



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" <u>Weds/Thursday</u> 12.00pm-2.00pm Cooked Lunch Service (Subsidised)</p> <p>COMMUNITY MEAL <u>Every Friday</u> 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 Food & Nutrition Workshops</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>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)</p> <p>BABY GROUP (Birth-12mths) 1.45pm-2.30pm (Drop in) (£1.00 per family) 9th & 16th Dec (£1.00 donation per family) (Hall)</p> <p>"Timeless Together" Monthly Group for ages 60 and over. Delivered by</p>	<p>Best Beginnings Midwives Clinic (AM) Appointment only</p> <p>Tiny Feet Family Dance Sessions (Starting 5th November) 10.00am - 10.45am (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) (7-15 years) (5th November – 17th December) (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>Adult Course:</p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p>WELCOME CAFE Cooked Lunch Service (Subsidised Meals to purchase) 12.00pm - 2.00pm See Cafe Board for Menu</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 9th October (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>WELCOME CAFE Cooked Lunch Service (Subsidised Meals to purchase) 12.00pm - 2.00pm See Cafe Board for Menu</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)</p> <p>Well Baby Clinic (Including weighing) 1.30pm – 3.30pm (Drop in) (Hall)</p> <p>BOBO'S BOOK CLUB (MINIS) & Laugh, Sing & Play Interactive Play & Singing Session (Birth - 2 years) 12.45pm -1.30pm (Call to book) (Term Time Only) (£1.00 per family) (Family Room)</p> <p>BOBO'S BOOK CLUB (MINIS) & Laugh, Sing & Play Interactive Play & Singing Session (2- 5 years) 1.30pm -2.15pm</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) (Term Time Only)</p> <p>Mindful Mums 11.00 - 12.30pm 8th Nov – 13th Dec 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>NEW: Monthly Nutrition Advice Workshop Friday 6th December (first Friday of the Month thereafter)</p>

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	<p>Marlborough Highways Monday 25th November Remembrance Afternoon Tea 1.00pm-3.00pm Monday 16th December Mince Pies & Festive Games Call to book – FREE (Family Room)</p> <p>Autistic Inclusive Meets (Autistic led organisation) Every Monday 4.00pm-5.30pm No diagnosis is necessary Siblings welcome £2.00 per family (Refreshments included) (Hall)</p>	<p>Hair Braiding for Beginners/Immediate 5.30pm - 6.30pm (Term Time Only) Learn new skills and techniques. (Call to book - FREE) 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 Last session for 2024 - 9th Dec 5.30pm-6.30pm Drop In (Free) Refreshments provided</p> <p>NEW: Community Choir (for 18 years plus) No previous experience necessary (open to all 18+ year olds regardless of musical ability or religion) 19th & 26th November/3rd December 5.30pm-6.30 pm (Hall) FREE</p>			<p>(Call to book) (Term Time Only) (£1.00 per family) (Family Room)</p> <p>NEW: BOBO'S BOOK CLUB (MIDIS) For 6-10 Years Further develop a love of reading and improve reading skills. 4.00pm - 5.15pm (Drop in) (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) (Outdoors/Family Room) (Term Time Only) FREE</p> <p>Skate Club Brought to you by Vibes- on-Vibes Community Outreach 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 Drop in (Community Cafe)</p> <p>COMMUNITY CAFE Free Community Meal 1.00pm-2.00pm (Contributions welcome)</p> <p>Stay & Play (Birth -5yrs) <i>Baby & Toddler</i> 1.30pm - 3.00pm (£1.00 per family, per session) (Call to book) NHS Dentist drop - in 17th of Jan 2025</p> <p>Employment & Benefit Advice Session Delivered by the Department for Work and Pensions (DWP) 1.00pm-4.00pm Advice on Benefits, Employment and Childcare Support. Drop in (Family Room) Not running on Friday 4th October</p> <p>FOOD PROVISION 3.00pm - 3.45pm (approximately) Not running on the 29th November.</p>

