




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><u>Look out for:</u> Return of Migrant Mothers Dance Sessions (Delivered by Creating Ground) Starting 15th April 2024 (10.00 - 12.30) To register or for more information email: info@theground.org.uk (limited Crèche spaces available)</p> <p><u>Date for your Diaries</u> Down Syndrome Day Celebration Wednesday 20th March 4.00pm-6.00pm (Invite Only)</p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p>2 Year Development Reviews 9:30am – 12pm Appointment only</p> <p>Tots Talking (2-year-olds) (Term Time Only) 8 Week course Information and activity ideas to help your child's speech development. 10.00am – 11:00am Starting Monday 15th Jan (Call to book) (Limited crèche available)</p> <p>Valentines Arts & Craft Session Delivered by Taru (12th February – Half Term) 10.00am -12.00pm From 24 months upwards (Call to book) (£1 voluntary contribution per family)</p> <p>Under 2s Play Time (Birth-18mths) (Term Time Only) Baby Messy Play & Rhyme Time Starting Monday 15th Jan 1:30pm – 3pm (Drop in) (£1 voluntary contribution per family)</p> <p>Autistic Inclusive Meets (Autistic led organization) 4pm -5.30pm (Term time only) No diagnosis necessary</p>	<p>Best Beginnings Midwives Clinic (AM) Appointment only</p> <p>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 Starting Tuesday 16th Jan (Call to book) (Limited crèche available)</p> <p>Young Mum's Aid Counselling 1:30pm – 4pm Appointment only (Crèche provided, term time only)</p> <p>Well-being Welcome 1-3pm Meet and greet the Well-being Team Find out about available support for your family. Starting 16th January In the CAFE (Drop In)</p> <p>"Extra Help for You" Support and well-being advice for new and expectant parents (Delivered by Parent Power) 23rd Jan (taster session) 30th Jan – 27th Feb 1.00 pm – 3.00 pm To book or for more information Email:parenting@parentpower-ed.co.uk (Term Time Only) Limited crèche available Free Course</p> <p>Young Parenthood</p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p>Being a Parent From 17th Jan to 20th March 1st of May to 3rd July (Invitation only) (Term Time Only) For more information email volunteer@homestartgreenwich.org.uk (Limited crèche is provided)</p> <p> Infant Feeding Clinic 1pm – 2:30pm (Drop in)</p> <p>Bouncing Babies 6 Week Course (Birth – non crawlers) (Term Time Only) Starting Wednesday 17th Jan - Feb 21st 1:30pm – 2:15pm (Call to book)</p> <p>Save the Date We're Listening to Parents 4.30pm - 6pm 20 March 2024 Please come and talk to us about your experiences of raising a family locally. Your views are important to us and help us to shape services. Light refreshments provided along with a listening ear!</p>	<p>Thames Midwives Clinic (All Day) Appointment only</p> <p>SENdsory Fun time (Term Time Only) Starting Thursday 11th Jan 09:45am – 11:45am (Drop in) Suitable for babies and children with abilities and disabilities (Siblings are welcome)</p> <p>"Mums Together" Be Well Hub for women from migrant backgrounds. (Delivered by Creating Ground) 10.30am to 12.30pm 25th Jan – 28th March (Term Time Only) To register or for more information email info@theground.org.uk Free</p> <p>Well Baby Clinic (Including weighing) 1:30pm – 3:30pm (Drop in)</p>	<p>Blood Spots Clinics 9:30am – 12pm Appointment only</p> <p>Music Therapy (Birth – 3yrs) Starting Friday 19th Jan (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)</p> <p>Stay & Play (Birth-5yrs) (Term Time Only) Play & Rhyme Time Starting Friday 5th Jan 1:30pm-3pm (Drop in) (£1 voluntary contribution per family)</p> <p>NO STAY & PLAY 26th Jan 2023</p> <p>Speech and Language Visit 15th March 1:30pm-3pm</p> <p>Thames Midwives Clinic (PM) Appointment only</p> <p>Home-Start Greenwich Annual General Meeting 26th January 6.30 pm onwards Everyone welcome</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)



