



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 Children's Centre Community Centre Family Hub</p> <p>42 Brumwell Avenue Woolwich SE18 6BD</p> <p>020 8319 5320</p>	<p>Devonport Midwives Clinic <u>All day</u> Appointment only</p> <p>2 Year Development Reviews 9:30am – 12pm Appointment only</p> <p><u>Tots Talking</u> 8 Week course (2yr) Information and activity ideas to help your child's speech development Starting 2nd October 10am – 11:00am (Call to book) (Limited creche available)</p> <p><u>Under 2s Play Time (Birth-18mths)</u> Baby Messy Play & Rhyme Time Starting 11th Sept 1:30pm – 3pm (Call to book) (£1 voluntary contribution per family)</p> <p>Autism Group 4pm – 5:30pm Starting 11th Sept (Drop in)</p> <p>OCTOBER WATCHOUT FOR: Brookhill Family Hub & Community Centre Launch coming soon! See staff for further details or visit our website/social media sites</p>	<p>Best Beginnings Midwives Clinic <u>AM</u> Appointment only</p> <p><u>Baby Me Fit (Birth-1yr)</u> Firefly Fitness UK 10am - 10:45am Starting Tuesday 17th October (£1 per family, each week) (Call to book) Term Time Only</p> <p><u>Health & Social Care Training for Community Carers</u> 10.00am -12.00pm For further information and to book Email: info@communitycare800.org.uk</p> <p>Mum's Aid Counselling 1:30pm – 4pm Appointment only (crèche provided)</p> <p><u>HSG Volunteer Training course</u> Starting on the 12th, 19th 26th of Sept & 3rd and 10th of October For more information email: volunteer@homestartgreenwich.org.uk</p> <p><u>Monthly Meet up for Downs Syndrome Group</u> Starting 3rd October 4pm – 5.30pm (Term time only) (First Tuesday of the month) (Drop in)</p>	<p>Devonport Midwives Clinic <u>AM</u> Appointment only</p> <p><u>Being a Parent</u> From 20th Sept to 29th Nov (Invitation only) For more information email volunteer@homestartgreenwich.org.uk (Limited crèche is provided)</p> <p> <u>Infant Feeding Clinic</u> 1pm – 2:30pm (Drop in)</p> <p>Thames Midwives Clinic <u>PM</u> Pre-booked Appointments</p> <p><u>SENdsory Group</u> With interactive music Starting 13th Sept 1:30pm-2:45pm (Drop in) <u>Suitable for babies and children with abilities and disabilities</u> (Siblings are welcomed)</p>	<p>Devonport Midwives Clinic <u>AM</u> Appointment only</p> <p>Weighing Clinic 1:30pm – 3:30pm (Drop in)</p> <p><u>Migrant Women DANCE Sessions Delivered by Creating Ground</u> 10am-12pm October: 5th, 12th & 19th November: 2nd, 9th, 16th, 23rd & 30th December: 7th & 14th To register or for more information: info@theground.org.uk (Call to book) (Limited pre-booked creche spaces)</p>	<p>Blood Spots Clinics 9:30am – 12pm Appointment only</p> <p><u>Music Therapy</u> (Term Time only.) Starting 8th Sept 1st session @9:30am (Birth-1yr) 2nd session @10:30am (Birth-1yr) 3rd session @11:30am (12mths-36mths) <u>All sessions suitable for all abilities</u> (SEND Friendly) (Call to book - max of 6 children per session)</p> <p><u>Stay & Play (Birth-5yrs)</u> Play & Rhyme Time Starting 8th Sept 1:30pm-3pm (Drop in) (£1 voluntary contribution per family)</p> <p>Devonport Midwives Clinic <u>PM</u> Appointment only</p> <p>OCTOBER WATCHOUT FOR: Brookhill Black History Event & Exhibition See staff for further details or visit our website/social media sites</p>

