











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" (See board for prices) Opening Times: Wednesday, Thursday & Friday Coffee Hour 9.00am to 10.00am</p> <p>Wednesday & Thursdays Lunch Service 12.00pm - 2.00pm</p> <p>Friday's Community Meal 12.30pm -1.30pm Menu Changes Weekly (Pay as you feel)</p>	<p>Thames Midwives Clinic (All day)  Appointment only</p> <p>2 Year Development Reviews 9.30am – 12.00pm  Appointment only (Family Room)</p> <p>Migrant Mothers Dance Sessions (Delivered by Creating Ground) Starting 15th April – 8th July (Term Time Only) (10.30 - 12.30) To register or for more information email: info@theground.org.uk (Hall)</p> <p>Under 2s Stay & Play Play, Games & Rhyme Time (Birth-18mth) 1.45pm-2.30pm Starting 22nd April (Term Time Only) (£1.00 per family, per session) *Booking is required (Hall)</p> <p>Autistic Inclusive Meets (Autistic led organization) 4.00pm -5.30pm No diagnosis necessary Siblings welcome £2.00 per family (Refreshments included) (Drop in) (Hall)</p>	<p>Best Beginnings Midwives Clinic (AM)  Appointment only</p> <p>Tots Talking (2-year-olds) (Term Time Only) 6 Week course - information and activity ideas to help your child's speech development. 10.00am – 11.00am Starting Tuesday 23 April 21 may (Call to book) (Limited creche available) (Family room)</p> <p>Volunteer Training (6 weeks) Starts 16th April- 21st May. 9:30am – 2.30pm (Invitation only) For more information email volunteer@homestartgreenwich.org.uk (Hall)</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. (Term-Time Only – Wellbeing Cafe) (Drop In) (Cafe)</p> <p>Supporting Young Parents & Young Expectant Parents</p>	<p>Thames Midwives Clinic (All day)  Appointment only</p> <p>Coffee Hour <u>9.00am-10.00am</u></p> <p>Being a Parent 1st of May to 10th July (Invitation only) (Term Time Only) 9:30am – 12.30pm For more information email volunteer@homestartgreenwich.org.uk (Limited crèche is provided) (Hall & Family Room)</p> <p>Community Cafe Lunch Service <u>12.00pm - 2.00pm</u></p> <p> Infant Feeding Clinic 1.00pm – 2.30pm (Drop in) (Hall)</p> <p>NEW – Baby Ballers Football and Ball Skills Activity Class Help your child develop new skills and confidence. 1.45pm-2.30pm Suitable for new walkers up to 2 years (Call to book - Term Time Only) (£1.00 voluntary contribution per family) Family Room</p>	<p>Thames Midwives Clinic (All Day)  Appointment only</p> <p>Coffee Hour <u>9.00am-10.00am</u></p> <p>SENdsory Fun time 9.45am – 11.45am (Drop in) Suitable for babies and children with abilities and disabilities (Siblings are welcome) (£1 voluntary contribution per family) (Hall)</p> <p>"Creatively Together" Creative activities and skill sharing for women from migrant backgrounds. (Delivered by Creating Ground) 10.30am to 12.30pm 25th April - 11th July (Term Time Only) To register or for more information email: info@theground.org.uk Free (Family Room)</p> <p>Community Cafe Lunch Service <u>12.00pm - 2.00pm</u></p> <p>Laugh, Sing & Play Interactive Play & Singing Session (Birth-5 years) 1.30pm-2.15pm Starting 18th April onwards (Call to book - Term Time only) Session will not be running on Thursday 27th June (£1.00 voluntary contribution per family) (Family Room)</p>	<p>Blood Spots Clinics 30am – 12.00pm  Appointment only</p> <p>Coffee Hour <u>9.00am-10.00am</u></p> <p>Music Therapy Starting Friday 19th April 1st session @ 9:30am (Birth-1yr) 2nd session @ 10:30am (1yr -3yrs) Sessions suitable for all abilities and disabilities (SEND Friendly) (Call to book) (Term Time Only) (Hall)</p> <p>Community Meal <u>12.30pm-1.30pm</u></p> <p>Stay & Play (2-5yrs) Play & Rhyme Time 1.30pm - 3.00pm Starting 19th April (£1.00 per family, per session) Limited spaces *Booking is required (Hall)</p> <p>Tots Talking (2-year-olds) (Term Time Only) 6 Week course - Information and activity ideas to help your child's speech development. 1.30pm – 2.30pm Starting 14th June – 12th July</p>

