



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
		- - -	ж.		
Brookhill	Thames Midwives Clinic	Best Beginnings Midwives Clinic	Thames Midwives Clinic	Thames Midwives Clinic	Blood Spots Clinics
Children's Centre,	(All day)	(AM)	(All day)	(All Day)	9.30am – 12.00pm
Community Centre and	Appointment only	Appointment only	Appointment only	Appointment only	Appointment only
Family Hub	2 Year Development Reviews		WELCOME CAFE	WELCOME CAFE	Music Therapy
	9.30am – 12.00pm	Tiny Feet Family Dance Sessions	Cooked Lunch Service	Cooked Lunch Service	Starting Jan 10th
42 Brumwell Avenue	Appointment only	From 7 th Jan onwards	(Subsidised Meals to purchase)	(Subsidised Meals to purchase)	1 st session @ 9.30am
	(Family Room)	10.00am - 10.45am	12.00pm - 2.00pm	12.00pm - 2.00pm	(Birth-1yr)
Woolwich		(Walkers to 3 years)	See Cafe Board for Menu	See Cafe Board for Menu	2 nd session @ 10.15am
SE18 6BD	Migrant Mothers	(£1.00 per family)	From 8 th Jan onwards		(1yr -3yrs)
	Dance Sessions	Call to book		SENDsory Group	Sessions suitable for all abilities
020 8319 5320	(Delivered by Creating Ground)	(Hall)	Being a Parent	Starting Jan 9th	and disabilities
	From 20 th Jan onwards	Childcare and Early Education	Starting 22nd January 2nd April	10.00am-11.30am	Delivered by Oxleas NHS
BROOKHILL	(10.30am - 12.30pm) (Term Time Only)	Funding Information Session	(Invitation only)	(Drop in)	Specialist Music Therapist
	To register or for more	Tuesday 21st January	9.30am – 12.30pm For more information email	Suitable for babies and children with abilities and disabilities	(SEND Friendly) (Call to book)
<u>"WELCOME CAFE"</u>	information email:	10.00am - 11.30am	volunteer@homestartgreenwich.org.uk	(Siblings are welcome)	(Term Time Only)
<u>Weds/Thursday</u>	Projects@theground.org.uk	Are you aware of the support available for	(Limited crèche is provided)	(£1.00 donation per family)	(Term Time Only)
12.00pm-2.00pm	(Hall)	childcare and early learning sessions?	(Hall)	(Hall)	Monthly Nutrition
Cooked Lunch Service	· · ·	Please come along and meet the			Advice Workshop
(Subsidised)	Baby Massage	Supporting Families Employment Advisors	Coming Soon!	Well Baby Clinic	Information and advice for you
	(Birth - non crawlers)	and Family Information Officer to find out	Being a Parent Autism:	(Including weighing)	and your child.
COMMUNITY MEAL	(5 Week Course)	more	(Invitation only)	1.30pm – 3.30pm	Starting back on Friday 10 th
Every Friday	Starting January 13th	(No need to book)	Starting 23rd April2nd July 2025	(Drop in)	January
1.00pm-2.00pm	1.45pm-2.30pm	(Family Room)	9.30am – 12.30pm	(Hall)	(First Friday of every month
Menu Changes Weekly	(Call to book)		For more information email		thereafter)
(Contributions welcome)	Sessions suitable for all	Mum's Aid Counselling	volunteer@homestartgreenwich.org.uk (Limited crèche is provided)	BOBO'S BOOK CLUB (MINIS) AND LAUGH, SING & PLAY	12.00pm - 2.00pm Drop in
(contributions welcome)	abilities and disabilities	12.30pm – 4.00pm	(Hall)	Interactive Play & Singing Session	(Community Cafe)
	(£1.50 per family, per session)	Appointment only	(man)	(Birth - 2 years)	12151121
Food Provision			Infant Feeding Clinic	From 16 th Jan onwards	Thames Midwives Clinic
3.00pm-3.45pm	BABY GROUP		1.00pm – 2.30pm	12.45pm -1.30pm	(PM)
(approximately)	Rhymes Time	Well-being Welcome	(Drop in)	(Call to book)	Appointment only
	Stay & Play	1.00pm - 3.00pm Meet the Well-being Team and discover	(Hall)	(Term Time Only)	
	(Birth-18mths)	available support for your family.		(£1.00 per family)	COMMUNITY CAFE
	Starting Feb 17 th	(Term Time Only)	Baby Me Fit	(Family Room)	Free Community Meal
	1.45pm-2.30pm	Starting 14 th January onwards	Exercise Class		1.00pm-2.00pm
	(Drop in)	(Drop In)	(Mother's & Babies 6 weeks - 16 months)	BOBO'S BOOK CLUB (MINIS)	(Contributions welcome) From 10 th Jan onwards
	(£1.00 donation per family)	(Family Room)	(Delivered by Firefly Fitness)	AND LAUGH, SING AND PLAY	From 10 ^m Jan onwards
	(Hall)	· · / · · /	From Wednesday 8 th Jan	Interactive Play & Singing Session	Stay & Play (Birth -5yrs)
			(Term Time Only) (2.00pm-2.45pm)	(2- 5 years) From 16 th Jan onwards	Baby & Toddler
			(2.00pm-2.40pm)	From 10 Jan onwards	2007 0.00000

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Call each Centre to book onto some sessions