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



Call each Centre to book onto some sessions



Appointments only



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Cardwell 118 Frances Street Woolwich SE18 5LP 020 8854 7342	Thames Midwives Clinic (AM) Appointment only Baby Group (Birth-1yr) Starting 11 th Sept 1:30pm – 3pm (Call to book)	10-12 Months Development Reviews 9:30am – 12pm Appointment only Mum's Aid Counselling (AM only, no crèche) Mum's Aid Counselling 1:30pm – 3:30pm Appointment only (crèche provided) <u>Stay & Play (Birth-5yrs)</u> Starting 12 th Sept 1:30pm-3pm (Call to book) (£1 voluntary contribution per family)	Thames Midwives Clinic (All day) Appointment only <u>Stay & Play (Birth-5yrs)</u> Messy Play Starting 13 th Sept 9:30am – 11:30am (Call to book) (£1 voluntary contribution per family)	Best Beginnings Clinic (All day) Appointment only Young Mum's Group with Mum's Aid 10am – 2pm Appointment only	Thames Midwives Clinic (All day) Appointment only
Eglinton Paget Rise Woolwich SE18 3PY 020 8331 0374	2 Year Development Reviews 9:30am – 11:30am Appointment only <u>Laugh, Sing & Play (Birth -5yrs)</u> (Term time only) Starting Monday 11 th September 10am – 10:45am & 11:15am – 12pm (Call to book) (£1 per family, per session) 10-12 Months Development Reviews 1pm - 4pm Appointment only	Devonport Midwives Clinic (All day) Appointment only <u>FLOURISH Music Project</u> (Invitation only) Starting Tuesday 19 th Sept (6-week course) 9.30am - 11.30am <u>Stay & Play (Birth-5yrs)</u> Starting 12 th Sept MESSY PLAY Suitable for babies and toddlers 1:30pm – 3pm (Call to book) (£1 voluntary contribution per family)	Best Beginnings Clinic (All day) Appointment only <u>Baby Massage</u> (Birth - non crawlers) Starting 11 th October (5 Week Course) 12:45m – 13:30pm (Call to book) (£1:50 per family, per session)	<u>Childminders Stay & Play</u> 9:30am – 11:30am (This session is for Ofsted registered childminders only) <u>Baby Me Fit (Birth-1yr)</u> Firefly Fitness UK (Term Time only) Starting 14 th Sept 11:45am – 12:30pm (Call to book) (£1 per family, weekly)	2 Year Development Reviews Starting 8 th September 9:30am – 12:30pm Appointment only <u>Stay & Play (Birth-5yrs)</u> 9:30am-11:30am (Drop in) (£1 voluntary contribution per family) <u>Bouncing Babies</u> (Birth - non crawlers) Starting 15 th Sept 1:15pm – 14.30pm (Call to book) (£1:50 per family, per session)

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Glyndon Community Centre 75 Raglan Road, Plumstead SE18 7LB 07563 373 767	<p>Stay & Play (Birth-5yrs) & In attendance Boogie Tots (Every last Monday of the month) Also suitable for Families Starting 11th Sept 9am – 11:30am (Drop in) Affected by Ukrainian Crisis (Variety of support available) Including children with additional needs.</p> <p>залишайтеся і грайте (0-5 років) українські сім'ї Starting 11th Sept 9am – 11:30am (Drop in)</p>				
Margaret Bondfield Nursery 77, Ragland Road SE18 7LB 07563 373 767	<p>No Group</p>	<p>Baby Group (Birth-pre crawlers) Play & Rhyme Time Starting 12th Sept 9:30am – 11:30am (Limited spaces up to 8 families) (Drop in)</p>	<p>Baby Group (Birth-pre crawlers) Play & Rhyme Time Starting 6th Sept 9:30am – 11:30am (Limited spaces up to 8 families) (Drop in)</p> <p style="text-align: center;">OCTOBER WATCHOUT FOR: Baby Group (3–4mths olds babies) (Invitation only) 12.45pm – 2.30pm Start date TBC</p>	<p>Baby Group Rhyme Time(Birth-18) Songs, Rhymes, Parachute, Puppets and Bubbles Starting 7th Sept 9:30am – 11:30am (Limited spaces up to 10 families) (Drop in)</p>	<p>Welcome Spaces Adults and Children Starting in October 10.00am-11.30 am Drop-in Session Refreshments, advice and activities for all ages (Drop in)</p>
Mulgrave Rectory Place Woolwich, SE18 5DL 020 8854 7342			<p>Year Developmental Reviews 1pm - 4pm Appointment only</p>	<p>Mum's Aid Counselling From 10am - 12pm 1:1 Appointment only</p>	<p>Welcome Spaces For Parents & Babies (Birth – 18mths) Starting in October 10am-11am (Drop in) Refreshments, advice and activities available</p>

