












Centres	Monday	Tuesday	Wednesday	Thursday	Friday
Brookhill Children's Centre Community Centre Family Hub 42 Brumwell Avenue Woolwich SE18 6BD 020 8319 5320	 Devonport Midwives Clinic (All day) Appointment only  2 Year Development Reviews 9:30am – 12pm Appointment only Tots Talking (2-year-olds) (Term Time Only) 8 Week course Information and activity ideas to help your child's speech development. 10am – 11:00am November: 6th, 13th, 20th, 27th. December 4th (Call to book) (Limited creche available) Under 2s Play Time (Birth-18mths) (Term Time Only) Baby Messy Play & Rhyme Time 1:30pm – 3pm (Call to book) (£1 voluntary contribution per family) Autistic Inclusive Meets (Autistic led organization) 4pm - 5.30pm (Term time only) No diagnosis necessary Siblings welcome £2.00 per family (Refreshments included) (Drop in)	 Best Beginnings Midwives Clinic (AM) Appointment only Health & Social Care Training for Community Carers 10.00am -12.00pm For further information and to book Email: info@communitycare800.org.uk Young Mum's Aid Counselling 1:30pm – 4pm Appointment only (Creche provided, term time only)	 Devonport Midwives Clinic (AM) Appointment only Being a Parent From 20 th Sept to 29 th Nov (Invitation only) (Term Time Only) For more information email volunteer@homestartgreenwich.org.uk (Limited crèche is provided)  Infant Feeding Clinic 1pm – 2:30pm (Drop in)  Thames Midwives Clinic (PM) Appointment only SENDSory Group With interactive music (Term Time Only) 1:30pm-2:45pm (Drop in) Suitable for babies and children with abilities and disabilities (Siblings are welcome)	 Devonport Midwives Clinic (AM) Appointment only Well Baby Clinic (Including weighing) 1:30pm – 3:30pm (Drop in) Migrant Women DANCE Sessions Delivered by Creating Ground 10:30am-12:30pm November: 2nd, 9th, 16th, 23rd & 30th December: 7th & 14th To register or for more information: info@theground.org.uk (Limited pre-booked creche spaces)	 Blood Spots Clinics 9:30am – 12pm Appointment only Music Therapy (Birth – 3yrs) (Term Time Only) 1st session @9:30am (Birth-1yr) 2nd session @10:30am (Birth-1yr) 3rd session @11:30am (1yr -3yrs) Sessions suitable for all abilities and disabilities (SEND Friendly) (Call to book) Stay & Play (Birth-5yrs) (Term Time Only) Play & Rhyme Time 1:30pm-3pm (Drop in) (£1 voluntary contribution per family)  Devonport Midwives Clinic (PM) Appointment only

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.

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



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



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
Cardwell 118 Frances Street Woolwich SE18 5LP 020 8854 7342	Thames Midwives Clinic (AM)  Appointment only Baby Group (Birth-1yr) 1:30pm – 3pm (Call to book)	10-12 Months Development Reviews 9:30am – 12pm  Appointment only Young Mum's Aid Counselling 9:30am – 12:30pm 1:30pm – 3:30pm (Creche available, term time only)  Appointment only Stay & Play (Birth-5yrs) (Term Time Only) 1:30pm-3pm (Drop in) Limited places due to space available. (£1 voluntary contribution per family)	Thames Midwives Clinic (All day)  Appointment only Stay & Play (Birth-5yrs) (Term Time Only) Messy Play 9:30am – 11:30am (Term Time Only) (Drop in) Limited places due to space available. (£1 voluntary contribution per family)	Best Beginnings Clinic (All day)  Appointment only Restore with Mum's Aid 10am – 4pm  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 Laugh, Sing & Play (Birth -5yrs) (Term time only) Starting Monday 6th November 10am – 10:45am & 11:15am – 12pm (Drop in) (£1 per family, per session) 10-12 Months Development Reviews 1pm - 4pm  Appointment only	Devonport Midwives Clinic (All day)  Appointment only Stay & Play (Birth-5yrs) (Term Time Only) MESSY PLAY Suitable for babies and toddlers 1:30pm – 3pm (Drop in) (£1 voluntary contribution per family)	Best Beginnings Clinic (All day)  Appointment only	Childminders Stay & Play 9:30am – 11:30am (This session is for foster carers, nannies & childminders)	2 Year Development Reviews 9:30am – 12:30pm  Appointment only Stay & Play (Birth-5yrs) (Term Time Only) 9:30am-11:30am (Drop in) (£1 voluntary contribution per family)

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.

