



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Brookhill Children's Centre, Community Centre and Family Hub</b></p> <p>42 Brumwell Avenue Woolwich SE18 6BD</p> <p>020 8319 5320</p> <p><b>BROOKHILL "WELCOME CAFE" CURRENTLY CLOSED</b> <b>NEW OPENING TIMES TO BE ANNOUNCED SOON</b></p> <p><b>Community Meal</b> 1.00pm-2.00pm Menu Changes Weekly (Contributions welcome)</p> <p><b>Food Provision</b> 3.00pm-3.45pm (approximately)</p> <p>See staff for further details or visit the HSG Website/Social Media sites for upcoming</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> (Family Room)</p> <p><b>IMPORTANT NOTICE</b> Monday 4<sup>th</sup> November 10.00am - 11.30am <b>PUBLIC CONSULTATION</b> with representatives from the Royal Borough of Greenwich, regarding the future of Children's Centres within the Borough <b>No booking required</b></p> <p><b>Migrant Mothers Dance Sessions</b> (Delivered by Creating Ground) <b>Mon 30<sup>th</sup> Sept- 16<sup>th</sup> Dec</b> (Term Time Only) <b>(10.30am - 12.30pm)</b> To register or for more information email: Projects@theground.org.uk (Hall) <u>Not running on</u> <b>Monday 4<sup>th</sup> November</b></p> <p><b>Stay &amp; Play</b> (Birth-18mths) <b>1.45pm-2.30pm</b> (Drop in) (£1.00 per family) <b>Starting 9<sup>th</sup> Sept – 28 Oct</b> (£1.00 donation per family) (Hall)</p>	<p><b>Best Beginnings Midwives Clinic</b>  (AM) <b>Appointment only</b></p> <p><b>Baby Ballers Football and Ball Skills Activity Class</b> Help your child develop new skills and confidence. <b>11.00am- 11.45am</b> <b>24<sup>th</sup> September onwards</b> Suitable for new walkers up to 2 years (Call to book) (£1.00 per family) (Hall)</p> <p><b>Tiny Feet Family Dance Sessions</b> (Starting 5<sup>th</sup> November) <b>10.00am - 10.45am</b> (Walkers to 3 years) (£1.00 per family) Call to book (Hall)</p> <p> <b>Mum's Aid Counselling</b> <b>12.30pm – 4.00pm</b> <b>Appointment only</b></p> <p><b>Well-being Welcome</b> <b>1.00pm - 3.00pm</b> Meet and greet the Well-being Team and discover available support for your family. (Term-Time Only) <b>Starting 10<sup>th</sup> September onwards</b> (Drop In) (Family Room)</p> <p><b>NEW: Children's Theatre Performance Class</b> (Dancing, Singing and Drama)</p>	<p><b>Thames Midwives Clinic</b> (All day) <b>Appointment only</b></p> <p><b>Being a Parent</b> <b>25<sup>th</sup> September – 11<sup>th</sup> December</b> (Invitation only ) <b>9:30am – 12.30pm</b> For more information email <a href="mailto:volunteer@homestartgreenwich.org.uk">volunteer@homestartgreenwich.org.uk</a> (Limited crèche is provided) (Hall)</p> <p> <b>Infant Feeding Clinic</b> <b>1.00pm – 2.30pm</b> (Drop in) (Hall)</p> <p><b>Baby Me Fit Exercise Class</b> (Mother's &amp; Babies from 6 weeks – 16 months) (Delivered by Firefly Fitness) <b>Starting 9<sup>th</sup> October</b> (Term Time Only) <b>(2.00pm-2.45pm)</b> (Call to book) £1.00 per family) (Family Room)</p>	<p><b>Thames Midwives Clinic</b> (All Day) <b>Appointment only</b></p> <p><b>SENdsory Group</b> <b>10am-11.30am</b> (Drop in) Suitable for babies and children with abilities and disabilities (Siblings are welcome) (£1.00 donation per family) (Hall)</p> <p><b>Well Baby Clinic</b> (Including weighing) 1.30pm – 3.30pm (Drop in) Speech and Language Drop-in (under2s only) 17<sup>th</sup> Oct 1:30pm - 4pm (Hall)</p> <p><b>NEW: BOBO'S BOOK CLUB (MINIS)</b> <b>For Babies &amp; Toddlers</b> Inspiring young readers to gain a love of reading. (Birth - 5 years) 1.00pm -1.30 pm (Drop in) <b>From 5<sup>th</sup> September</b> <b>(Term Time Only)</b> (Family Room) <b>FREE</b></p> <p><b>Laugh, Sing &amp; Play</b> <b>Interactive Play &amp; Singing Session</b> (Birth-5 years) 1.30pm-2.15pm (Call to book) <b>From 5<sup>th</sup> September onwards</b> <b>(Term Time Ony)</b> (Family Room)</p>	<p> <b>Blood Spots Clinics</b> 9.30am – 12.00pm <b>Appointment only</b></p> <p><b>FRIDAY 29<sup>th</sup> NOVEMBER – STAFF DEVELOPMENT DAY</b> <b>(CAFE CLOSED/ NO CHILDREN'S SESSIONS RUNNING)</b></p> <p><b>Music Therapy</b> <b>1<sup>st</sup> session @ 9:30am</b> (Birth-1yr) <b>2<sup>nd</sup> session @ 10:15am</b> (1yr -3yrs) Sessions suitable for all abilities and disabilities Delivered by Oxleas NHS Specialist Music Therapist (SEND Friendly) (Call to book) <b>Starting 6<sup>th</sup> Sept</b> (Term Time Only)</p> <p><b>Mindful Mums</b> 11.00 - 12.30pm 8<sup>th</sup> Nov – 13<sup>th</sup> Dec <b>A wellbeing group for new mums</b> Please book by email <a href="mailto:mindfulmums@selmind.org.uk">mindfulmums@selmind.org.uk</a> (Family Room)</p> <p> <b>Thames Midwives Clinic</b> (PM) <b>Appointment only</b></p> <p><b>NEW: Nutrition Advice Workshop</b> (first Friday of every Month – Starting on Friday 4<sup>th</sup> October)</p>

