












Centres	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Brookhill</b> Children's Centre Community Centre Family Hub</p> <p>42 Brumwell Avenue Woolwich SE18 6BD</p> <p><b>020 8319 5320</b></p> <p><b>BROOKHILL</b> "WELCOME CAFE" OPENING TIMES TO BE ANNOUNCED SOON</p> <p><i>Look out for:</i> Return of Migrant Mothers Dance Sessions (Delivered by Creating Ground) Starting 15<sup>th</sup> April (Term Time Only) (10.00 - 12.30) To register or for more information email: <a href="mailto:info@theground.org.uk">info@theground.org.uk</a></p>	<p> <b>Thames Midwives Clinic</b> (All day) <b>Appointment only</b></p> <p> <b>2 Year Development Reviews</b> 9.30am – 12.00pm <b>Appointment only</b></p> <p><b>Tots Talking (2-year-olds)</b> (Term Time Only) 8 Week course - information and activity ideas to help your child's speech development. 10.00am – 11.00am <b>Starting Monday 15<sup>th</sup> Jan</b> (Call to book) (Limited creche available)</p> <p><b>Autistic Inclusive Meets</b> (Autistic led organization) 4.00pm -5.30pm <b>No diagnosis necessary</b> <b>Siblings welcome</b> £2.00 per family (Refreshments included) (Drop in)</p>	<p> <b>Best Beginnings Midwives Clinic</b> (AM) <b>Appointment only</b></p> <p><b>Tots Talking (2-year-olds)</b> (Term Time Only) 8 Week course - information and activity ideas to help your child's speech development. 10.00am – 11.00am <b>Starting Tuesday 16<sup>th</sup> Jan</b> (Call to book) (Limited creche available)</p> <p><b>Young Mum's Aid</b> <b>Counselling</b>  1.30pm – 4.00pm <b>Appointment only</b> (Creche provided, term time only)</p> <p><b>Well-being Welcome</b> 1.00pm - 3.00pm Meet and greet the Well-being Team Find out about available support for your family. Starting 16<sup>th</sup> January in the "Welcome Cafe" (Term-Time Only) (Drop In)</p> <p><b>"Extra Help for You"</b> (Delivered by Parent Power) Support and well-being advice for new and expectant parents 23<sup>rd</sup> Jan (taster session) 30<sup>th</sup> Jan – 20<sup>th</sup> Feb 1.00pm – 3.00pm <b>To book or for more info email:</b> <a href="mailto:parenting@parentpower-ed.co.uk">parenting@parentpower-ed.co.uk</a> (Term Time Only) Free Course</p> <p><b>Young Parenthood</b></p>	<p> <b>Thames Midwives Clinic</b> (All day) <b>Appointment only</b></p> <p><b>Being a Parent</b> <b>From 17<sup>th</sup> Jan to 20<sup>th</sup> March</b> <b>1<sup>st</sup> of May to 3<sup>rd</sup> July</b> (Invitation only) (Term Time Only) <b>For more information email</b> <a href="mailto:volunteer@homestartgreenwich.org.uk">volunteer@homestartgreenwich.org.uk</a> (Limited crèche is provided)</p> <p> <b>Infant Feeding Clinic</b> 1.00pm – 2.30pm (Drop in)</p> <p><b>Bouncing Babies</b> 6 Week Course (Birth – non crawlers) (Term Time Only) <b>Starting Wednesday 17<sup>th</sup> Jan - Feb 28<sup>th</sup></b> 1.30pm – 2.15pm (Call to book)</p> <p><b>We're Listening to Parents</b> 4.30pm – 6.00pm 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><b>Down Syndrome Day Celebration</b> Wednesday 20<sup>th</sup> March 4.00pm-6.00pm Call to book: 07580 – 818156 Email: <a href="mailto:tealls@talktalk.ne">tealls@talktalk.ne</a></p>	<p> <b>Thames Midwives Clinic</b> (All Day) <b>Appointment only</b></p> <p><b>SENdsory Fun time</b> 09.45am – 11.45am (Drop in) <b>Suitable for babies and children</b> <b>with abilities and disabilities</b> (Siblings are welcome)</p> <p><b>"Mums Together"</b> <b>Be Well Hub for women</b> <b>from migrant backgrounds.