








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</p> <p>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>Pamper Kit Workshop (Make Natural Masks that can be used on your face & feet) For 8–16 near-olds 11.00am - 1.00pm (Call to book) (Hall)</p> <p>Stay & Play (Birth-18mths) 1.30pm-2.30pm (Drop in) (£1.00 per family) 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) Every Monday 4.00pm-5.30pm No diagnosis necessary</p>	<p>Best Beginnings Midwives Clinic</p> <p> (AM) Appointment only</p> <p> Mum's Aid Counselling 12.30pm – 4.00pm Appointment only</p> <p>Junior Chef Workshop (Chartwells) Hands on cooking workshop designed for 8–14-year-olds 11.00am - 2.00pm (Call to book)</p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p>Hair Art Workshop (Beyond Braidz) To celebrate the uniqueness of our diverse curls and hair styles For 8–13-year-olds 10.00am - 12.00pm (Call to book) (Hall)</p> <p> Infant Feeding Clinic 1.00pm – 2.30pm (Drop in) (Hall)</p>	<p>Thames Midwives Clinic (All Day) Appointment only</p> <p><u>SENdsory Playtime</u> 10am-11.30am (Drop in) Suitable for babies and children Of all abilities and disabilities (Siblings are welcome) (£1.00 donation per family) (Hall)</p> <p>Well Baby Clinic (Including weighing) 1.30pm – 3.30pm (Drop in) Speech and Language Drop-in (under2s only) 17th Oct (Hall)</p>	<p> Blood Spots Clinics 9.30am – 12.00pm Appointment only</p> <p>Theatre Performance Workshop (Dancing, Singing and Drama) Build self-confidence, explore your imagination whilst learning new performance skills. For 7–15-year-olds 10.00am-12.30am (Hall)</p> <p>Mindful Mums 11.00 - 12.30pm 8th November – 13th December A well-being 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> <p>Stay & Play (Birth -5yrs) Black history & Diwali Celebration Come dressed in traditional clothes or bright colours. 1.30pm - 2.45pm</p>

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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)



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	Siblings welcome £2.00 per family (Refreshments included) (Hall)				(£1.00 per family, per session) (Drop in) NEW: Employment & Benefit Advice Session Delivered by the Department for Work and Pensions (DWP) 1.00pm-3.30pm Advice on Benefits, Employment and Childcare Support. Drop in (Family Room) FOOD PROVISION 3.00pm - 3.45pm (approximately)
Cardwell 118 Frances Street Woolwich SE18 5LP 020 8854 7342	Davonport Midwives Clinic (AM) Appointment only	10-12 Months Development Reviews 9.30am – 12.00pm Appointment only Young Mum's Aid Counselling 9.30am – 12.30pm 1.30pm – 3.30pm Appointment only	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 25th September 2024 (Limited Creche provided) Call Cardwell to register your interest Stay & Play (Birth-5yrs) Black history/Cultural Celebration Come dressed in traditional clothes or bright colours. 1.30pm - 2.45pm (Drop in) (£1.00 per family, per session) Akwaaba With Mum's Aid 1.00pm-3.00pm Starting 18 September 2024 Sign Up or call 07758763908	Best Beginnings Clinic (All day) Appointment only Restore with Mum's Aid 10.00am – 4.00pm Appointment only	Davonport Midwives Clinic (All day) Appointment only

