



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Brookhill Children's Centre, Community Centre and Family Hub</p> <p>42 Brumwell Avenue Woolwich SE18 6BD</p> <p>020 8319 5320</p> <p>BROOKHILL "WELCOME CAFE" CURRENTLY CLOSED NEW OPENING TIMES TO BE ANNOUNCED SOON (See board for prices)</p> <p>Community Meal 1.00pm-2.00pm Menu Changes Weekly (Contributions welcome)</p> <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</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) Mon 30th Sept- 16th Dec (Term Time Only) (10.30am - 12.30pm) To register or for more information email: Projects@theground.org.uk (Hall)</p> <p>Stay & Play (Birth-18mths) 1.45pm-2.30pm (Drop in) (£1.00 per family)</p> <p>Starting 9th Sept – 28 Oct (£1.00 donation per family) (Hall)</p> <p>Bouncing Babies (Birth – non crawlers) (5 Week Course) Starting 4th Nov – 2nd Dec 1.45pm – 2.30pm Sessions suitable for all abilities and disabilities (Call to book) (£1.50 per family) (Hall)</p> <p>Autistic Inclusive Meets (Autistic led organisation)</p>	<p>Best Beginnings Midwives Clinic (AM) Appointment only</p> <p>Baby Ballers Football and Ball Skills Activity Class Help your child develop new skills and confidence. 11.00 - 11.45 24th September onwards Suitable for new walkers up to 2 years (Call to book) (£1.00 per family) (Hall)</p> <p>Tiny Feet Family Dance Sessions (Starting 5th November) 10.00am - 10.45 (Walkers to 3 years) (£1.00 per family) Call to book (Hall)</p> <p> Mum's Aid Counselling 12.30pm – 4.00pm Appointment only</p> <p>Well-being Welcome 1.00pm - 3.00pm Meet and greet the Well-being Team and discover available support for your family. (Term-Time Only) Starting 10th September onwards (Drop In) (Family Room)</p> <p>NEW: Children's Theatre Performance Class (Dancing, Singing and Drama)</p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p>Being a Parent 25th September – 11th December (Invitation only) 9:30am – 12.30pm For more information email volunteer@homestartgreenwich.org.uk (Limited crèche is provided) (Hall)</p> <p> Infant Feeding Clinic 1.00pm – 2.30pm (Drop in) (Hall)</p> <p>Baby Me Fit Exercise Class (Mother's & Babies from 6 weeks – 16 months) (Delivered by Firefly Fitness) Starting Wednesday 6th November (Term Time Only) (2.00pm-2.45pm) (Call to book) £1.00 per family) (Family Room)</p>	<p>Thames Midwives Clinic (All Day) Appointment only</p> <p>SENdsory Group 10am-11.30am (Drop in) Suitable for babies and children with abilities and disabilities (Siblings are welcome) (£1.00 donation per family) (Hall) (No session running 19th & 26th Sept)</p> <p>Thursday 19th September 10.00am-12.00pm Public Consultation with representatives from the Royal Borough of Greenwich, regarding the future of Children's Centres within the Borough. (No Booking Required)</p> <p>Well Baby Clinic (Including weighing) 1.30pm – 3.30pm (Drop in) Speech and Language Drop-in (under2s only) 17th Oct 1:30pm - 4pm (Hall)</p> <p>NEW: BOBO'S BOOK CLUB (MINIS) For Babies & Toddlers Inspiring young readers to gain a love of reading. (Birth - 5 years) 1.00pm -1.30 pm (Drop in) From 5th September (Term Time Only)</p>	<p> Blood Spots Clinics 9.30am – 12.00pm Appointment only</p> <p>FRIDAY 29th NOVEMBER – STAFF DEVELOPMENT DAY (CAFE CLOSED/NO CHILDREN'S SESSIONS RUNNING)</p> <p>Music Therapy 1st session @ 9:30am (Birth-1yr) 2nd session @ 10:15am (1yr -3yrs) Sessions suitable for all abilities and disabilities Delivered by Oxleas NHS Specialist Music Therapist (SEND Friendly) (Call to book) Starting 6th Sept (Term Time Only)</p> <p>Mindful Mums 11.00 - 12.30pm 8th November – 13th December A wellbeing group for new mums Please book by email mindfulmums@selmind.org.uk (Family Room)</p> <p> Thames Midwives Clinic (PM) Appointment only</p> <p>COMMUNITY CAFE Free Community Meal 1.00pm-2.00pm (Contributions welcome) From 13th September onwards</p>

