

Our programme does not have a fixed number of families attending each session, but will consider the size of the room, ventilation, and practical considerations.

Centres	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Brookhill 42 Brumwell Avenue Woolwich SE18 6BD</p> <p> 020 8319 5320</p>	<p>Devonport Midwives Clinic All day Pre-booked Appointments</p> <p>2 Year Development Reviews 9:30am – 12pm Appointment only</p> <p>Connecting from the Start Postnatal Course 6th June- 18th July 12:30pm – 2:45pm *Booking is required</p> <p>Under 2s Play Time (Birth-2yr) Play & Rhyme Time 1:30pm – 3pm (Drop in)</p> <p>Autism Group 4pm – 5:30pm</p>	<p>Best Beginnings Midwives Clinic AM Pre-booked Appointments</p> <p>All Kids Can (Walkers - 4yrs) 10am – 10:45am (Term Time only) *Booking is required (£1 per family)</p> <p>Mum's Aid Counselling 1pm – 4pm Pre-booked Appointments (Limited crèche is provided)</p> <p>Monthly Meet up for Downs Syndrome Group 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 1pm – 4pm Appointment only</p> <p>Thames Midwives Clinic PM Pre-booked Appointments</p> <p>Learning Through Play Term time Sessions (2-4yrs) 1:30pm – 3pm *Booking is required</p>	<p>Devonport Midwives Clinic AM Pre-booked Appointments</p> <p>SENSory Play Time Suitable for SEND Baby/Toddler (Birth - 5yrs) 10am – 11:45pm (Drop in)</p> <p>Weighing Clinic 1pm – 4pm Appointment only</p>	<p>Blood Spots Clinics 9:30am – 11:30am Pre-booked Appointments</p> <p>Re-starts 17th June Music Therapy (Term Time only) 9:30am – 10:15am (Birth-1yr) & 10:30am – 11:15am (18mths-36mths) Also 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 – 3pm (50p voluntary contribution per family) & Speech & Language visit on 10th June (Drop in)</p>
<p>Cardwell 118 Frances Street Woolwich SE18 5LP</p> <p> 020 8854 7342</p>	<p>6-8 Week Reviews 9:30am – 12pm Appointment only</p> <p>Mindful Mums (5 Week Group) 13th June – 11th July 1pm – 2:30pm (Pre-booked)</p> <p>Thames Midwives Clinic (AM) Pre-booked Appointments</p>	<p>10-12 Month Development Reviews 9:30am – 12pm Appointment only</p> <p>Mum's Aid Counselling (PM) Pre-booked Appointments (Limited crèche is provided)</p> <p>Laugh, Sing & Play (Birth -5yrs) (Term time only – last session 14th June) 1:30pm – 2:15pm *Booking is required (room capacity) (£1 per family)</p> <p>Nourishing Nippers Course (Birth – non crawlers) 21st June – 19th July 1pm – 3pm *Booking is required (room capacity)</p>	<p>6-8 Week Reviews 9:30am -12pm Appointment only</p> <p>Thames Midwives Clinic (All day) Pre-booked Appointments</p>	<p>Best Beginnings Clinic (All day) Pre-booked Appointments</p> <p>Starts 23rd June Young Mum's Group with Mum's Aid 10am – 12pm (Pre-booked)</p>	<p>Thames Midwives Clinic (All day) Pre-booked Appointments</p> <p> Baby Group (Birth-1yr) 1:30pm – 3pm *Booking is required (room capacity)</p>

Bromley Health Visiting & Breastfeeding Support Services are appointment only - contact on 0300 330 5777 option 3, then option 2, then option 3

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.