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Call each Centre to book onto some sessions




Appointments only



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<p>Food Provision 3.00pm-3.45pm (approximately)</p> <p>See staff for further details or visit the HSG Website/Social Media sites for upcoming Healthy Eating and Cookery Skills Workshops</p> <p>MAY HALF TERM (27TH-31ST May) LIMITED SESSIONS/SERVICES RUNNING DUE TO BUILDING WORKS PLEASE SEE STAFF FOR FURTHER INFORMATION</p> <p>Community Cafe opening times will remain the same during this time.</p>		<p>“Being Young, Being Parents, Being Great” (Delivered by Parent Power) Support on your parenting journey and opportunities to gain new skills and confidence. 16th April (taster session) 23rd April, 30th April, 7th May 1.00pm – 3.00pm To book or for more info email: parenting@parentpower-ed.co.uk (Term Time Only) Free Course (Family Room)</p> <p>Dads Forum (Delivered by Parent Power) For new and expectant Dads offering parenting advice and support. Refreshments provided <u>Every 2nd Tuesday of the Month</u> (Tuesday 9th April, Tuesday 14th May, Tuesday 11th June, Tuesday 9th July) 5.30pm-6.30pm (Drop In) (Cafe)</p> <p>Rhythm Masters Dance Classes (7–15-years) 5.30pm-6.30pm Build self-confidence and learn new dance skills and routines (Drop in) 16th April – 16th July Term Time only (FREE) (Hall)</p>		<p>Well Baby Clinic (Including weighing) 1.30pm – 3.30pm (Drop in) (Hall)</p>	<p>(Call to book) (Limited creche available)</p> <p>FOOD PROVISION 3.00pm - 3.45pm</p> <p>Thames Midwives Clinic (PM)  Appointment only</p> <p>CENTRE CLOSED FOR PROFESSIONAL DEVELOPMENT DAY FRIDAY 7TH JUNE</p>