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Siblings welcome £2.00 per family (Refreshments included) (Drop in)</p>	<p>Support on your parenting journey and opportunities to gain new skills and confidence (Delivered by Parent Power) 5th March (taster session) 12th – 26th March 1.00 pm – 3.00 pm To book or for more information Email: parenting@parentpower-ed.co.uk (Term Time Only) Limited creche available Free Course</p> <p>Dads Forum For new and expectant Dads offering parenting advice and support. (Delivered by Parent Power) 23rd January 5.30-6.30 (Drop In)</p> <p>Rhythm Masters Dance Classes (for 7-15 year olds) 20th, 27th Feb, 5th, 12th, 19th, 26th March 5.00 pm -6.00 pm Build self-confidence and learn new dance skills (Drop in) Call for further details (FREE)</p>			<p>Please book to attend with Brookhill Children's Centre</p>

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Centres	Monday	Tuesday	Wednesday	Thursday	Friday
Cardwell 118 Frances Street Woolwich SE18 5LP 020 8854 7342	Davenport Midwives Clinic (AM)  Appointment only Baby Group (Birth-1yr) Starting Monday 8 th Jan 1:30pm – 3pm (Drop in)	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) Starting Tuesday 9 th Jan 1:30pm-3pm (Drop in) Limited places due to space available. (£1 voluntary contribution per family) Speech and Language Visit 20th February 1:30pm-3pm	Davenport Midwives Clinic (All day)  Appointment only (until end of January) Solihull Approach for Parents 10-week course with creche Understanding your child's behaviour 9.30 - 11.30am Starting 13th March 2024 Taster session 6 th March 2024 (Call to Book) Baby Massage 5 Week Course (Birth -non crawlers) Starting Wednesday 10 th Jan - Feb 7 th 10:00am-10:45am (Call to book) (£1.50 per family, per session) Stay & Play (Birth-5yrs) (Term Time Only) Starting Wednesday 3 rd Jan Messy Play 1:30pm-3pm (Term Time Only) (Drop in) Limited places due to space available. (£1 voluntary contribution per family) Akwaaba With Mum's Aid PM By Invitation	Best Beginnings Clinic (All day)  Appointment only Restore with Mum's Aid 10am – 4pm  Appointment only	Davenport Midwives Clinic (All day)  Appointment only

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Centres	Monday	Tuesday	Wednesday	Thursday	Friday
Eglinton Paget Rise Woolwich SE18 3PY 020 8331 0374	<p>2 Year Development Reviews 9:30am – 11:30am Appointment only</p> <p>10-12 Months Development Reviews 1pm - 4pm Appointment only</p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p>Baby Group (Birth-1yr) Starting Tuesday 16th Jan 9:30pm – 11:30am (Drop in)</p> <p>Stay & Play (Birth-5yrs) (Term Time Only) MESSY PLAY Suitable for babies and toddlers Starting Tuesday 9th Jan 1:30pm – 3pm (Drop in) (£1 voluntary contribution per family)</p>	<p>Best Beginnings Clinic (All day) Appointment only</p>	<p>Childminders Stay & Play Starting Thursday 11th Jan 9:30am – 11:30am (This session is for foster carers, nannies & childminders)</p> <p>Laugh, Sing & Play (Birth -5yrs) (Term time only) Starting Thursday 11th January 1.30-2.15 (Drop in) (£1 per family, per session)</p>	<p>2 Year Development Reviews 9:30am – 12:30pm Appointment only</p> <p>Stay & Play (Birth-5yrs) (Term Time Only) Starting Friday 12th Jan 9:30am-11:30am (Drop in) (£1 voluntary contribution per family)</p> <p>Speech and Language Visit 19th January 9:30am – 11:30am</p>
Glyndon Community Centre 75 Raglan Road, Plumstead SE18 7LB 07563 373 767	<p>Stay & Play (Birth-5yrs) & In attendance Boogie Tots (Term Time Only) Starting Monday 15th Jan (Only on the last Monday of the month) 9:30am – 11:30am (Drop in)</p> <p>Also suitable for Families affected by Ukrainian Crisis, including children with additional needs. (Variety of support available) (£1 voluntary contribution per family)</p> <p>Speech and Language Visit 5th February 9:30am – 11:30am</p> <p>Big Hopes Big Future School Readiness Programme Support for parents and children to help prepare them for starting pre-school/school (Term Time Only)</p>				