</b> (Delivered by Creating Ground) 10.30am to 12.30pm 25<sup>th</sup> Jan – 28<sup>th</sup> March (Term Time Only) <b>To register or for more</b> <b>information email</b> <a href="mailto:info@theground.org.uk">info@theground.org.uk</a> Free</p> <p><b>Well Baby Clinic</b> (Including weighing) 1.30pm – 3.30pm (Drop in)</p>	<p> <b>Blood Spots Clinics</b> 9.30am – 12.00pm <b>Appointment only</b></p> <p><b>Music Therapy (Birth – 3yrs)</b> <b>Starting Friday 2nd of February</b> (Term Time Only) <b>1<sup>st</sup> session @9:30am</b> (Birth-1yr) <b>2<sup>nd</sup> session @10:30am</b> (Birth-1yr) <b>3<sup>rd</sup> session @11:30am</b> (1yr -3yrs) <b>Sessions suitable for all abilities</b> <b>and disabilities</b> (SEND Friendly) (Call to book) (Term Time Only)</p> <p><b>Stay &amp; Play (Birth-5yrs)</b> Play &amp; Rhyme Time 1.30pm-3.00pm (Drop in) (£1 voluntary contribution per family)</p> <p><b>Speech and Language Visit</b> 15<sup>th</sup> March 1.30pm-3.00pm</p> <p> <b>Thames Midwives Clinic</b> (PM) <b>Appointment only</b></p>

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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>(Delivered by Parent Power) Support on your parenting journey and opportunities to gain new skills and confidence</p> <p>19<sup>th</sup> March (taster session) 26<sup>th</sup> – 23<sup>rd</sup> April 1.00pm – 3.00pm</p> <p>To book or for more info email: <a href="mailto:parenting@parentpower-ed.co.uk">parenting@parentpower-ed.co.uk</a> (Term Time Only) Free Course</p> <p><b>Rhythm Masters Dance Classes</b> (for 7-15 year olds) 20<sup>th</sup>, 27<sup>th</sup> Feb, 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> March 5.00pm-6.00pm Build self-confidence and learn new dance skills (Drop in) Call for further details (FREE)</p>			<p><b>FUNDRAISING EVENT</b></p>  <p><b>FRIDAY 23RD FEBRUARY 10.00AM - 2.00PM</b></p> <p>HELD AT BROOKHILL CHILDREN'S CENTRE, 42 BRUMWELL AVE, SE18 6BD</p> <p>WE HAVE A SELECTION OF LADIES CLOTHES, HANDBAGS, SHOES AND VARIOUS ITEMS CASH AND CARD ACCEPTED</p> <p>PLEASE ARRIVE EARLY TO SECURE YOUR BARGAIN</p>
<p><b>Cardwell</b> 118 Frances Street Woolwich SE18 5LP</p> <p><b>020 8854 7342</b></p> <p>Due to building works, the centre will be closed from Monday 12<sup>th</sup> – 16<sup>th</sup> February 2024 We apologise for any inconvenience</p>	<p><b>Davenport Midwives Clinic</b> (AM)  <b>Appointment only</b></p> <p><b>Baby Group (Birth-1yr)</b> Starting 26<sup>th</sup> February 1.30pm – 3.00pm (Drop in) (Term Time only)</p>	<p><b>10-12 Months Development Reviews</b>  9.30am – 12.00pm <b>Appointment only</b></p> <p><b>Young Mum's Aid Counselling</b> 9.30am – 12.30pm 1.30pm – 3.30pm (Creche available, term time only)  <b>Appointment only</b></p> <p><b>Stay &amp; Play (Birth-5yrs)</b> 1.30pm-3.00pm (Drop in) Starting back 27<sup>th</sup> February Limited places due to space available. (Term Time only) <b>(£1 voluntary contribution per family)</b></p> <p><b>Speech and Language Visit</b> 12<sup>th</sup> March 1.30pm-3.00pm</p>	<p><b>Solihull Approach for Parents</b> <b>10-week course with creche</b> Understanding your child's behaviour 9.30am - 11.30am Starting 13<sup>th</sup> March 2024 Taster session 6<sup>th</sup> March 2024 (Call to Book)</p> <p><b>Stay &amp; Play (Birth-5yrs)</b> <b>Messy Play</b> 1:30pm-3.00pm (Drop in) Starting back 28<sup>th</sup> February Limited places due to space available. (Term Time only) <b>(£1 voluntary contribution per family)</b></p> <p><b>Akwaaba</b> <b>With Mum's Aid</b> 1.00pm-3.00pm</p>	<p><b>Best Beginnings Clinic</b> (All day)  <b>Appointment only</b></p> <p><b>Restore with Mum's Aid</b>  10.00am – 4.00pm <b>Appointment only</b></p>	<p><b>Davenport Midwives Clinic</b> (All day)  <b>Appointment only</b></p> <p><b>Mum's Aid Counselling</b> 9.30am – 12.30pm  <b>Appointment only</b></p>

