** Sessions provide a range of exciting, fun activities and sports for the community the fun begin! **£1 per family.**
- **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. **(Dress appropriately for the weather)**

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 Thank you