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Appointments only



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Healthy Eating and Cookery Skills Workshops	<p>Every Monday 4.00pm-5.30pm No diagnosis necessary Siblings welcome £2.00 per family (Refreshments included) (Hall)</p>	<p>(7–15 years) (10th September – 22nd October) (Term time only) 5.30pm-6.30pm Build self-confidence, explore your imagination whilst learning new performance skills. (Call to book – FREE)</p> <p>Adult Course: Hair Braiding for Beginners/Immediate 5.30pm - 6.30pm (10th September – 22nd October) Learn new skills and techniques. (Call to book - FREE) (Family Room) Limited Creche spaces available</p> <p>Dad's Forum (Delivered by Parent Power) Monthly meet up for new and expectant dads. Every 2nd Tuesday of the Month (10th Sept/8th Oct/12th Nov//9th Dec) 5.30pm-6.30pm Drop In (Free) Refreshments provided (Cafe)</p>		<p>(Family Room) FREE</p> <p>Laugh, Sing & Play Interactive Play & Singing Session (Birth-5 years) 1.30pm-2.15pm (Call to book)</p> <p>From 5th September onwards (Term Time Only) (Family Room) (£1.00 per family)</p> <p>NEW: BOBO'S BOOK CLUB (MIDIS) For 6-10 Years Further develop a love of reading and improve reading skills. 4.30pm - 5.00pm (Drop in)</p> <p>From 5th September (Term Time Only) (Family Room) FREE</p> <p>Adult Keep Fit Classes Indoor/Outdoor (Weather Permitting) Trim, Tone and Full Body Workouts (for all levels of fitness) Delivered by No Shane, No Gain (Personal Fitness Instructor) 5.30pm - 6.30pm Call to book - (limited spaces) (£2.00 per adult) (Outdoors/Family Room) From Thursday 12th Sept onwards (Term Time Only) *Session NOT running on Thursday 26th September</p>	<p>Stay & Play (2-5yrs) 1.30pm - 3.00pm Starting 13th September (£1.00 per family, per session) (Call to book)</p> <p>NEW: Employment & Benefit Advice Session Delivered by the Department for Work and Pensions (DWP) 1.00pm-3.30pm From Friday 13th onwards Advice on Benefits, Employment and Childcare Support. Drop in (Family Room)</p> <p>FOOD PROVISION 3.00pm - 3.45pm (approximately) Not running on the 29th November.</p>

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				<p>Skate Club Brought to you by Vibes- on-Vibes Community Outreach (5.30pm -6.30pm) For 12.-15 year olds Limited Spaces From Thursday 12th Sept onwards Booking required - FREE (Hall) *Session NOT running on Thursday 26th September</p>	
<p>Cardwell 118 Frances Street Woolwich SE18 5LP 020 8854 7342</p>	<p>Davonport Midwives Clinic (AM) Appointment only</p> <p>Baby Group (Birth-1yr) Starting 9th Sept 1.30pm – 3.00pm (Drop in) (£1.00 donation per family)</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 Appointment only</p>	<p>Solihull Parenting Approach Understanding Your Child’s Behaviour Find out more about emotional development and sensitive and effective parenting 10-week Course 9.30am - 11.30am Taster session 25 September 2024 (Limited Creche provided) Call Cardwell to register your interest</p> <p>Stay & Play (Birth-5yrs) Messy Play Starting 11th Sept 1.30pm - 3.00pm (Drop in) (£1.00 per family, per session)</p> <p>Akwaaba With Mum’s Aid 1.00pm-3.00pm Starting 18 September 2024 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>FRIDAY 29TH NOVEMBER – CENTRE CLOSED FOR STAFF DEVELOPMENT DAY</p>

