












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>BROOKHILL "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 15th April (Term Time Only) (10.00 - 12.30) To register or for more information email: info@theground.org.uk</p>	<p> Thames Midwives Clinic (All day) Appointment only</p> <p> 2 Year Development Reviews 9.30am – 12.00pm 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 creche available)</p> <p>Healthy Eating Workshop (Delivered by Chartwell) 5th February 09.30am -11.00am (Call to book)</p> <p>Valentines Arts & Craft Session Delivered by Taru 12th February 10.00am -12.00pm (From 2 – 7 years) (Call to book) (£1 voluntary contribution per family)</p> <p>Autistic Inclusive Meets (Autistic led organization) 4.00pm -5.30pm (Term time only) No diagnosis necessary Siblings welcome £2.00 per family (Refreshments included) (Drop in)</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. 10.00am – 11.00am Starting Tuesday 16th Jan (Call to book) (Limited creche available)</p> <p>Young Mum's Aid Counselling  1.30pm – 4.00pm Appointment only (Creche provided, term time only)</p> <p>Well-being Welcome 1.00pm - 3.00pm Meet and greet the Well-being Team Find out about available support for your family. Starting 16th January in the "Welcome Cafe" (Term-Time Only) (Drop In)</p> <p>Youth Cooking Skills Cooking skills workshop that focusses on knife and food preparation skills Suitable for ages 10+ Max 10 participants Tuesday 13th February (Half Term) 1.00pm-3.00pm Refreshments from 12.00pm (Call to book)</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 1.00pm – 2.30pm (Drop in)</p> <p>Bouncing Babies 6 Week Course (Birth – non crawlers) (Term Time Only) Starting Wednesday 17th Jan - Feb 28th 1.30pm – 2.15pm (Call to book)</p> <p>Baby Sensory Play (0-24mth) Starting 6th March – 27th March 1.30pm – 2.30pm (Call to book)</p> <p>We're Listening to Parents 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> Thames Midwives Clinic (All Day) Appointment only</p> <p>SENDSory Fun time 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 – 12.00pm Appointment only</p> <p>Music Therapy (Birth – 3yrs) Starting Friday 2nd of February (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) Play & Rhyme Time 1.30pm-3.00pm (Drop in) (£1 voluntary contribution per family)</p> <p>Chinese New Year Stay & Play Friday 16th February Arts & Crafts and food tasting (for children birth to 7years) 1.30pm-3.00pm (Drop in) (£1 voluntary contribution per family)</p> <p>Speech and Language Visit 15th March 1.30pm-3.00pm</p> <p> Thames Midwives Clinic (PM) Appointment only</p>

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		<p>“Extra Help for You” (Delivered by Parent Power) Support and well-being advice for new and expectant parents 23rd Jan (taster session) 30th Jan – 20th Feb 1.00pm – 3.00pm To book or for more info email: parenting@parentpower-ed.co.uk (Term Time Only) Free Course</p> <p>Young Parenthood (Delivered by Parent Power) Support on your parenting journey and opportunities to gain new skills and confidence 19th March (taster session) 26th – 23rd April 1.00pm – 3.00pm To book or for more info email: parenting@parentpower-ed.co.uk (Term Time Only) Free Course</p> <p>Dads Forum (Delivered by Parent Power) For new and expectant Dads offering parenting advice and support. Refreshments & Snacks provided Tuesday 13th Feb 5.30pm-6.30pm (Drop In)</p> <p>Rhythm Masters Dance Classes (for 7-15 year olds) 20th, 27th Feb, 5th, 12th, 19th, 26th March 5.00pm-6.00pm Build self-confidence and learn new dance skills (Drop in) Call for further details (FREE)</p>	<p>Down Syndrome Day Celebration Wednesday 20th March 4.00pm-6.00pm Call to book: 07580 – 818156 Email: tealls@talktalk.ne</p> <p>Valentines Arts & Crafts Session Delivered by Taru 14th February 10.00am -12.00pm (From 2 – 7 years) (Call to book) (£1 voluntary contribution per family)</p>		