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



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



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
Glyndon Community Centre 75 Raglan Road, Plumstead SE18 7LB 07563 373 767	Stay & Play (Birth-5yrs) & In attendance Boogie Tots (Term Time Only) (Only on the last Monday of the month) 9:30am – 11:30am (Drop in) Also suitable for Families affected by Ukrainian Crisis, including children with additional needs. (Variety of support available) (£1 voluntary contribution per family) залишайтеся і грайте (0-5 років) українські сім'ї Починаються з 11 Вересня 9am – 11:30am (Бронювання не вимагається)				
Margaret Bondfield Nursery 77, Ragland Road SE18 7LB 07563 373 767	Stay & Play Crawlers & Toddlers (Birth-24mths) Taster Starting 23rd October. 12:45pm - 2:45pm (£1 voluntary contribution per family) (Drop in)	Baby Group (Birth-pre crawlers) Play & Rhyme Time 9:30am – 11:30am (Limited spaces up to 8 families) (Drop in) Speech and Language Visit 5th December 9:30am – 11:30am Baby Massage 5 Week Course (Birth -non crawlers) Starting Tuesday 14th Nov - Dec 12th 1:45pm – 2:45am (Call to book) (£1.50 per family, per session)	Baby Group (Birth-pre crawlers) Play & Rhyme Time 9:30am – 11:30am (Limited spaces up to 8 families) (Drop in)	Baby Group Rhyme Time (Birth-18 months) Songs, Rhymes, Parachute, Puppets and Bubbles 9:30am – 11:30am (Limited spaces up to 10 families) (Drop in) Creative Storytelling (Birth -24 months) (Term Time Only) Taster Starting 2nd November. 12:45pm – 2:45pm (Drop in) (£1 voluntary contribution per family)	Fun Time (6 –24 Months) (Term Time Only) Starting 10th November 12:45pm – 2:45pm (Limited spaces up to 10 families) (Drop in) (£1 voluntary contribution per family)
Mulgrave Rectory Place Woolwich, SE18 5DL 020 8854 7342			2 Year Developmental Reviews 1pm - 4pm  Appointment only	Mum's Aid Counselling 10am – 12pm  1:1 Appointment only	

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.

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



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



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
Plumstead 6 Purrett Road Plumstead SE18 1JW 020 8836 9252	Stay & Play (Birth-5yrs) (Term Time Only) Sticky Fingers 1:30pm – 3pm (Drop in) Limited places due to space available. (£1 voluntary contribution per family)	Oxleas Perinatal Team Journey through Motherhood Group 10am - 12pm  Appointment only 2 Year Developmental Reviews 1pm - 4pm  Appointment only	10-12 Month Developmental Reviews 1pm - 4pm  Appointment Only Mum's Aid Counselling Starting 4th October 12:30pm – 4pm Appointment only (Creche available, term time only) Learning Through Play (2-4yrs) (Term Time Only) 1:30pm – 3pm (Call to book) (£1 voluntary contribution per family) Speech and Language Visit 8th November 1:30pm - 3pm	CAMHS 9:15am - 12:30pm  Appointment only (Creche available, term time only) Stay & Play (Birth-5yrs) (Term Time Only) 1:30pm – 3pm (Drop in) Limited places due to space available. (£1 voluntary contribution per family)	Bouncing Babies 6 Week Course (Birth – non crawlers) (Term Time Only) 1:30pm – 2:15pm Starting 10th Nov (Call to book) Baby Play (Term Time Only) 2.15pm - 3pm (Drop in)

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.