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Plumstead 6 Purrett Road Plumstead SE18 1JW 020 8836 9252	Mums Aid Counselling 12 .00 – 4.00 pm  Appointment Only	Oxleas Perinatal Team Journey through Motherhood Group 10.00am – 12.00pm  Appointment only Oxleas Perinatal Therapy 10 – 12.30am  Appointment Only 2 Year Developmental Reviews 1.00pm – 4.00pm  Appointment only	10-12 Month Developmental Reviews 1.00pm – 4.00pm  Appointment Only Mum's Aid Counselling 12.30pm – 4.00pm  Appointment only		Connecting From the Start 9.00am -12.00pm Starting 20 th , 27 th Sep 4 th , 11 th , 18 th /, 25 th oct & 8 th Nov 2024 For more information email (Limited crèche is provided) Tamsin.elfenbein@homestartgreenwich.org.uk Baby Group (Birth-1yr) Starting 20 th Sept 1.30pm – 3.00pm (Drop in) (£1.00 donation per family)
Eglinton Paget Rise Woolwich SE18 3PY 020 8331 0374	2 Year Development Reviews 9.30am – 11.30am  Appointment only 10-12 Months Development Reviews 1.00pm – 4.00pm  Appointment only	Thames Midwives Clinic (All day)  Appointment only	Best Beginnings Clinic (All day)  Appointment only Flourish (Birth to 5) (6 weekly sessions) 9.30 - 11.30am Music interactive sessions for parents and children supported by the Wellbeing team Starting on 6 th November 2024 Call for more information	Thames Midwives Clinic (All day)  Appointment only Childminders Stay & Play 9.30am – 11.30am (This session is for foster carers, nannies & childminders) (£1.00 per family, per session) Baby Massage (Birth - non crawlers) (5 Week Course) Starting 7 th Nov –5 th Dec 1.45pm – 2.30pm (Call to book) (£1.50 per family, per session) Sessions suitable for all abilities and disabilities	2 Year Development Reviews 9.30am – 12.30pm  Appointment only Stay & Play (Birth-5yrs) 9.30am-11.30am Starting 13 th Sept (Drop in) (£1.00 per family, per session) FRIDAY 29TH NOVEMBER – CENTRE CLOSED FOR STAFF DEVELOPMENT DAY

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<p>School House Whitworth Road Woolwich SE18 3QA</p> <p>0208 719 0050</p>		<p>Extra Help for You (Young Parenthood Session) Delivered by Parent Power Supporting your wellbeing during pregnancy, childbirth and early childhood. 17th September – 8th October 10.00am - 11.30am For further details and to book email: parenting@parentpower-ed.co.uk (Limited spaces) FREE</p>			<p>FRIDAY 29TH NOVEMBER – SCHOOL HOUSE CLOSED FOR STAFF DEVELOPMENT DAY</p>
<p>Mulgrave Rectory Place Woolwich SE18 5DL</p> <p>020 8854 7342</p>	<p>Baby Group (Birth-1yr) Starting 9th Sept 9.30am – 11.30pm (Drop in) (£1.00 donation per family) Sessions suitable for all abilities and disabilities</p>	<p>Mum's Aid Counselling 11.00am – 2.00pm Appointment only</p>	<p>2 Year Developmental Reviews 1.00pm – 4.00pm Appointment only</p>		<p>FRIDAY 29TH NOVEMBER – CENTRE CLOSED FOR STAFF DEVELOPMENT DAY</p>
<p>Slade Erindale Plumstead SE18 2QQ</p> <p>020 8854 7900 opt 2.</p>	<p>Thames Midwives (All Day) Appointment Only</p> <p>Slade Library Stay & Play (Birth-5yrs) 3.00pm-3.30pm (Drop in)</p> <p>Arts & Crafts Activities Delivered by GCDA (0-3 years) (9.30am -11.00am) 16th Sept – 30th Sept Call to book FREE</p> <p>Volunteer Training 4th Nov – 9th Dec 9.30am – 2.30pm</p>	<p>Poppy Team Midwife Clinic AM Appointment only</p> <p>Slade Library Rhyme Time 10.30am – 11.00am (Drop in)</p> <p>Infant Feeding Clinic 10.00am – 11.30am (Drop In)</p> <p>Stay & Play (Birth-18mths) Messy Time 1.45pm-2.30pm Drop in Starting 10th Sept – 24th Sept (£1.00 donation per family)</p>	<p>Well Baby Clinic (Including weighing) 9.30am – 11.30am (Drop In) Speech and Language Drop-in (under2s only) 11th Dec 9:30am -11.30am</p> <p>Best Beginnings Clinic Young Parents PM Appointment only</p> <p>NEW: Edible Gardens (Growing Sessions) (Starting Soon) Call for more information or to register.</p>	<p>Tots Talking (2-year-olds) 5 Week Training to support parents and careers whose children need extra help with their language development. Lead Practitioners (trained by Speech & Language Therapists), will offer advice and ideas to help support your child. Starting 7th Nov 10am –11:00am (Call to book) (Limited creche available)</p> <p>Music Therapy Starting Thursday 12th Sept. 1st session @ 9:30am (Birth-1yr) 2nd session @ 10:15am (1yr -3yrs)</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) 1:30pm – 2:45pm Sessions suitable for all abilities and disabilities (Tube Feeding Friendly) (Drop in) Starting 13th Sept (£1.50 per family, per session)</p>