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Appointments only



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Eglinton Paget Rise Woolwich SE18 3PY ☎ 020 8331 0374	Weighing Clinic 9:30am – 12pm Appointment only 10-12 Months Development Reviews 1pm-4pm Appointment only Laugh, Sing & Play (Birth -5yrs) (Term time only) 10am – 10:45am & 11:15am – 12pm *Booking is required (£1 per family)	Devonport Midwives Clinic (All day) Pre-booked Appointments Baby Group (Birth-1yr) 10am –12pm (Drop in) STAY & PLAY (Birth-5yr) 1pm – 3pm (Drop in) (50p voluntary contribution per family)	Best Beginnings Clinic (All day) Pre-booked Appointments Baby Massage (Birth -non crawlers) (5 Week course, Term time only) 8 th June – 6 th July 1pm – 2pm *Booking is required Followed by Rhyme Thyme 2pm – 3pm (Drop in)	2 Year Development Reviews 9:30am – 12pm Appointment only Childminders Stay & Play 9:30am – 11:30am (run by local childminders) Fun with Food (2yrs – 5yrs) 16 th June – 14 th July 10:30am – 12:30pm *Booking is required	6-8 Week Reviews 9:30am -12pm Appointment only STAY & PLAY (Birth-5yrs) 9:30am – 11:30am (Drop in) (50p voluntary contribution per family) Devonport Midwives Clinic (PM) Pre-booked Appointments Baby Group (Birth-1yr) 1pm – 3pm (Drop in)
Glyndon Community Centre 75 Raglan Road, Plumstead SE18 7LB ----- Supported by Plumcroft Team on ☎ 07563 373 767	STAY & PLAY (Birth-5yrs) Also, for Families affected by Ukrainian crisis (Variety of support available) 9:30am – 11:30am (Drop in) залишайтеся і грайте (0-5 років) українські сім'ї 9am – 11:30am				
Mulgrave Rectory Place Woolwich, SE18 5DL ☎ 020 8331 4128 or contact Cardwell Team		6-8 Week Reviews 9:30am – 11:30am Appointment only	2 Year Developmental Reviews 1pm - 4pm Appointment only	Mum's Aid Counselling From 10am - 12pm 1:1 Appointment only 6-8 Week Reviews - 1pm - 4pm Appointment only	

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Plumstead 6 Purrett Road Plumstead SE18 1JW ☎ 020 8836 9252	<p>Mum's Aid Counselling 1pm – 4:00pm 1:1 Appointment only (Creche available, term time only)</p>	<p>Baby Massage (Birth - non crawlers) (5 Week course, Term Time only) 7th June – 5th July 9:30am – 10:30am *Booking is required</p> <p> Baby Group, Play & Rhyme Time (Birth-12mths) 10:30am – 12pm *Booking is required (room capacity)</p> <p>2 Year Developmental Reviews 1pm - 4pm  Appointment only Stay & Play, (Birth-5yrs) 1:30pm- 3pm *Booking is required (room capacity) (50p voluntary contribution per family)</p> <p>Fun with Food (2yrs – 5yrs) 19th July – 2nd August 1pm - 3pm *Booking is required</p>	<p>Young Mum's Group with Mum's Aid 10am – 12pm (Pre-booked)</p> <p>10-12 Month Developmental Reviews 1pm - 4pm  Appointment Only </p>	<p>Baby Me Fit (Birth-1yr) Firefly Fitness UK (Term time only) 10am – 11am *Booking is required (£1 per family)</p> <p>Stay & Play, Sticky Fingers (Birth-5yrs) 1:30pm – 3pm *Booking is required (room capacity) (50p voluntary contribution per family)</p>	<p>6-8 Week Reviews 9:30am – 12pm  Appointment only</p> <p>Bouncing Babies (Birth-18mths) (6 weeks course) (Term Time only) 10th June – 15th July 1:30pm – 2:15pm *Booking is required</p> <p>Sensory Baby Play Group (Birth-18mths) 2:15pm - 3:15pm *Booking is required (room capacity)</p>
Plumcroft Primary School , Vincent Road, Woolwich, SE18 6RG ☎ 07563 373 767	<p>Baby Group (Birth-12mths) Play & Rhyme Time 9:30am – 11:30am & Baby Soft Play (Birth-24mths) 9:30am – 11:30am (£1.50 per family)</p> <p>Dads with Babies Group (Birth-24mths) 12:45pm – 2:45pm</p>	<p>Baby Group (Birth-12mths) 9:30am – 11:30am & Baby Soft Play (Birth-24mths) 9:30am – 11:30am (£1.50 per family)</p> <p>Baby Soft Play (Birth-24mths) 12:45pm – 2:45pm (£1.50 per family)</p> <p>New Wellbeing Picnic, Information Sessions *Booking is required Baby activities for mothers with new babies (Birth - 6 months) 28th June / 12th & 26th July – 12pm – 2pm</p>	<p>Baby Group (Birth-12mths) Play & Rhyme Time 9:30am – 11:30am & Baby Soft Play (Birth-24mths) 9:30am – 11:30am (£1.50 per family)</p> <p>Baby Group (Birth-12mths) Play & Rhyme Time 12:45pm – 2:45pm</p> <p>Baby Soft Play (Birth-24mths) 12:45pm – 2:45pm (£1.50 per family)</p> <p>Nourishing Nippers (course) 1pm – 2:45pm 22nd June – 13th July *Booking is required</p> 	<p>Baby Group (Birth - 12mths) 9:30am – 11:30am & Baby Soft Play (Birth-24mths) 9:30am – 11:30am (£1.50 per family)</p> <p>Bouncing Babies (Birth-18mths) 12:45pm – 1:45pm</p>	<p>Baby Group (Birth-12mths) Play & Rhyme Time 9:30am – 11:30am & Baby Soft Play (Birth-24mths) 9:30am – 11:30am (£1.50 per family)</p> <p>Baby Group (Birth-12mths) Play & Rhyme Time 12:45pm – 2:45pm</p> <p>SENSory Soft Play (Birth-4yrs) (Suitable for Pre-crawlers) 12:45pm – 2:45pm</p>
 *Booking is required for all groups at Plumcroft					