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Centres	Monday	Tuesday	Wednesday	Thursday	Friday
			Starting 28th February Sign Up or call 07758763908		
<b>Eglinton</b> Paget Rise Woolwich SE18 3PY  <b>020 8331 0374</b>	<p> <b>2 Year Development Reviews</b> 9.30am – 11.30am <b>Appointment only</b></p> <p> <b>10-12 Months Development Reviews</b> 1.00pm – 4.00pm <b>Appointment only</b></p> <p><b>Baby Massage</b> (Birth - non crawlers) (5 Week Course) <b>Starting 26th Feb - 25th March</b> 1.45pm – 2.30pm <b>(Call to book)</b> (Term Time only) <b>(£1:50 per family, per session)</b></p>	<p> <b>Thames Midwives Clinic</b> (All day) <b>Appointment only</b></p> <p><b>Baby Group (Birth-1yr)</b> (Term Time only) 9.30am – 11.30am <b>(Drop in)</b></p> <p><b>Stay &amp; Play (Birth-5yrs)</b> <b>MESSY PLAY</b> Suitable for babies and toddlers 1.30pm – 3.00pm <b>(Drop in)</b> <b>(£1 voluntary contribution per family)</b></p>	<p> <b>Best Beginnings Clinic</b> (All day) <b>Appointment only</b></p>	<p><b>Childminders Stay &amp; Play</b> 9.30am – 11.30am (This session is for foster carers, nannies &amp; childminders) <b>(£1 voluntary contribution per family)</b></p> <p><b>Laugh, Sing &amp; Play (Birth-5 years)</b> 1.30pm-2.15pm <b>(Drop In)</b> (Term Time only) <b>(£1.00 voluntary contribution per family)</b></p>	<p> <b>2 Year Development Reviews</b> 9.30am – 12.30pm <b>Appointment only</b></p> <p><b>Stay &amp; Play (Birth-5yrs)</b> 9.30am-11.30am <b>(Drop in)</b> (Term Time only) <b>(£1 voluntary contribution per family)</b></p>

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<p><b>Glyndon Community Centre</b> 75 Raglan Road Plumstead SE18 7LB  <b>07563 373 767</b></p>	<p><b>Stay &amp; Play (Birth-5yrs) &amp; In attendance Boogie Tots</b> <b>Starting on 26<sup>th</sup> of February</b> 9.30am – 11.30am (Boogie Tots in attendance the last Monday of every month) (Drop in) Also suitable for Families affected by Ukrainian Crisis, including children with additional needs. (Variety of support available) <b>(£1 voluntary contribution per family)</b></p>				
<p><b>Margaret Bondfield Nursery</b> 77 Ragland Road SE18 7LB  <b>07563 373 767</b></p>				<p><b>Baby Group Rhyme Time</b> 9.30am – 11.30am (Birth-18 months) Songs, Rhymes, Parachute, Puppets and Bubbles (Term Time only) <b>(Limited spaces up to 10 families)</b> (Drop in)</p> <p><b>Fun Time Creative Mess &amp; Storytelling</b> (Birth -24 months) 1.00pm – 3.00pm <b>(Limited spaces up to 10 families)</b> (Drop in) (Term Time only) <b>(£1 voluntary contribution per family)</b></p>	

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<b>Mulgrave</b> Rectory Place Woolwich SE18 5DL  020 8854 7342		<b>Mum's Aid Counselling</b> Starting 16 <sup>th</sup> Jan.  10.00am – 1.00pm <b>Appointment only</b>	<b>2 Year Developmental Reviews</b> 1.00pm – 4.00pm  <b>Appointment only</b>	<b>Baby Group (Birth-1yr)</b> 9.30am – 11.30am (Term Time Only) (Drop in)	
<b>Plumstead</b> 6 Purrett Road Plumstead SE18 1JW  020 8836 9252	<b>Stay &amp; Play (Birth-5yrs)</b> <b>Sticky Fingers</b> 1.30pm – 3.00pm (Drop in) Limited places due to space available. (£1 voluntary contribution per family)  <b>Mum's Aid Counselling</b>  <b>Appointment only</b>	<b>Oxleas Perinatal Team</b> <b>Journey through Motherhood Group</b>  10.00am – 12.00pm <b>Appointment only</b>  <b>2 Year Developmental Reviews</b>  1.00pm – 4.00pm <b>Appointment only</b>	<b>10-12 Month Developmental Reviews</b> 1.00pm – 4.00pm <b>Appointment Only</b>  <b>Mum's Aid Counselling</b> 12.30pm – 4.00pm  <b>Appointment only</b> (Creche available, term time only)	<b>CAMHS</b>  9.15am – 12.30pm <b>Appointment only</b> (Creche available, term time only)  <b>Stay &amp; Play (Birth-5yrs)</b> 1.30pm – 3.00pm (Drop in) (Term Time Only) Limited places due to space available. (£1 voluntary contribution per family)	<b>Bouncing Babies</b> 6 Week Course (Birth – non crawlers) <b>Starting Friday 23<sup>rd</sup> Feb</b> 1.30pm – 2.15pm (Call to book) (Term Time Only)  <b>Baby Play</b> (Term Time Only) 2.15pm – 3.00pm (Drop in)

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<p><b>Slade</b> Erindale Plumstead SE18 2QQ</p> <p><b>020 8854 7900 opt 2</b></p>	<p><b>Thames Midwives (All Day)</b>  <b>Appointment Only</b></p> <p><b>Music Therapy</b> 1<sup>st</sup> session @ 9:30am (Birth-1yr) 2<sup>nd</sup> session @ 10:15am (Birth-1yr) 3<sup>rd</sup> session @ 11:30am (1yr -3yrs) Sessions suitable for all abilities and disabilities <b>(SEND Friendly)</b> (Call to book) (Term Time only)</p> <p><b>Slade Library Stay &amp; Play (Birth-5yrs)</b> 3.00pm-3.30pm (Drop in)</p>	<p><b>Poppy Team Midwife Clinic AM</b>  <b>Appointment only</b></p> <p><b>Slade Library Rhyme Time</b> 10.30am – 11.00am</p> <p> <b>Infant Feeding Clinic</b> 10.00am – 11.30am (Drop In)</p> <p><b>Bouncing Babies</b> 6 Week Course (Birth – non crawlers) (Term Time Only) 1.45pm – 3.00pm Starting 16<sup>th</sup> Jan (Call to book)</p>	<p><b>Well Baby Clinic (Including weighing)</b> 9.30am – 11.30am (Drop In)</p> <p><b>Best Beginnings Clinic</b> Young Parents <b>PM</b>  <b>Appointment only</b></p> <p> <b>TOTs Nature Space Stay &amp; Play (Walkers - 5yrs)</b> <b>Outdoor Play with Rhymes</b> @ the Base Camp <b>7<sup>th</sup> February and every Wednesday starting from 6<sup>th</sup> of March</b> (Term Time Only) 1.30pm – 2.45pm Sessions suitable for all abilities (Drop in) Please dress appropriately for the weather <b>(£1 voluntary contribution per family)</b></p>	<p><b>Active Tots</b> Delivered by All Kids Can (Walkers - 4yrs) 10.00am – 10.45am (Call to book) <b>(£1 per family, each week)</b></p> <p><b>Stay &amp; Play (Birth-5yrs)</b> 1.30pm – 2.45pm (Drop in) <b>(£1 voluntary contribution per family)</b></p> <p><b>Baby Massage</b> (Birth - non crawlers) (5 Week Course) <b>Starting 22nd Feb- 28<sup>th</sup> March</b> 13.45pm – 14.30pm (Call to book) (Term Time only) <b>(£1.50 per family, per session)</b></p>	<p><b>10-12 Month Development Reviews 9.30am – 12.00pm</b>  <b>Appointment only</b></p> <p><b>Slade Library Rhyme Time</b> 10:30am – 11am (Drop in)</p> <p><b>Soft Play</b> (Birth-4yrs) (Pre-walkers only) 1:15pm – 2:30pm Sessions suitable for all abilities and disabilities <b>(Tube Feeding Friendly)</b> (Drop in) <b>(£1 voluntary contribution per family)</b></p>

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<h3 style="text-align: center;">Services Explained</h3> <p style="text-align: center;"><b>All our Centres are Breastfeeding Friendly</b> </p> <ul style="list-style-type: none"> <li>● <b>Baby Groups &amp; Soft Play:</b> Sessions provide stimulating activities, including signing songs, opportunities to bond with your baby and make new friends.</li> <li>● <b>Stay &amp; Play Sessions:</b> 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)</li> <li>● <b>Learning Through Play &amp; Sticky Fingers:</b> This is an Interactive play session to engage with your child's early learning.</li> <li>● <b>Messy Play:</b> Open-ended play that allows children to explore different materials and their properties.