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<p>Cardwell 118 Frances Street Woolwich SE18 5LP</p> <p>020 8854 7342</p>	<p>Davonport Midwives Clinic (AM) Appointment only</p> <p>BABY GROUP (Birth-1yr) 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 Crèche provided) Call Cardwell to register your interest</p> <p>Stay & Play (Birth-5yrs) <i>Baby & Toddler</i> Messy Play 1.30pm - 3.00pm (Drop in) (£1.00 per family, per session)</p> <p>Akwaaba With Mum's Aid 1.00pm-3.00pm 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>
<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>BABY GROUP (Birth-1yr) 1.30pm – 3.00pm (Drop in) (£1.00 donation per family)</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>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>Coming Soon! Connecting From the Start 9.00am -12.00pm Starting Jan 23rd – 13th Mar 2025 For more information email (Limited crèche is provided) Tamsin.elfenbein@homestartgreenwich.org.uk</p>	<p>BABY GROUP (Birth-1yr) 1.30pm – 3.00pm (Drop in) (£1.00 donation per family)</p> <p>BABY GROUP Rhymes (Birth-18mths) 1.30pm – 3.00pm 24th Jan (Drop in) (£1.00 donation per family) NHS Dentist drop - in 24th of Jan 2025</p>

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<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 Speech and Language Group Small Talk Group (13-24 months) 9:30am -10:30am & Tiny Talk Group (Birth-12 months) 11:00am -12:00pm Tues 3rd and Tues 10th December 6 families max per session. (Call to Book 020 8319 5320)</p> <p>BABY GROUP (Birth-12mths) & Stay & Play (Birth-5yrs) Suitable for babies and children 1.30pm - 3.00pm (Drop in) (£1.00 per family, per session)</p>	<p>Best Beginnings Clinic (All day) Appointment only</p> <p>Flourish (Birth to 5) (6 weekly sessions) 9.30 - 11.30am Interactive Music 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>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>	<p>2 Year Development Reviews 9.30am – 12.30pm Appointment only</p> <p>Stay & Play (Birth-5yrs) <i>Baby & Toddler</i> 9.30am-11.30am (Drop in) (£1.00 per family, per session) NHS Dentist drop - in 10th of Jan 2025</p> <p>FRIDAY 29TH NOVEMBER – CENTRE CLOSED FOR STAFF DEVELOPMENT DAY</p>
<p>School House Whitworth Road Woolwich SE18 3QA</p> <p>0330 057 6051</p>		<p>Extra Help for You (Young Parenthood Session) 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>FRIDAY 29TH NOVEMBER – SCHOOL HOUSE CLOSED FOR STAFF DEVELOPMENT DAY</p>

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<p>Mulgrave Rectory Place Woolwich SE18 5DL</p> <p>020 8854 7342</p>	<p>BABY GROUP (Birth-1yr) 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>Learning Through Play (Term-time only) Discover learning through fun activities with your child Age 2-4 years 10.00pm – 12.00pm (Drop in) Starting 11th Nov (£1.00 per family, per session)</p> <p>BABY GROUP (Birth-18mths) Messy Time 1.45pm-2.30pm Drop in Starting 11th Nov (£1.00 donation per family)</p> <p>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 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>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>BABY GROUP (Birth-18mths) Messy Time 1.45pm-2.30pm Drop in Dec 17th (£1.00 donation per family)</p>	<p>Well Baby Clinic (Including weighing) 9.30am – 11.30am (Drop In) <u>Speech and Language Drop-in (under2s only)</u> 11th Dec 9:30am -11.30am</p> <p>Best Beginnings Clinic Young Parents PM Appointment only</p> <p>Stay & Play (1 - 5yrs) TOTs Nature Space</p> <p>Outdoor Messy Play with Rhymes & Games 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>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 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) (Term Time only)</p> <p>BABY GROUP (Birth-1yr) 1.30pm – 3.00pm (Drop in) (£1.00 donation per family)</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) 1:30pm – 2:45pm Sessions suitable for all abilities and disabilities (Tube Feeding Friendly) (Drop in) (£1.50 per family, per session)</p> <p style="text-align: center; color: red;">FRIDAY 29TH NOVEMBER – CENTRE CLOSED FOR STAFF DEVELOPMENT DAY</p>

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	<p>Slade Library Stay & Play (Birth-5yrs) 3.00pm-3.30pm (Drop in)</p>	<p>Coming Soon! Baby Massage (Birth - non crawlers) (5 Week Course) Starting January 25 1.45pm – 2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£1.50 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>Stay & Play (Birth-5yrs) <i>Baby & Toddler</i> Family Sensory Arts & Craft Session 1.30pm – 2.45pm (Drop in) (£1.00 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 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. 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." 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 – Sign up via their website or call 07758763908 	<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>Eglington 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 alternatively get in touch via any of our Children Centres.</p> <p>Together for Twos  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>

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<ul style="list-style-type: none"> • 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. • Community Choir Group (for 18 years +) Bringing people together through the power of song and connection (no previous experience necessary). <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>				<p>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>	

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