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



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



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
Slade Erindale Plumstead SE18 2QQ 020 8854 7900 opt 2	Music Therapy (Term Time only) 1st session @ 9:30am (Birth-1yr) 2nd session @ 10:15am (Birth-1yr) 3rd session @ 11:30am (1yr -3yrs) Starting 6th Nov Sessions suitable for all abilities and disabilities (SEND Friendly) (Call to book) Bouncing Babies 6 Week Course (Birth – non crawlers) (Term Time Only) 1:45pm – 3:00pm Starting 6th Nov (Call to book) Slade Library Stay & Play (Birth-5yrs) 3pm-3:30pm (Drop in)	Devonport Midwives Clinic <u>AM</u>  Appointment only Slade Library Rhyme Time 10:30am – 11am  Infant Feeding Clinic 10am - 11:30am (Drop In)	Well Baby Clinic (Including weighing) 9:30am – 11:30am (Drop in) Best Beginnings Clinic Young Parents <u>PM</u> Appointment only  TOTs Nature Space Stay & Play (Walkers - 5yrs) (Term Time Only) Outdoor Play with Rhymes @ the Base Camp Every 1st Wednesday of the month 1:30pm – 2:45pm Sessions suitable for all abilities (Drop in) Please dress appropriately. for the weather (£1 voluntary contribution per family)	All Kids Can: (Walkers - 4yrs) Active Tots (Term time only) 10am – 10:45am (Call to book) (£1 per family, each week) Stay & Play (Birth-5yrs) (Term Time Only) 1:30pm – 2:45pm (Drop in) (£1 voluntary contribution per family)	10-12 Month Development Reviews 9:30am - 12pm  Appointment only Slade Library Rhyme Time 10:30am – 11am (Drop in) Laugh, Sing & Play (Birth -5yrs) (Term time only) Starting Friday 10th November 1:30pm-2:30pm (Call to book) (£1 per family, per session) SEND Soft Play (Term Time Only) (Birth-4yrs) (Pre-walkers) 1:15pm – 2:30pm Suitable for babies and children with abilities and disabilities (Tube Feeding Friendly) (Drop in) (£1 voluntary contribution per family)

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.

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



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



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
<h2>Services Explained</h2> <p>All our Centres are Breastfeeding Friendly </p> <ul style="list-style-type: none"> Baby Groups & Soft Play: Sessions provide stimulating activities, including signing songs, opportunities to bond with your baby and make new friends. Stay & Play Sessions: A variety of activities for parents and children to enjoy together with opportunities to meet other parents and carers in a friendly and relaxed atmosphere. (Light refreshments provided for a £1 voluntary contribution per family) Learning Through Play & Sticky Fingers: This is an Interactive play session to engage with your child's early learning. Messy Play: Open-ended play that allows children to explore different materials and their properties. Rhyme Time: Interactive Music sessions for children under 5. Creative Storytelling Sessions: An opportunity for children to develop their early literacy skills. Monthly session for Children with Downs Syndrome: First Tuesday of the month, led by parents with children who have Downs Syndrome (no age limit, Term Time only). Autistic Inclusive Meets: A weekly group for families with Autistic Children (no age limit). Childminders Stay & Play: Ofsted Registered Childminders meet with the children in their care. Special Educational Needs and Disabilities (SEND) Baby & Toddler Support Groups: Music, singing & sensory activities for babies with developmental delays or children with SEND. Music Therapy: This session is led by a music therapist to provide children with opportunities to explore various instruments. These sessions will help your child to develop their core skills of listening, confidence and social awareness (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). Laugh, Sing & Play: Interactive play and singing session with bubbles, twirlers & parachute games £1 per family (term time only). Baby Me Fit (Firefly Fitness UK): Exciting movement and dance sessions for parents and babies £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 Women's DANCE Session: Dance Sessions for migrant women to explore movement around different themes in a relaxed and inclusive space. Flourish Music Project: A bespoke pilot series for invited families to explore music as nurturing, with an opportunity for song writing with their children. 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: By appointment only via the Midwifery Teams for before (antenatal) and after the birth of your baby. <p>A variety of the above sessions are suitable for children with additional needs - please speak to a member of staff for further information or support.</p> <p>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</p>			<h2>Additional Information</h2> <p>Plumstead Day Nursery Open 8am to 6pm Monday to Friday (51 weeks per year)</p> <p>Offering full or half day sessions: <u>8.00am to 1.00pm OR 1.00pm to 6.00pm</u> Plus 15 hour and 30-hour government funded sessions.</p> <p>To arrange a visit or for more information call: 020 8317 6960</p> <p>Alternatively get in touch via any of our Children's Centres.</p> <p>Together for Twos Are you eligible for the FREE 15-hour funded sessions? 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.</p> <p>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 Centre's.</p> <p>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 Centre's or email volunteer@homestartgreenwich.org.uk</p>		

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.

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



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