</li> <li>● <b>Rhyme Time:</b> Interactive Music sessions for children under 5.</li> <li>● <b>Creative Storytelling Sessions:</b> An opportunity for children to develop their early literacy skills.</li> <li>● <b>Monthly session for Children with Downs Syndrome:</b> First Tuesday of the month, led by parents with children who have Downs Syndrome (no age limit, Term Time only).</li> <li>● <b>Autistic Inclusive Meets:</b> A weekly group for families with Autistic Children (no age limit).</li> <li>● <b>Childminders Stay &amp; Play:</b> Ofsted Registered Childminders meet with the children in their care.</li> <li>● <b>Special Educational Needs and Disabilities (SEND) Baby &amp; Toddler Support Groups:</b> Music, singing &amp; sensory activities for babies with developmental delays or children with SEND.</li> <li>● <b>Tots Talking:</b> Session to find out information and activities to support parents to help their two-year-old get ahead start.</li> <li>● <b>Music Therapy:</b> 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 <b>(term time only)</b>.</li> <li>● <b>All Kids Can – Active Tots:</b> Sessions provide a range of exciting, fun activities and sports for the community <b>£1 per family (term time only)</b>.</li> <li>● <b>Laugh, Sing &amp; Play:</b> Interactive play and singing session with bubbles, twirlers &amp; parachute games <b>£1 per family (term time only)</b>.</li> <li>● <b>Nature Space (Outdoor Play):</b> 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).</li> <li>● <b>Migrant Women's DANCE Session:</b> Dance Sessions for migrant women to explore movement around different themes in a relaxed and inclusive space.</li> <li>● <b>Midwife Clinics:</b> By appointment only via the Midwifery Teams for before (antenatal) and after the birth of your baby.</li> <li>● <b>Understanding your child's behavior:</b> The Solihull approach is for parents and carers who want to know more about parenting and how children develop.</li> <li>● <b>Akwaaba:</b> A new group from Mums Aid offering counselling, parenting support and guidance for new mums from Black, Asian, and Ethnic minority communities – <i>Sign up via their website or call 07758763908</i></li> </ul> <p style="text-align: center;"> <b>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.</b>  <b>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:</b>  <a href="mailto:enquiries@homestartgreenwich.org.uk">enquiries@homestartgreenwich.org.uk</a> </p>				<h3 style="text-align: center;">Additional Information</h3> <p style="text-align: center;"><b>Plumstead Day Nursery</b> Open 8am to 6pm Monday to Friday (51 weeks per year)</p> <p style="text-align: center;"><b>Offering full or half day sessions:</b> <u>8.00am to 1.00pm OR 1.00pm to 6.00pm</u></p> <p>Plus 15 hour and 30-hour government funded sessions.</p> <p style="text-align: center;"><b>To arrange a visit or for more information call:</b> <b>0208 8369 252 or alternatively get in touch via any of our Children's Centres.</b></p> <p style="text-align: center;"><b>Together for Twos</b> Are you eligible for the <b>FREE 15-hour funded sessions?</b></p> <p>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. We now offer morning and afternoon sessions.</p> <p style="text-align: center;"><b>Vitamins</b> Did you know that you can pick up your <b>FREE vitamins</b> 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 style="text-align: center;"><b>Volunteering</b> 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 <a href="mailto:volunteer@homestartgreenwich.org.uk">volunteer@homestartgreenwich.org.uk</a></p>	

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