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	<p>For more information email volunteer@homestartgreenwich.org.uk (No crèche provided)</p>	<p>Baby Massage (Birth - non crawlers) (5 Week Course) Starting 1st Oct – 29th Oct 1.45pm – 2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£1.50 per family, per session)</p> <p>Bouncing Babies (Birth – non crawlers) (5 Week Course) Starting 5th Nov - 10th Dec 1.45pm – 2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£1.50 per family, per session)</p>	<p>TOTs Nature Space Stay & Play (1 - 5yrs) Outdoor Play with Rhymes & Games @ the Base Camp Every last Wednesday of the month 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 Soft Play (Birth- 15mths) 1:30pm – 2:45pm Starting 11th Sept Sessions suitable for all abilities and disabilities (Drop in) (£1.50 per family, per session)</p>	<p>Sessions suitable for all abilities and disabilities Delivered by Oxleas NHS Specialist Music Therapist (SEND Friendly) (Call to book) (Term Time only)</p> <p>Stay & Play (Birth-5yrs) Family Sensory Arts & Craft Session 1.30pm – 2.45pm Starting 12th September (Drop in) (£1.00 per family, per session)</p>	<p>FRIDAY 29TH NOVEMBER – CENTRE CLOSED FOR STAFF DEVELOPMENT DAY</p>

Services Explained	Additional Information
<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. 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: Join us for a session where you can find information and activities to help parents and carers support their two-year-olds with language development. Children do not need to attend all training sessions. Practitioners trained by Speech & Language Therapists will provide advice and ideas to support you." 	<p>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>Eglinton Nursery Open 8.45am to 3.45pm Monday to Friday (Term-time only) Offering full or half day sessions: <u>8.45am to 11.45pm OR 12.45pm to 3.45pm</u> To arrange a visit or for more information call: 0208 331 0374 or</p>

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				<p>alternatively get in touch via any of our Children Centres.</p> <p style="text-align: center;">Together for Twos</p>  <p style="text-align: center;">Offering full or half day sessions: <u>9.15am to 12.15pm OR 12.30pm to 3.30pm</u> Are you eligible for the FREE 15-hour funded sessions?</p> <p style="text-align: center;">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</p> <p style="text-align: center;">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 Centres.</p> <p style="text-align: center;">Volunteering</p> <p style="text-align: center;">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>	
<ul style="list-style-type: none"> • 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. • 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 – <i>Sign up via their website or call 07758763908</i> • 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. • Baby Ballers: Age-appropriate activity classes for walkers up to 2 years, helping your child to develop new skills and build confidence. • Bobo's Book Club: Aims to inspire children of all ages to gain a love of reading from an early age (new and old stories covered). Helping to plant the seed of reading in each child, whilst building a strong foundation for future learning. • Dad's Forum: Monthly meet up for new Dad's or Dad's-to-be, opportunities to meet and discuss different topics around fatherhood in a relaxed sitting. • Young Parents Group: Supporting the wellbeing of young parents and parents to be during pregnancy, childbirth and early childhood. • Skate School/Theatre Performance Groups: After school sessions for older children to gain new skills and confidence whilst making new friends. • ADULT EVENING CLASSES (Hair Braiding/Keep Fit): – Early evening sessions for parents to get fit/learn new skills/develop interests whilst meeting other parents. • Baby- Me-Fit: Exercise Classes designed for mums to attend with their babies, to help improve fitness levels and bond with their babies. • Edible Garden: Coming Soon – further details to follow. • Tiny Feet Dance Class: Active Dance Classes for you and your new walkers/toddlers engage, develop skills and confidence whilst having fun. <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>					

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