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Plumstead 6 Purrett Road Plumstead SE18 1JW 020 8836 9252	<p>Mum's Aid Counselling 1pm – 4pm Appointment only (Creche available, term time only)</p> <p>Learning Through Play (2-4yrs) (Term time only) Starting 18th Sept 1:30pm – 3pm (Call to book) Max 8 families</p> <p>(£1 voluntary contribution per family)</p>	<p>Oxleas Perinatal Team Journey through Motherhood Group 10am - 12pm Appointment only</p> <p>2 Year Developmental Reviews 1pm - 4pm Appointment only</p>	<p>10-12 Month Developmental Reviews 1pm - 4pm Appointment Only</p> <p>Stay & Play (Birth-5yrs) Sticky Fingers Starting 6th Sept 1:30pm – 3pm (Call to book) (£1 voluntary contribution per family)</p>	<p>CAMHS 9:15am - 12:30pm Appointment only (Creche available, term time only)</p> <p>HSG Volunteer Training course Starting on the 14th ,21st , 28th of Sep & 5th ,12th of October For more information email: volunteer@homestartgreenwich.org.uk</p> <p>(£1 voluntary contribution per family) Stay & Play (Birth-5yrs) Starting 7th Sept 1:30pm – 3pm (Call to book) (£1 voluntary contribution per family)</p>	<p>Baby Group (Birth-1yr) With Bouncing Babies Starting 8th Sept 1:30pm – 3pm (Call to book)</p>
Slade Erindale Plumstead SE18 2QQ 020 8854 7900 opt 2	<p>Music Therapy (Term Time only) Starting 11th Sept 1st session @ 9:30am (Birth-1yr) 2nd session @ 10:15am (Birth-1yr) 3rd session @ 11:30am (18mths- 36mths) All sessions suitable for all abilities (SEND Friendly) (Call to book)</p> <p>Baby Massage 5 Week Course (Birth -non crawlers) Starting 18th September 1:45pm – 2:45am (Call to book) (£1:50 per family, per session)</p>	<p>Devonport Midwives Clinic AM Appointment only</p> <p>Slade Library Rhyme Time 10:30am – 11am</p> <p> Infant Feeding Team 10am - 11:30am (Drop In)</p>	<p> Weighing Clinic 9:30am – 12pm Drop In</p> <p>Best Beginnings Teenage Midwives Clinic PM Appointment only</p> <p> TOTs Nature Space (Walkers - 5yrs) Outdoor Play with rhymes @ the Base Camp Starting 13th Sept Every Wednesday 1:30pm – 2:45pm Sessions suitable for all abilities (SEND Friendly) (Drop in) Please dress appropriately for the weather (£1 voluntary contribution per family)</p>	<p>All Kids Can: Active Tots (Walkers - 4yrs) (Term time only) Starting 14th Sept 10am – 10:45am (Call to book) (£1 per family, each week)</p> <p>Stay & Play (Birth-5yrs) Starting 14th Sept 1:30pm – 2:45pm (Drop in) (£1 voluntary contribution per family)</p>	<p>10-12 Month Development Reviews 9:30am - 12pm Appointment only</p> <p>Slade Library Rhyme Time 10:30am – 11am</p> <p>Laugh, Sing & Play (Birth -5yrs) (Term time only) Starting 15th Sept 1:30pm-2:30pm (Call to book) (£1 per family, per session)</p> <p>SEND Soft Play (Birth-4yrs) Pre-walkers only Starting 15th Sept 1:30pm – 2:45pm Suitable for all babies and children with abilities and disabilities (Drop in)</p>

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Services Explained					Additional Information

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All our Centres are Breastfeeding Friendly

Baby Group & Soft Play: Sessions provide stimulating activities, including signing songs and opportunities to bond with your baby and make new friends.

- **Stay & Play Sessions:** A variety of activities for you and your child to enjoy together. Opportunities to meet other parents and carers in a friendly and relaxed atmosphere, whilst playing and engaging with your child's early learning. (Light refreshments provided for a £1 voluntary contribution per family)
 - Learn through Play & Sticky Fingers: Interactive play session for both parents and child.
 - Messy Play: Fun bonding/playing with babies.
 - Rhyme Time: Musical sessions for babies.
 - Creative Storytelling Sessions.
- **Monthly meet-up for Children with Downs Syndrome:** First Tuesday of the month, run by parents with children who have Downs Syndrome (no age limit).
 - **Autism Group:** A weekly playgroup for Autistic Children (no age limit).
 - **Childminders Stay & Play:** Ofsted Registered Childminders group and 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 (**term time only**).
 - **Laugh, Sing & Play:** Interactive play and singing session with bubbles, twirlers & parachute games **£1 per family (term time only)**.
 - **All Kids Can:** Sessions provide a range of exciting, fun activities and sports for the community **£1 per family (term time only)**.
 - **Baby Me Fit (Firefly Fitness UK):** Exciting movement and dance sessions **£1 per family (term time only)**.
- **Nature Space (Outdoor Play)** Provides freedom and space to explore, to gain independence, awareness of the environment, consequences of their actions and teamwork (please dress appropriately for the weather).
 - **Migrant Womens DANCE Session** Dance Sessions for migrant women to explore movement around different themes in a relaxed and inclusive space.
 - **Health & Social Care Training** Training for individuals looking to, or working in, the health and social care sector, or those who care for loved ones.
 - **Midwife Clinics:** Booked appointments only via the Midwifery Teams for before and after delivery of your baby.

A variety of the above sessions are suitable for children with additional needs.

Please speak to a member of staff for further information and support.

We welcome feedback on our services, please share your experiences with us by contacting our Centres, speaking to a member of staff on site or emailing:

enquiries@homestartgreenwich.org.uk

Plumstead Day Nursery

Open 8am to 6pm Monday to Friday
(51 weeks per year)

Offering full or half day sessions:

8.00am to 1.00pm OR 1.00pm to 6.00pm

Plus 15 hour and 30-hour government funded sessions.

To arrange a visit or for more information

call: 020 8317 6960

Alternatively get in touch via any of our Children's Centres.

Together for Twos

Are you eligible for the

FREE 15 hours of childcare

If you would like further information regarding your eligibility please speak to a member of staff or call any of our Children's Centre's.

Vitamins

Did you know that you can pick up your **FREE vitamins** at your nearest Children's Centre?

Just bring your Healthy Start Card to collect or for more information speak to a member of staff or call any of our Children's Centres.

Volunteering

Do you have what it takes to become a Home-Start Greenwich Volunteer and help make a difference to the lives of families in need. For more information contact any of our Centres or email

volunteer@homestartgreenwich.org.uk

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