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<p>Slade Erindale Plumstead SE18 2QQ</p> <p>☎ 020 8854 7900 opt 2</p>	<p>Music Therapy Also suitable for children with additional needs (Term time only) 9:30am (Birth-1yr) ----- 10:15am (Birth- 1yr) ----- 11:30am (18thms – 36mths) *Booking is required</p> <p>Story Bags Course with City Lit 6th June - 11th July 9:30am – 11:30am (Limited crèche) *Booking is required</p> <p> (Birth-3yrs) 1pm – 2:30pm Speech & Language visit Monday 11th July (Drop in) (50p voluntary contribution per family)</p> <p>Infant Mental Health Awareness Picnic 13th June at 10:30am- 13:30pm Music Therapy Arts & Crafts / Planting Laugh, Sing & Play Baby Massage *Booking is required</p>	<p>Devonport Midwives Clinic <u>AM</u> Pre-booked Appointments</p> <p>Slade Library Rhyme Time 10:30am – 11am</p> <p> Infant Feeding Team 10am - 12pm Appointment only</p> <p>“New” Parent gym (6-week course) 7th June – 12th July 12:45pm – 14:45pm Limited crèche spaces (2 ½yrs -7yrs) *Booking is required</p>	<p>Weighing Clinic 9:30am – 12pm  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 (Drop in) (Dress appropriately for the weather) Not running on: 6th & 20th July / 3rd August</p> <p>New Wellbeing Picnics, Information Sessions for pregnant mums 6th & 20th July / 3rd August 12pm – 2pm *Booking is required</p>	<p>All Kids Can: Active Tots (Walkers - 4yrs) (Term time only) 10am – 10:45am *Booking is required (£1 per family)</p> <p>Connecting from the Start Prenatal course 9th June- 21st July 9:45am - 12pm *Booking is required</p> <p> Sticky Fingers (Term-time only) (Part of Stay & Play sessions) (Birth-5yrs) 1:30pm – 2:45pm (Drop in) (50p voluntary contribution per family)</p> <p>Bouncing Babies (Birth-18mths) (Term time only) 9th June – 14th July 1:30pm – 2:15pm *Booking is required</p>	<p>10-12 Month Development Reviews 9:30am - 12pm  Appointment only</p> <p>Slade Library Rhyme Time 10:30am – 11am</p>

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Friday

Services Explained & Additional Information

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- **Baby 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 for a **50p voluntary 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 run by 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
 - **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.**
 - **Baby Me Fit (Firefly Fitness UK):** Exciting movement and dance sessions. **£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.

We welcome feedback on our services, please share your experiences with us by contacting our Centres and for general enquiries: enquiries@homestartgreenwich.org.uk

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