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	COMING SOON				
Margaret Bondfield Nursery 77, Ragland Road SE18 7LB 07563 373 767	Baby Massage 5 Week Course (Birth -non crawlers) Starting Monday 15th Jan - Feb 12th 10:00am –10:45am (Call to book) (£1.50 per family, per session)	Baby Group (Birth-pre crawlers) Play & Rhyme Time Starting Tuesday 9th Jan. 9:30am – 11:30am (Limited spaces up to 8 families) (Drop in)	Baby Group (Birth-pre crawlers) Play & Rhyme Time Starting Wednesday 3rd Jan. 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 Starting Thursday 4th Jan. 9:30am – 11:30am (Limited spaces up to 10 families) (Drop in) Fun Time Creative Mess & Storytelling (Birth -24 months) (Term Time Only) Starting 11thJan 1:00pm – 3.00pm (Limited spaces up to 10 families) (Drop in) (£1 voluntary contribution per family)	
Mulgrave Rectory Place Woolwich, SE18 5DL 020 8854 7342		Mum's Aid Counselling Starting 16thJan.  10am – 1pm Appointment only	2 Year Developmental Reviews 1pm - 4pm  Appointment only	Baby Group (Birth-1yr) Starting Thursday 18th Jan 9:30pm – 11:30am (Drop in)	

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Plumstead 6 Purrett Road Plumstead SE18 1JW 020 8836 9252	<p>Stay & Play (Birth-5yrs) (Term Time Only) Sticky Fingers Starting Monday 15th Jan 1:30pm – 3pm (Drop in) Limited places due to space available. (£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>Mum's Aid Counselling 12:30pm – 4pm Appointment only (Creche available, term time only)</p> <p>Learning Through Play Messy Play (18mths – 36mths) (Term Time Only) Starting Wednesday 10th Jan 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>Stay & Play (Birth-5yrs) (Term Time Only) Starting Thursday 4th Jan 1:30pm – 3pm (Drop in) Limited places due to space available. (£1 voluntary contribution per family)</p>	<p>Bouncing Babies 6 Week Course (Birth – non crawlers) (Term Time Only) Starting Friday 12th Jan 1:30pm – 2:15pm Starting 12th Jan (Call to book)</p> <p>Baby Play (Term Time Only) Starting Friday 12th Jan 2.15pm - 3pm (Drop in)</p>

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Slade Erindale Plumstead SE18 2QQ 020 8854 7900 opt 2	<p>  Thames Midwives (All Day) Appointment Only </p> <p> Music Therapy (Term Time only) Starting 15th Jan 1st session @ 9:30am (Birth-1yr) 2nd session @ 10:15am (Birth-1yr) 3rd session @ 11:30am (1yr -3yrs) Sessions suitable for all abilities and disabilities (SEND Friendly) (Call to book) </p> <p> Slade Library Stay & Play (Birth-5yrs) 3pm-3:30pm (Drop in) </p>	<p> Poppy Team Midwife Clinic <u>AM</u>  Appointment only Slade Library Rhyme Time 10:30am – 11am </p> <p>  Infant Feeding Clinic 10am - 11:30am (Drop In) </p> <p> Bouncing Babies 6 Week Course (Birth – non crawlers) (Term Time Only) 1:45pm – 3:00pm Starting 16th Jan (Call to book) </p>	<p> Well Baby Clinic (Including weighing) 9:30am – 11:30am (Drop In) </p> <p> Best Beginnings Clinic Young Parents <u>PM</u>  Appointment only </p> <p>  TOTs Nature Space Stay & Play (Walkers - 5yrs) (Term Time Only) Outdoor Play with Rhymes @ the Base Camp Every 1st Wednesday of the month Starting Wednesday 7th Feb. 1:30pm – 2:45pm Sessions suitable for all abilities (Drop in) Please dress appropriately. for the weather (£1 voluntary contribution per family) </p>	<p> All Kids Can: (Walkers - 4yrs) Active Tots (Term time only) 10am – 10:45am (Call to book) (£1 per family, each week) </p> <p> Stay & Play (Birth-5yrs) (Term Time Only) Starting Thursday 4th Jan 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 (Drop in) </p> <p> Soft Play (Term Time Only) (Birth-2yrs) (Pre-walkers) Starting Friday 12th Jan 1:15pm – 2:30pm Sessions suitable for all abilities and disabilities (Tube Feeding Friendly) (Drop in) (£1 voluntary contribution per family) </p>

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Services Explained

All our Centres are Breastfeeding Friendly

- **Baby Groups & Soft Play:** Sessions provide stimulating activities, including signing songs, opportunities to hold 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.
- **Tots Talking:** Session to find out information and activities to support parents to help their two-year-old get ahead start.
- **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.
- **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.
- **Understanding your child's behaviour:** A Solihull approach for parents and carers who want to know more about parenting and how children develop.

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.
 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

Additional Information

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:

0208 8369 252

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

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.

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.

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

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