



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</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) From 20th Jan onwards (10.30am - 12.30pm) (Term Time Only) To register or for more information email: Projects@theground.org.uk (Hall)</p> <p>Baby Massage (Birth - non crawlers) (5 Week Course) Starting January 13th 1.45pm-2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£1.50 per family, per session)</p> <p>BABY GROUP Rhymes Time Stay & Play (Birth-18mths) Starting Feb 17th 1.45pm-2.30pm (Drop in) (£1.00 donation per family) (Hall)</p>	<p>Best Beginnings Midwives Clinic (AM) Appointment only</p> <p>Tiny Feet Family Dance Sessions From 7th Jan onwards 10.00am - 10.45am (Walkers to 3 years) (£1.00 per family) Call to book (Hall)</p> <p>Childcare and Early Education Funding Information Session Tuesday 21st January 10.00am - 11.30am Are you aware of the support available for childcare and early learning sessions? Please come along and meet the Supporting Families Employment Advisors and Family Information Officer to find out more (No need to book) (Family Room)</p> <p>Mum's Aid Counselling 12.30pm – 4.00pm Appointment only</p> <p>Well-being Welcome 1.00pm – 3.00pm Meet the Well-being Team and discover available support for your family. (Term Time Only) Starting 10th September onwards (Drop In) (Family Room)</p> <p>Tots Talking (2-year-olds) 5 Week Training to support parents and careers whose</p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p>WELCOME CAFE Cooked Lunch Service (Subsidised Meals to purchase) 12.00pm - 2.00pm <u>See Cafe Board for Menu</u> From 8th Jan onwards</p> <p>Being a Parent Starting 22nd January -- 2nd April (Invitation only) 9.30am – 12.30pm For more information email volunteer@homestartgreenwich.org.uk (Limited crèche is provided) (Hall)</p> <p>Coming Soon! Being a Parent Autism: (Invitation only) Starting 23rd April - 2nd July 2025 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 6 weeks - 16 months) (Delivered by Firefly Fitness) From Wednesday 8th Jan (Term Time Only) (2.00pm-2.45pm)</p>	<p>Thames Midwives Clinic (All Day) Appointment only</p> <p>WELCOME CAFE Cooked Lunch Service (Subsidised Meals to purchase) 12.00pm - 2.00pm <u>See Cafe Board for Menu</u></p> <p>SENDSory Group Starting Jan 9th 10.00am-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) AND LAUGHT, SING & PLAY Interactive Play & Singing Session (Birth - 2 years) From 16th Jan onwards 12.45pm -1.30pm (Call to book) (Term Time Only) (£1.00 per family) (Family Room)</p> <p>BOBO'S BOOK CLUB (MINIS) AND LAUGHT, SING AND PLAY</p>	<p> Blood Spots Clinics 9.30am – 12.00pm Appointment only</p> <p>Music Therapy Starting Jan 10th 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>Monthly Nutrition Advice Workshop Information and advice for you and your child. Starting back on Friday 10th January (First Friday of every month thereafter) 12.00pm - 2.00pm Drop in (Community Cafe)</p> <p> Thames Midwives Clinic (PM) Appointment only</p> <p>COMMUNITY CAFE Free Community Meal 1.00pm-2.00pm (Contributions welcome) From 10th Jan onwards</p> <p>Stay & Play (Birth -5yrs) <i>Baby & Toddler</i></p>

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Centres	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>“Timeless Together” (Monthly Group) For ages 60 and over. Delivered by Marlborough Highways Monday 27th Jan 1.00pm - 3.00pm New Years Bingo/craft activity Monday 24th Feb 1.00pm - 3.00pm “Love is in the Air” Valentines Arts & Crafts Monday 31st March 1.00pm - 3.00pm St Patrick’s Day Celebration Refreshments & Snacks Provided Call to book – FREE (Family Room)</p> <p>Autistic Inclusive Meets (Autistic led organisation) Every Monday from From 13th Jan onwards 4.00pm-5.30pm No diagnosis is necessary Siblings welcome £2.00 per family (Refreshments included) (Hall)</p>	<p>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 21st Jan-18th Feb 1.30pm - 2.30pm (Call to book) (Limited creche available)</p> <p>Children’s Theatre Performance Class (Dancing, Singing and Drama) (7–15 years) From Tuesday 14th Jan onwards 5.30pm-6.30pm (Term time only) Build self-confidence and explore your imagination whilst learning new performance skills. (Call to book – FREE) (Family Room)</p> <p>Adult Course: Hair Braiding for Beginners/Intermediate From Tuesday 14th Jan onwards 5.30pm - 6.30pm (Term Time Only) Learn new skills and techniques. (Call to book - FREE) Limited Creche spaces available</p> <p>Interested in attending a Dad’s Hair Braiding Workshop? Please let staff know.</p> <p>Dad’s Forum (Delivered by Parent Power) Monthly meet up for new and expectant dads. Every 2nd Tuesday of the Month (First session Tuesday 14th January) 5.30pm-6.30pm Drop In</p>	<p>(Call to book) £1.00 per family (Family Room)</p>	<p>Interactive Play & Singing Session (2- 5 years) From 16th Jan onwards 1.30pm -2.15pm (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. From 16th Jan onwards 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) From 16th Jan onwards 5.30pm -6.30pm Call to book - (limited spaces) (Outdoors/Family Room) (Term Time Only) FREE</p> <p>Skate Club Brought to you by Vibe-on-Vibes Community Outreach From 16th Jan onwards 5.30pm-6.30pm For 12-15 year olds Limited Spaces Booking required (Hall)</p>	<p>Starting Jan 10th 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) From 10th Jan onwards 1.00pm-4.00pm Advice on Benefits, Employment and Childcare Support. Drop in (Family Room)</p> <p>FOOD PROVISION 3.00pm - 3.45pm (approximately)</p> <p>In celebration of our 30th Anniversary on Friday 24th January we are launching the HOME-START GREENWICH ORANGE & PURPLE “DRESS UP” DAY (& BIRTHDAY PARTY) 1.00pm-3.00pm Help to brighten up our Centre’s and the lives of those in need, by getting involved with this Fund-Raising Event. By wearing your best orange or purple outfit or accessories and joining in themed activities around our Nurseries and Centre’s you will help raise funds for our Charity. £1.00 voluntary contribution per person. Please see posters/staff/or Social Media sites for more information. Booking Required</p>