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Centres	Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>Bouncing Babies</b> (Birth – non crawlers) (5 Week Course) Starting 4<sup>th</sup> Nov – 2<sup>nd</sup> Dec <b>1.45pm – 2.30pm</b> Sessions suitable for all abilities and disabilities (Call to book) (£1.50 per family) (Hall)</p> <p><b>Autistic Inclusive Meets</b> (Autistic led organisation) Every Monday 4.00pm-5.30pm No diagnosis necessary Siblings welcome £2.00 per family (Refreshments included) (Hall)</p>	<p>(7–15 years) (10<sup>th</sup> September – 22<sup>nd</sup> October) (Term time only) 5.30pm-6.30pm Build self-confidence, explore your imagination whilst learning new performance skills. (Call to book – FREE) (Family Room)</p> <p><b>Adult Course:</b> <b>Hair Braiding for Beginners/Immediate</b> 5.30pm - 6.30pm (Term Time Only) Learn new skills and techniques. (Call to book - FREE) (Foya) Limited Creche spaces available</p> <p><b>Dad’s Forum</b> (Delivered by Parent Power) <b>Monthly meet up for new and expectant dads.</b> Every 2<sup>nd</sup> Tuesday of the Month (8<sup>th</sup> Oct/12<sup>th</sup> Nov//9<sup>th</sup> Dec) 5.30pm-6.30pm Drop In (Free) Refreshments provided</p> <p><b>NEW: Adults Evening Choir Session</b> <b>Coming Soon!</b> 5.30pm-6.30 pm (Hall) FREE</p>		<p><b>(£1.00 per family)</b></p> <p><b>NEW: BOBO’S BOOK CLUB (MIDIS)</b> <b>For 6-10 Years</b> Further develop a love of reading and improve reading skills. 4.30pm - 5.00pm (Drop in) (Term Time Only) (Family Room) FREE</p> <p><b>Adult Keep Fit Classes</b> <b>Indoor/Outdoor</b> (Weather Permitting) <b>Trim, Tone and Full Body Workouts</b> (for all levels of fitness) Delivered by No Shane, No Gain (Personal Fitness Instructor) 5.30pm -6.30pm Call to book - (limited spaces) (Outdoors/Family Room) (Term Time Only) FREE</p> <p><b>Skate Club</b> <b>Brought to you by Vibes- on-Vibes</b> <b>Community Outreach</b> (5.30pm -6.30pm) For 12.-15 year olds Limited Spaces Booking required (Hall) FREE</p>	<p>Information and advice for you and your child. 12.00pm - 2.00pm <b>Drop in</b> (Community Cafe)</p> <p><b>COMMUNITY CAFE</b> <b>Free Community Meal</b> <b>1.00pm-2.00pm</b> (Contributions welcome)</p> <p><b>Stay &amp; Play (2-5yrs)</b> <b>1.30pm - 3.00pm</b> (£1.00 per family, per session) (Call to book)</p> <p><b>NEW: Employment &amp; Benefit Advice Session</b> <b>Delivered by the Department for Work and Pensions (DWP)</b> 1.00pm-4.00pm Advice on Benefits, Employment and Childcare Support. <b>Drop in</b> (Family Room) Not running on Friday 4<sup>th</sup> October</p> <p><b>FOOD PROVISION</b> <b>3.00pm - 3.45pm</b> (approximately) Not running on the 29<sup>th</sup> November.</p>