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<p>Plumstead 6 Purrett Road Plumstead SE18 1JW</p> <p>020 8836 9252</p>	<p>Mums Aid Counselling 12.00 – 4.00 pm Appointment Only</p>	<p>Oxleas Perinatal Team Journey through Motherhood Group 10.00am – 12.00pm Appointment only</p> <p>Oxleas Perinatal Therapy 10 – 12.30am Appointment Only</p> <p>2 Year Developmental Reviews 1.00pm – 4.00pm Appointment only</p> <p>Stay & Play (Birth-5yrs) Black history & Diwali Celebration Come dressed in traditional clothes or bright colours. 10.00pm-12.00am (Drop in) Suitable for babies and children Of all abilities and disabilities Siblings are welcome</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</p> <p>Stay & Play (Birth-5yrs) 10.00pm-12.00am (Drop in)</p>		<p>Connecting From the Start 9.00am -12.00pm Starting 20th, 27th Sep 4th, 11th, 18th / 25th Oct & 8th Nov 2024</p> <p>For more information email (Limited crèche is provided) Tamsin.elfenbein@homestartgreenwich.org.uk</p> <p>Baby Group Stay & Play (Birth-12mths) 10.00pm-12.00am (Drop in)</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>Stay & Play (Birth-5yrs) 1.30pm – 2.45pm (Drop in) (£1.00 donation per family) Suitable for babies and children Of all abilities and disabilities</p>	<p>Best Beginnings Clinic (All day) Appointment only</p> <p>Flourish (Birth to 5yrs) (6 weekly sessions) 9.30am - 11.30am Music interactive sessions for parents and children supported by the Wellbeing team Starting on 6th November 2024 Call for more information</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>Stay & Play (Birth-18mths) 1.30pm-2.30pm (Drop in) (£1.00 per family)</p>	<p>2 Year Development Reviews 9.30am – 12.30pm Appointment only</p> <p>Stay & Play (Birth-5yrs) Black history/Cultural Day Music provided by Steel Pan Man Suitable for newborns and children Of all abilities and disabilities Siblings are welcome Come dressed in traditional clothes or bright colours. 10.00am-12.00am (Drop in)</p>

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				<p>Baby Massage (Birth - non crawlers) (5 Week Course) Starting 7th Nov – 5th Dec 1.45pm – 2.30pm (Call to book) (£1.50 per family, per session) Sessions suitable for all abilities and disabilities</p>	(£1.00 per family, per session)
<p>School House Whitworth Road Woolwich SE18 3QA 0330 057 6051</p>	See other Centres for activities	See other Centres for activities	See other Centres for activities	See other Centres for activities	See other Centres for activities
<p>Mulgrave Rectory Place Woolwich SE18 5DL 020 8854 7342</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>Slade Erindale Plumstead SE18 2QQ 020 8854 7900 opt 2.</p>	<p>Thames Midwives (All Day) Appointment Only Volunteer Training 4th Nov – 9th Dec 9.30am – 2.30pm For more information email volunteer@homestartgreenwich.org.uk (No crèche provided)</p>	<p>Poppy Team Midwife Clinic Appointment only AM Slade Library Rhyme Time 10.30am – 11.00am (Drop in) Infant Feeding Clinic 10.00am – 11.30am (Drop In)</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 Best Beginnings Clinic Young Parents PM Appointment only</p>	<p>Tots Talking (2-year-olds) 5 Week Training programme to support parents and carers 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</p>	<p>10-12 Month Development Reviews 9.30am – 12.00pm Appointment only Slade Library Rhyme Time 10:30am – 11am (Drop in) Tiny Steps Soft Play (Birth-3yrs) 1:30pm – 2:45pm</p>

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	<p>Diwali Celebration 28th Oct Family Sensory Arts & Craft Session 11.00am – 12.30pm Suitable for babies and children Of all abilities and disabilities Siblings are welcome Come dressed in traditional clothes or bright colours (Drop in) (£1.00 per family, per session)</p> <p>Slade Library Stay & Play (Birth-5yrs) 3.00pm-3.30pm (Drop in)</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>Stay & Play (1 - 5yrs) Outdoor Play with Rhymes & Games @the Base Camp Pumpkin crafting 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- 18mths) 1:30pm – 2:45pm Sessions suitable for all abilities and disabilities (Drop in) (£1.50 per family, per session)</p>	<p>(Call to book) (Limited creche available)</p> <p>Stay & Play (Birth-5yrs) Black history Storytelling, Sing & Dancing 10.00am – 12.30pm Come dressed in traditional clothes or bright colours (Drop in) (£1.00 per family, per session)</p> <p>Baby Group Stay & Play (Birth-18mths) 1.30pm-2.30pm (Drop in) (£1.00 per family)</p>	<p>Sessions suitable for all abilities and disabilities (Tube Feeding Friendly) (Drop in) (£1.50 per family, per session)</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 singing 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 varied 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. 	<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></p>

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				<p>To arrange a visit or for more information call: 0208 331 0374 or alternatively get in touch via any of our Children Centres.</p> <p>Together for Twos</p>  <p>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? 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>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 Centres.</p> <p>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>	
<ul style="list-style-type: none"> • 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." • 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 solid foundation for future learning. • Dad's Forum: Monthly meet up for new Dad 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 learn new skills and 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. <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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