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<p>Cardwell 118 Frances Street Woolwich SE18 5LP</p> <p>020 8854 7342</p> <p>Due to building works, the centre will be closed from Monday 12th – 16th February 2024 We apologise for any inconvenience</p>	<p>Davenport Midwives Clinic (AM)  Appointment only</p> <p>Baby Group (Birth-1yr) Starting 26th February 1.30pm – 3.00pm (Drop in) (Term Time only)</p>	<p>10-12 Months Development Reviews  9.30am – 12.00pm Appointment only</p> <p>Young Mum's Aid Counselling 9.30am – 12.30pm 1.30pm – 3.30pm (Creche available, term time only)  Appointment only</p> <p>Stay & Play (Birth-5yrs) 1.30pm-3.00pm (Drop in) Starting back 27th February Limited places due to space available. (Term Time only) (£1 voluntary contribution per family)</p> <p>Speech and Language Visit 20th February 1.30pm-3.00pm (TBC)</p>	<p>Solihull Approach for Parents 10-week course with creche Understanding your child's behaviour 9.30am - 11.30am Starting 13th March 2024 Taster session 6th March 2024 (Call to Book)</p> <p>Stay & Play (Birth-5yrs) Messy Play 1:30pm-3.00pm (Drop in) Starting back 28th February Limited places due to space available. (Term Time only) (£1 voluntary contribution per family)</p> <p>Akwaaba With Mum's Aid 1.00pm-3.00pm Starting 28th February</p>	<p>Best Beginnings Clinic (All day)  Appointment only</p> <p>Restore with Mum's Aid  10.00am – 4.00pm Appointment only</p>	<p>Davenport Midwives Clinic (All day)  Appointment only</p>

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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 1.00pm – 4.00pm Appointment only</p> <p>Baby Massage (Birth - non crawlers) (5 Week Course) Starting 26th of Feb- 26th March 1.45pm – 2.30pm (Call to book) (Term Time only) (£1:50 per family, per session)</p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p>Baby Group (Birth-1yr) (Term Time only) 9.30am – 11.30am (Drop in)</p> <p>Stay & Play (Birth-5yrs) MESSY PLAY Suitable for babies and toddlers 1.30pm – 3.00pm (Drop in) (£1 voluntary contribution per family)</p>	<p>Best Beginnings Clinic (All day) Appointment only</p>	<p>Childminders Stay & Play 9.30am – 11.30am (This session is for foster carers, nannies & childminders)</p> <p>(£1 voluntary contribution per family)</p> <p>Laugh, Sing & Play (Birth-5 years) 1.30pm-2.15pm (Drop In) (Term Time only) (£1.00 voluntary contribution per family)</p>	<p>2 Year Development Reviews 9.30am – 12.30pm Appointment only</p> <p>Stay & Play (Birth-5yrs) 9.30am-11.30am (Drop in) (Term Time only) (£1 voluntary contribution per family)</p>
Glyndon Community Centre 75 Raglan Road Plumstead SE18 7LB 07563 373 767	<p>Stay & Play (Birth-5yrs) & In attendance Boogie Tots 9.30am – 11.30am (Term time only) (Boogie Tots in attendance the last Monday of every month) (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>				

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<p>Margaret Bondfield Nursery 77 Ragland Road SE18 7LB 07563 373 767</p>				<p>Baby Group Rhyme Time 9.30am – 11.30am (Birth-18 months) Songs, Rhymes, Parachute, Puppets and Bubbles (Term Time only) (Limited spaces up to 10 families) (Drop in)</p> <p>Fun Time Creative Mess & Storytelling (Birth -24 months) 1.00pm – 3.00pm (Limited spaces up to 10 families) (Drop in) (Term Time only) (£1 voluntary contribution per family)</p>	
<p>Mulgrave Rectory Place Woolwich SE18 5DL 020 8854 7342</p>		<p>Mum's Aid Counselling Starting 16th Jan.  10.00am – 1.00pm Appointment only</p>	<p>2 Year Developmental Reviews  1.00pm – 4.00pm Appointment only</p>	<p>Baby Group (Birth-1yr) 9.30am – 11.30am (Term Time Only) (Drop in)</p>	