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<p><b>Cardwell</b> 118 Frances Street Woolwich SE18 5LP  <b>020 8854 7342</b></p>	<p>Davonport Midwives Clinic (AM)  <b>Appointment only</b></p> <p><b>Baby Group (Birth-1yr)</b> <b>1.30pm – 3.00pm</b> (Drop in) (£1.00 donation per family)</p>	<p>10-12 Months Development Reviews  9.30am – 12.00pm <b>Appointment only</b></p> <p>Young Mum's Aid Counselling  9.30am – 12.30pm 1.30pm – 3.30pm <b>Appointment only</b></p>	<p>Solihull Parenting Approach <b>Understanding Your Child's Behaviour</b> Find out more about emotional development and sensitive and effective parenting 10-week Course 9.30am - 11.30am <b>Taster session 25 September 2024</b> (Limited Crèche provided) Call Cardwell to register your interest</p> <p><b>Stay &amp; Play (Birth-5yrs)</b> <b>Messy Play</b> <b>1.30pm - 3.00pm</b> (Drop in) (£1.00 per family, per session)</p> <p><b>Akwaaba With Mum's Aid</b> 1.00pm-3.00pm Sign Up or call 07758763908</p>	<p>Best Beginnings Clinic (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>Davonport Midwives Clinic (All day)  <b>Appointment only</b></p> <p><b>FRIDAY 29<sup>TH</sup> NOVEMBER – CENTRE CLOSED FOR STAFF DEVELOPMENT DAY</b></p>
<p><b>Plumstead</b> 6 Purrett Road Plumstead SE18 1JW  <b>020 8836 9252</b></p>	<p>Mums Aid Counselling  12.00 – 4.00 pm <b>Appointment Only</b></p>	<p>Oxleas Perinatal Team <b>Journey through Motherhood Group</b>  10.00am – 12.00pm <b>Appointment only</b></p> <p>Oxleas Perinatal Therapy 10 – 12.30am  <b>Appointment Only</b></p> <p>2 Year Developmental Reviews  1.00pm – 4.00pm <b>Appointment only</b></p>	<p>10-12 Month Developmental Reviews  1.00pm – 4.00pm <b>Appointment Only</b></p> <p>Mum's Aid Counselling  12.30pm – 4.00pm <b>Appointment only</b></p>		<p><b>Connecting From the Start</b> <b>9.00am -12.00pm</b> Running 20<sup>th</sup>, 27<sup>th</sup> Sep 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> /, 25<sup>th</sup> oct &amp; 8<sup>th</sup> Nov 2024</p> <p>For more information email (Limited crèche is provided) <a href="mailto:Tamsin.elfenbein@homestartgreenwich.org.uk">Tamsin.elfenbein@homestartgreenwich.org.uk</a></p> <p><b>Baby Group (Birth-1yr)</b> <b>1.30pm – 3.00pm</b> (Drop in) (£1.00 donation per family)</p>