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		<p>(Free) Refreshments provided</p> <p>NEW: Thamesmead Community Choir (for 18 years plus) No previous experience necessary (open to all 18+ year olds regardless of musical ability or religion) From 14th January onwards (Term time only) 5.30pm-6.30 pm (Hall)</p> <p>NO CHOIR SESSION RUNNING ON TUESDAY 4TH FEBRUARY</p>		FREE	
<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) Starting Jan 13th 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 Appointment only</p>	<p>Stay & Play (Birth-5yrs) <i>Baby & Toddler</i> Messy Play Starting Jan 8th 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 07758 763908</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>

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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	Coming Soon! Connecting From the Start 9.00am -12.00pm Starting Mar 6 th – May 1st, 2025 For more information email (Limited Crèche is provided) Tamsin.elfenbein@homestartgreenwich.org.uk	BABY GROUP Rhymes (Birth-18mths) Starting Jan 17 th 1.30pm – 3.00pm (Drop in) (£1.00 donation per family) NHS Dentist drop - in 24th of Jan 2025
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 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)	Best Beginnings Clinic (All day)  Appointment only Flourish (Birth to 5) 10.00am - 12.00pm Music interactive sessions for parents and children. Plus: New - One- to- One Flourish mother and child sessions available – by appointment, via the Well Being Team Call for more information or speak to the Wellbeing Team. Starting on 8 th January 2025	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) Bouncing Babies (Birth – non crawlers) (5 Week Course) Starting Jan 16 th 1.45pm – 2.30pm Sessions suitable for all abilities and disabilities (Call to book)	2 Year Development Reviews 9.30am – 12.30pm  Appointment only Stay & Play (Birth-5yrs) Baby & Toddler 9.30am-11.30am (Drop in) (£1.00 per family, per session) NHS Dentist drop - in 10th of Jan 2025

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<p>School House Whitworth Road Woolwich SE18 3QA</p> <p>0330 057 6051</p>		<p>Extra Help for You (Young Parents Group) Every Tuesday for 4 weeks Starting 28th Jan – 18th Feb Supporting your wellbeing during pregnancy, childbirth and early childhood. For further details and to book email: parenting@parentpower-ed.co.uk (Limited Space) FREE</p>			
<p>Mulgrave Rectory Place Woolwich SE18 5DL</p> <p>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</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 13th Jan (£1.00 per family, per session)</p> <p>BABY GROUP (Birth-18mths) Messy Time Starting 13th Jan 1.45pm-2.30pm (Drop in) (£1.00 donation per family)</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>Baby Massage (Birth - non crawlers) (5 Week Course) Starting January 14th 1.45pm-2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£1.50 per family, per session)</p> <p>Bouncing Babies</p>	<p>Well Baby Clinic (Including weighing) 9.30am – 11.30am (Drop In) 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</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 27th Feb – 04th April 10.00am – 11.30am (Pre-registration required) For more information call centre</p> <p>Music Therapy Starting Jan 9th 1st session @ 9:30am (Birth-1yr) 2nd session @ 10:15am</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>Please note : FRIDAY 24TH NO – SOFT PLAY</p>

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	<p>Slade Library Stay & Play (Birth-5yrs) 3.00pm-3.30pm (Drop in)</p>	<p>(Birth – non crawlers) (5 Week Course) Starting Feb 25th 1.45pm – 2.30pm Sessions suitable for all abilities and disabilities (Call to book)</p>	<p>(£1.00 per family, per session) Baby 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>(1yr -3yrs) Sessions suitable for all abilities and disabilities Delivered by Oxleas NHS Specialist Music Therapist (SEND Friendly) (Call to book) (Term Time only) BABY GROUP (Birth-1yr) Starting 9th Jan 1.30pm-2.45pm Drop in (£1.00 donation per family) Stay & Play (Birth-5yrs) <i>Baby & Toddler</i> Family Sensory Arts & Craft Session Starting January 16th 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 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. 	<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)</p>

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<ul style="list-style-type: none"> • 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 – <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. • 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. • Tiny Feet Dance Class: Active Dance Classes for you and your new walkers/toddlers engage, develop skills and confidence whilst having fun. • Community Choir (18 years plus): Bringing people together through the power of song and connection. <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>Offering full or half day sessions: 8.45am to 11.45pm OR 12.45pm to 3.45pm 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>				

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