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<p>Cardwell 118 Frances Street Woolwich SE18 5LP</p> <p>020 8854 7342</p> <p>Thursday 2nd MAY POLLING DAY</p>	<p>Davonport Midwives Clinic (AM)  Appointment only</p> <p>Baby Group (Birth-1yr) Starting April 15th 1.30pm – 3.00pm (Drop in) (Term Time only) (£1.00 per family, per session)</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) Starting April 23rd -21st May Suitable for babies and toddlers 1.30pm – 3.00pm (Drop in) (£1.00 per family, per session)</p> <p>Speech and Language Drop-in 7th May 1:30pm - 3pm</p>	<p>Solihull Approach for Parents 10-week course with creche Understanding your child's behaviour 9.30am - 11.30am Starting 13th March -5th June (Call to Book) <u>Limited places due to room capacity</u></p> <p>Stay & Play (Birth-5yrs) Messy Play 1:30pm-3.00pm (Drop in) Starting 29th May Limited places due to room capacity (Term Time only) (£1.00 per family, per session)</p> <p>Akwaaba With Mum's Aid 1.00pm-3.00pm Starting 28th February Sign Up or call 07758763908.</p>	<p>Best Beginnings Clinic (All day)  Appointment only</p> <p>Restore with Mum's Aid  10.00am – 4.00pm Appointment only</p>	<p>Davonport Midwives Clinic (All day)  Appointment only</p> <p>Akwaaba With Mum's Aid 1.00pm-3.00pm Starting June (date tba) Sign Up or call 07758763908.</p> <p>CENTRE CLOSED FOR PROFESSIONAL DEVELOPMENT DAY FRIDAY 7TH JUNE</p>
<p>Eglinton Paget Rise Woolwich SE18 3PY</p> <p>020 8331 0374</p>	<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>Thames Midwives Clinic (All day)  Appointment only</p> <p>Baby & Toddler Group SLT Small Talk Group (13-24 months) 9:30am -10:30am & SLT Tiny Talk Group (Birth-12 months) 11:00am -12:00pm Starting Tuesday 21st May 6 families max per session (Call to Book 020 8319 5320)</p> <p>Stay & Play (Birth-5yrs) Starting April 16th - 21st May Suitable for babies and toddlers</p>	<p>Best Beginnings Clinic (All day)  Appointment only</p>	<p>Thames Midwives Clinic (All day)  Appointment only</p> <p>Childminders Stay & Play 9.30am – 11.30am (This session is for foster carers, nannies & childminders) (£1.00 per family, per session)</p>	<p>2 Year Development Reviews  30am – 12.30pm Appointment only</p> <p>Stay & Play (Birth-5yrs) 9.30am-11.30am (Drop in) (Term Time only) (£1.00 per family, per session)</p> <p>CENTRE CLOSED FOR PROFESSIONAL DEVELOPMENT DAY FRIDAY 7TH JUNE</p>

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		<p>1.30pm – 3.00pm (Drop in) (£1.00 per family, per session)</p> <p>Speech and Language Drop-in 23rd April 1:30pm - 3pm</p>			
<p>Margaret Bondfield Nursery 77 Ragland Road SE18 7LB 07563 373 767</p>				<p>Baby Group Rhyme Time Starting 18th April - 30th may 9.30am – 11.30am (Birth-18 months) Songs, Rhymes, Parachute, Puppets and Bubbles (Term Time only) (Limited spaces up to 10 families) (Drop in) (£1.00 per family, per session)</p>	<p>CENTRE CLOSED FOR PROFESSIONAL DEVELOPMENT DAY <u>FRIDAY 7TH JUNE</u></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) (£1.00 per family, per session)</p>	<p>CENTRE CLOSED FOR PROFESSIONAL DEVELOPMENT DAY <u>FRIDAY 7TH JUNE</u></p>

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<p>Plumstead 6 Purrett Road Plumstead SE18 1JW</p> <p>020 8836 9252</p>	<p>Connecting From the Start 9.00am -12.30pm Starting 13th /20th May 3rd /10th /17th / 24th June & 1st July 2024 For more information email volunteer@homestartgreenwich.org.uk</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>Stay & Play (Birth-5yrs) Sticky Fingers 1.30pm – 3.00pm Starting 5th June. (Drop in) (Term Time Only) Limited places due to space available. (£1.00 per family, per session)</p>	<p>Fun Crafts for Young Children Developing fine motor skills (2 – 4 years) 18th April - 9th May 10.30am - 12.30pm (Term Time only) (Call to book) FREE Limited places due to space available. (£1 voluntary contribution per family)</p> <p>Baby Massage (Birth - non crawlers) (5 Week Course) Starting 23rd May –20th June. 12.30pm -1.15pm (Call to book) (Term Time only) (£1.50 per family, per session)</p> <p>Stay & Play (Birth-5yrs) 1.30pm – 3.00pm Starting 18th April –20th June. (Drop in) (£1.00 per family, per session)</p> <p>Fun with Food Introducing new recipes and allowing children to interact with the food they eat. (2 – 4 years) Starting 16th May – 13th June (Term Time only) 10.30am - 12.15pm (Call to book) FREE</p>	<p>Mindful Mums 11 – 12.30 pm Appointment Only Starting 26 April – 24 May 2024</p> <p>Baby Group (Birth-1yr) 1.30pm – 3.00pm (Drop in) (Term Time only) (£1.00 per family, per session)</p> <p>CENTRE CLOSED FOR PROFESSIONAL DEVELOPMENT DAY FRIDAY 7TH JUNE</p>