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<p><b>Eglinton</b> Paget Rise Woolwich SE18 3PY</p> <p><b>020 8331 0374</b></p>	<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>Thames Midwives Clinic</b> (All day)  <b>Appointment only</b></p> <p><b>Baby &amp; Toddler Speech and Language Group</b> <b>Small Talk Group</b> (13-24 months) <b>9:30am -10:30am</b> &amp; <b>Tiny Talk Group</b> (Birth-12 months) <b>11:00am -12:00pm</b></p> <p>Starting: <b>Tues 22nd Oct, Tues 5th Nov</b> <b>Tues 3rd and Tues 10th December</b> 6 families max per session. (Call to Book 020 8319 5320)</p> <p><b>Stay &amp; Play (Birth-5yrs)</b> for babies and toddlers <b>Starting 1<sup>st</sup> Oct</b> <b>1.30pm - 3.00pm</b> (Drop in) (£1.00 per family, per session)</p>	<p><b>Best Beginnings Clinic</b> (All day)  <b>Appointment only</b></p> <p><b>Flourish</b> (Birth to 5) (6 weekly sessions) <b>9.30 - 11.30am</b> Music interactive sessions for parents and children supported by the Wellbeing team Starting on 6<sup>th</sup> November 2024 Call for more information</p>	<p><b>Thames Midwives Clinic</b> (All day)  <b>Appointment only</b></p> <p><b>Childminders Stay &amp; Play</b> <b>9.30am – 11.30am</b> (This session is for foster carers, nannies &amp; childminders) (£1.00 per family, per session)</p> <p><b>Baby Massage</b> (Birth - non crawlers) (5 Week Course) <b>Starting 7<sup>th</sup> Nov –5th Dec</b> <b>1.45pm – 2.30pm</b> (Call to book) (£1.50 per family, per session) Sessions suitable for all abilities and disabilities</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> <b>9.30am-11.30am</b> (Drop in) (£1.00 per family, per session)</p> <p><b>FRIDAY 29<sup>TH</sup> NOVEMBER – CENTRE CLOSED FOR STAFF DEVELOPMENT DAY</b></p>

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<p><b>School House</b> Whitworth Road Woolwich SE18 3QA</p> <p>0208 719 0050</p>		<p><b>Extra Help for You (Young Parenthood Session)</b> Delivered by Parent Power Supporting your wellbeing during pregnancy, childbirth and early childhood. 17th September – 15th October 10.00am - 11.30am For further details and to book email: parenting@parentpower-ed.co.uk (Limited spaces) FREE</p>			<p><b>FRIDAY 29<sup>TH</sup> NOVEMBER – SCHOOL HOUSE CLOSED FOR STAFF DEVELOPMENT DAY</b></p>
<p><b>Mulgrave</b> Rectory Place Woolwich SE18 5DL</p> <p>020 8854 7342</p>	<p><b>Baby Group (Birth-1yr)</b> 9.30am – 11.30pm <b>(Drop in)</b> (£1.00 donation per family) Sessions suitable for all abilities and disabilities</p>	<p><b>Mum’s Aid Counselling</b> 11.00am – 2.00pm <b>Appointment only</b></p>	<p><b>2 Year Developmental Reviews</b> 1.00pm – 4.00pm <b>Appointment only</b></p>		<p><b>FRIDAY 29<sup>TH</sup> NOVEMBER – CENTRE CLOSED FOR STAFF DEVELOPMENT DAY</b></p>
<p><b>Slade</b> Erindale Plumstead SE18 2QQ</p> <p>020 8854 7900 opt 2.</p>	<p><b>Thames Midwives (All Day)</b> <b>Appointment Only</b></p> <p><b>Slade Library Stay &amp; Play (Birth-5yrs)</b> 3.00pm-3.30pm <b>(Drop in)</b></p> <p><b>Arts &amp; Crafts Activities</b> Delivered by GCDA (0-3 years) (9.30am -11.00am) 16<sup>th</sup> Sept – 30<sup>th</sup> Sept Call to book FREE</p> <p><b>Volunteer Training</b> 4th Nov – 9th Dec 9.30am – 2.30pm</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 <b>(Drop in)</b></p> <p><b>Infant Feeding Clinic</b> 10.00am – 11.30am (Drop In)</p> <p><b>Stay &amp; Play (Birth-18mths)</b> <b>Messy Time</b> 1.45pm-2.30pm <b>Drop in</b> Starting 10th Sept – 24<sup>th</sup> Sept (£1.00 donation per family)</p>	<p><b>Well Baby Clinic (Including weighing)</b> 9.30am – 11.30am (Drop In) Speech and Language Drop-in (under2s only) 11th Dec 9:30am -11.30am</p> <p><b>Best Beginnings Clinic</b> Young Parents PM <b>Appointment only</b></p> <p><b>NEW: Edible Gardens (Growing Sessions)</b> (Starting Soon) Call for more information or to register.</p>	<p><b>Tots Talking (2-year-olds)</b> 5 Week Training to support parents and careers whose children need extra help with their language development. Lead Practitioners (trained by Speech &amp; Language Therapists), will offer advice and ideas to help support your child. <b>Starting 7<sup>th</sup> Nov 10am –11:00am</b> (Call to book) (Limited creche available)</p> <p><b>Music Therapy</b> 1<sup>st</sup> session @ 9:30am (Birth-1yr) 2<sup>nd</sup> session @ 10:15am (1yr -3yrs)</p>	<p><b>10-12 Month Development Reviews</b> 9.30am – 12.00pm <b>Appointment only</b></p> <p><b>Slade Library Rhyme Time</b> 10:30am – 11am <b>(Drop in)</b></p> <p><b>Tiny Steps Soft Play</b> (Birth-3yrs) (Pre-walkers only) 1:30pm – 2:45pm Sessions suitable for all abilities and disabilities (Tube Feeding Friendly) <b>(Drop in)</b> (£1.50 per family, per session)</p>