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<p>Plumstead 6 Purrett Road Plumstead SE18 1JW</p> <p>020 8836 9252</p>	<p>Stay & Play (Birth-5yrs) Sticky Fingers 1.30pm – 3.00pm (Drop in) Limited places due to space available. (£1 voluntary contribution per family)</p>	<p>Oxleas Perinatal Team Journey through Motherhood Group  10.00am – 12.00pm Appointment only</p> <p>2 Year Developmental Reviews  1.00pm – 4.00pm Appointment only</p>	<p>10-12 Month Developmental Reviews 1.00pm – 4.00pm Appointment Only</p> <p>Mum's Aid Counselling 12.30pm – 4.00pm Appointment only (Creche available, term time only)</p> <p>Learning Through Play Messy Play (18mths – 36mths) 1.30pm – 3.00pm (Call to book) (Term Time Only) (£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) 1.30pm – 3.00pm (Drop in) (Term Time Only) Limited places due to space available. (£1 voluntary contribution per family)</p>	<p>Bouncing Babies 6 Week Course (Birth – non crawlers) Starting Friday 23rd Feb 1.30pm – 2.15pm (Call to book) (Term Time Only)</p> <p>Baby Play (Term Time Only) 2.15pm – 3.00pm (Drop in)</p>

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<p>Slade Erindale Plumstead SE18 2QQ</p> <p>020 8854 7900 opt 2</p> <p><u>Valentines Disco & Chinese New Year Celebration with Arts and Crafts</u> Saturday 10th February 10.00-12.00 (Drop in) £1.00 voluntary contribution per family</p>	<p>Thames Midwives (All Day)  Appointment Only</p> <p>Music Therapy 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) (Term Time only)</p> <p>Slade Library Stay & Play (Birth-5yrs) 3.00pm-3.30pm (Drop in)</p>	<p>Poppy Team Midwife Clinic AM  Appointment only</p> <p>Slade Library Rhyme Time 10.30am – 11.00am</p> <p> Infant Feeding Clinic 10.00am – 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 PM  Appointment only</p> <p> TOTs Nature Space Stay & Play (Walkers - 5yrs) Outdoor Play with Rhymes @ the Base Camp 7th February and every Wednesday starting from 6th of March (Term Time Only) 1.30pm – 2.45pm Sessions suitable for all abilities (Drop in) Please dress appropriately for the weather (£1 voluntary contribution per family)</p>	<p>Active Tots Delivered by All Kids Can (Walkers - 4yrs) 10.00am – 10.45am (Call to book) (£1 per family, each week)</p> <p>Stay & Play (Birth-5yrs) 1.30pm – 2.45pm (Drop in) (£1 voluntary contribution per family)</p> <p>Baby Massage (Birth - non crawlers) (5 Week Course) Starting 22rd of Feb- 28th March 13.45pm – 14.30pm (Call to book) (Term Time only) (£1:50 per family, per session)</p>	<p>10-12 Month Development Reviews 9.30am – 12.00pm  Appointment only</p> <p>Slade Library Rhyme Time 10:30am – 11am (Drop in)</p> <p>Soft Play (Birth-4yrs) (Pre-walkers 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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<h3 style="text-align: center;">Services Explained</h3> <p style="text-align: center;">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 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 – Active Tots: 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). 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. Midwife Clinics: By appointment only via the Midwifery Teams for before (antenatal) and after the birth of your baby. Understanding your child's behavior: A Solihull approach for parents and carers who want to know more about parenting and how children develop. <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. 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>			<h3 style="text-align: center;">Additional Information</h3> <p style="text-align: center;">Plumstead Day Nursery Open 8am to 6pm Monday to Friday (51 weeks per year) 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. To arrange a visit or for more information call: 0208 8369 252 or alternatively get in touch via any of our Children's Centres.</p> <p style="text-align: center;">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. We now offer morning and afternoon sessions.</p> <p style="text-align: center;">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 style="text-align: center;">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>		

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