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<p>Slade Erindale Plumstead SE18 2QQ</p> <p>020 8854 7900 opt 2.</p>	<p>Thames Midwives (All Day)  Appointment Only</p> <p>Volunteer Training (6 weeks) Starts 15th April- 20th May. 9:30am – 2.30pm (Invitation only) For more information email volunteer@homestartgreenwich.org.uk</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>Baby Massage (Birth - non crawlers) (5 Week Course) Starting 23rd April – 21st May 1.45pm – 2.30pm (Call to book) (Term Time only) (£1.50 per family, per session)</p> <p>Bouncing Babies 5 Week Course (Birth – non crawlers) (Term Time Only) 1.45pm – 3.00pm Starting 4th June – 2nd July (Call to book) (£1 voluntary contribution per family)</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 (1- 5yrs) Outdoor Play with Rhymes & Games @ the Base Camp Every Last Wednesday of the month (Term Time Only) 1.30pm – 2.45pm Sessions suitable for all abilities (Drop in) Please dress appropriately for the weather (£1.00 per family, per session)</p> <p>Tiny Steps Baby Group Soft Play Play & Rhyme Time (Birth- 12mths) (Term Time Only) 1.45pm – 2.45pm Starting 15th May (Drop in) (£1.50 per family, per session)</p>	<p>BHBF Big Hopes Big Futures (Bookings only) 10-week parent and child course- pre booking essential Structured sessions planned around school readiness. Topics such as bedtime routines and potty training will be covered whilst supporting parents to engage in their children's early learning. (Suitable for children from 2 yrs. onwards) Starting 9th May – 18th July 10.00am – 11.30am (Pre-registration required) For more information call centre</p> <p>Music Therapy Starting Thursday 18th April 1st session @ 9:30am (Birth-1yr) 2nd session @ 10:15am (1yr -2yrs) Sessions suitable for all abilities and disabilities (SEND Friendly) (Call to book) (Term Time only)</p> <p>Stay & Play (Birth-5yrs) 1.30pm – 2.45pm Starting 25th April (Term Time Only) (Drop in) <u>Please Note: No Stay & Play due to Polling station on Thursday 2nd.</u> (£1.00 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>Tiny Steps Soft Play (Birth-3yrs) (Pre-walkers only) (Term Time Only) 1:15pm – 2:30pm Sessions suitable for all abilities and disabilities (Tube Feeding Friendly) (Drop in) (£1.50 per family, per session)</p> <p>CENTRE CLOSED FOR PROFESSIONAL DEVELOPMENT DAY FRIDAY 7TH JUNE</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 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.
- **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)**.
- **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.
- **Migrant Women's Creatively Together:** Creative Activities, skill sharing and an opportunity to connect with others, whilst gaining confidence.
- **Midwife Clinics:** By appointment only via the Midwifery Teams for before (antenatal) and after the birth of your baby.
- **Understanding your child's behavior:** The Solihull approach is for parents and carers who want to know more about parenting and how children develop.
- **Akwaaba:** A new group from **Mums Aid** offering counselling, parenting support and guidance for new mums from Black, Asian, and Ethnic minority communities – *Sign up via their website or call 07758763908*
- **Big Hopes Big Futures:** 12-week parent and child sessions planned around school readiness. Supporting parents to engage in their children's early learning. Suitable for children from 2 years upwards.
- **Rhythm Masters Dance Classes:** Learn new dance skills and routines in a spacious and welcoming environment (for 8-15 year olds).
- **Teeny/Tiny/Baby Ballers:** Age-appropriate activity classes for walkers up to 6 years, helping your child to develop new skills and build confidence.

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 or 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. We now offer morning and afternoon sessions.

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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