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	<p>For more information email <a href="mailto:volunteer@homestartgreenwich.org.uk">volunteer@homestartgreenwich.org.uk</a> (No crèche provided)</p>	<p><b>Baby Massage</b> (Birth - non crawlers) (5 Week Course) Starting 1<sup>st</sup> Oct – 29<sup>th</sup> Oct 1<sup>st</sup> session @ 1:15pm-14pm 2<sup>nd</sup> session @ 14:15pm-15:15pm (Call to book) Sessions suitable for all abilities and disabilities (£1.50 per family, per session)</p> <p><b>Bouncing Babies</b> (Birth – non crawlers) (5 Week Course) Starting 5<sup>th</sup> Nov - 10<sup>th</sup> Dec 1.45pm – 2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£1.50 per family, per session)</p>	<p><b>TOTs Nature Space Stay &amp; Play (1 - 5yrs)</b> Outdoor Play with Rhymes &amp; 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><b>Tiny Steps Soft Play</b> (Birth- 15mths) 1:30pm – 2:45pm Starting 11<sup>th</sup> 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><b>Stay &amp; Play (Birth-5yrs)</b> Family Sensory Arts &amp; Craft Session 1.30pm – 2.45pm Starting 12<sup>th</sup> September (Drop in) (£1.00 per family, per session)</p>	<p><b>FRIDAY 29<sup>TH</sup> NOVEMBER – CENTRE CLOSED FOR STAFF DEVELOPMENT DAY</b></p>

Services Explained	Additional Information
<p><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>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> </ul>	<p><b>Plumstead Day Nursery</b> Open 8am to 6pm Monday to Friday (51 weeks per year) <b>Offering full or half day sessions:</b> <u>8.00am to 1.00pm OR 1.00pm to 6.00pm</u> Plus 15 hour and 30-hour government funded sessions. <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><b>Eglinton Nursery</b> Open 8.45am to 3.45pm Monday to Friday (Term-time only) <b>Offering full or half day sessions:</b> <u>8.45am to 11.45pm OR 12.45pm to 3.45pm</u> <b>To arrange a visit or for more information call:</b></p>

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Centres	Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• <b>Tots Talking:</b> 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 &amp; Language Therapists will provide advice and ideas to support you."</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>Laugh, Sing &amp; Play:</b> Interactive play and singing session with bubbles, twirlers &amp; parachute games £1 per family <b>(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 <b>Mums Aid</b> 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> <li>• <b>Big Hopes Big Futures:</b> 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.</li> <li>• <b>Baby Ballers:</b> Age-appropriate activity classes for walkers up to 2 years, helping your child to develop new skills and build confidence.</li> <li>• <b>Bobo's Book Club:</b> 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.</li> <li>• <b>Dad's Forum:</b> 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.</li> <li>• <b>Young Parents Group:</b> Supporting the wellbeing of young parents and parents to be during pregnancy, childbirth and early childhood.</li> <li>• <b>Skate School/Theatre Performance Groups:</b> After school sessions for older children to gain new skills and confidence whilst making new friends.</li> <li>• <b>ADULT EVENING CLASSES (Hair Braiding/Keep Fit):</b> – Early evening sessions for parents to get fit/learn new skills/develop interests whilst meeting other parents.</li> <li>• <b>Baby- Me-Fit:</b> Exercise Classes designed for mums to attend with their babies, to help improve fitness levels and bond with their babies.</li> <li>• <b>Edible Garden:</b> Coming Soon – further details to follow.</li> <li>• <b>Tiny Feet Dance Class:</b> Active Dance Classes for you and your new walkers/toddlers engage, develop skills and confidence whilst having fun.</li> </ul> <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: <a href="mailto:enquiries@homestartgreenwich.org.uk">enquiries@homestartgreenwich.org.uk</a></p>	<p>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 <b>FREE 15-hour funded sessions?</b> 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><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 Centres.</p> <p><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>				

Our Programme does not have a fixed number of families attending each session, but will consider the size of the room, ventilation and practical considerations.

**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



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