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Centres	Monday	Tuesday	Wednesday	Thursday	Friday
	"Timeless Together"	Family Law Outreach	(Call to book)	1.30pm -2.15pm	Starting Jan 10 th
	(Monthly Group)	National Legal Service	£1.00 per family)	(Call to book)	1.30pm - 3.00pm
	For ages 60 and over.	1.00pm - 3.00pm	(Family Ro om)	(Term Time Only)	(£1.00 per family, per session)
	Delivered by Marlborough Highways	Child Protection/Social Services		(£1.00 per family)	(Call to book)
	Monday 27 th Jan	Domestic Abuse		(Family Room)	<u>NHS Dentist drop - in</u>
	1.00pm - 3.00pm	Children Disputes			17 th of Jan 2025
	New Years Bingo/craft activity Monday 24 th Feb	Last Tuesday of every month		NEW: BOBO'S BOOK CLUB (MIDIS)	
	1.00pm - 3.00pm	(Starting Tuesday 28th Jan)		For 6-10 Years	Employment & Benefit
	"Love is in the Air"	(Term Time Only)		Further develop a love of reading	Advice Session
	Valentines Arts & Crafts	(Drop In)		and improve reading skills.	Delivered by the Department for
	Monday 31 st March			From 16 th Jan onwards	Work and Pensions (DWP)
	1.00pm - 3.00pm	Tots Talking (2-year-olds)		4.00pm - 5.15pm	From 10 th Jan onwards
	St Patrick's Day Celebration	5 Week Training to support		(Drop in)	1.00pm-4.00pm
	Refreshments & Snacks Provided	parents and careers whose		(Term Time Only)	Advice on Benefits, Employment
	Call to book – FREE	children need extra help with		(Family Room)	and Childcare Support.
	(Family Room)	their language development. Lead Practitioners		FREE	Drop in
	(ranny reenry	(trained by Speech & Language		A de la Marca Ella Olarana	(Family Room)
	Autistic Inclusive Meets	Therapists), will offer advice and		Adult Keep Fit Classes	
	(Autistic led organisation)	ideas to help support your child.		Indoor/Outdoor	FOOD PROVISION
	Every Monday from	Starting 21 st Jan-18 th Feb		(Weather Permitting)	<u>3.00pm - 3.45pm</u>
	From 13 th Jan onwards	1.30pm - 2.30pm		Trim, Tone and Full Body Workouts	(approximately)
	4.00pm-5.30pm	(Call to book)		(for all levels of fitness)	In celebration of our 30 th Anniversary
	No diagnosis is necessary	(Limited creche available)		Delivered by No Shane, No Gain	on Friday 24 th January
	Siblings welcome			(Personal Fitness Instructor)	we are launching the
	£2.00 per family	Children's Theatre Performance Class		From 16 th Jan onwards	HOME-START GREENWICH
	(Refreshments included)	(Dancing, Singing and Drama)		5.30pm -6.30pm	ORANGE & PURPLE
	(Hall)	(7–15 years)		Call to book - (limited spaces)	"DRESS UP" DAY
		From Tuesday 14 th Jan onwards		(Outdoors/Family Room)	(& BIRTHDAY PARTY)
		5.30pm-6.30pm		(Term Time Only)	1.00pm-3.00pm
		(Term time only)		FREE	Help to brighten up our Centre's and
		Build self-confidence and explore your		THEE	the lives of those in need,
		imagination whilst learning new		Skate Club	by getting involved with this
		performance skills.		Brought to you by Vibe-on-Vibes	Fund-Raising Event.
		(Call to book – FREE)		Community Outreach	By wearing your best
		(Family Room)		From 16 th Jan onwards	orange or purple outfit or
				5.30pm-6.30pm	accessories and joining in themed
		Adult Course:		For 12-15 year olds	activities around our Nurseries and Centre's you will help raise
		Hair Braiding for Beginners/Intermediate		Limited Spaces	funds for our Charity.
		From Tuesday 14 th Jan onwards		Booking required	£1.00 voluntary contribution
		5.30pm - 6.30pm		(Hall)	
		(Term Time Only)		FREE	per person. Please see posters/staff/or Social
		Learn new skills and techniques.			Media sites for more information.
		(Call to book - FREE)			Booking Required

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Centres	Monday	Tuesday	Wednesday	Thursday	Friday
Centres	Monday	Tuesday Limited Creche spaces available Interested in attending a Dad's Hair Braiding Workshop? Please let staff know. Dad's Forum (Delivered by Parent Power) Monthly meet up for new and expectant dads. Every 2 nd Tuesday of the Month (First session Tuesday 14 th January) 5.30pm-6.30pm Drop In (Free) Refreshments provided	Wednesday	Thursday	Friday
		NEW: Thamesmead Community Choir (for 18 years plus) No previous experience necessary (open to all 18+ year olds regardless of musical ability or religion) (Starting 28 th Jan) (Term time only) 5.30pm-6.30 pm (Hall) NO CHOIR SESSION RUNNING ON TUESDAY 4 TH			
Cardwell 118 Frances Street Woolwich SE18 5LP 020 8854 7342	Davonport Midwives Clinic (AM) Appointment only BABY GROUP (Birth-1yr) (Term-time only) Starting Jan 13th 1.30pm – 3.00pm (Drop in) (£1.00 donation per family)	FEBRUARY 10-12 Months Development Reviews 9.30am – 12.00pm Appointment only Young Mum's Aid Counselling 9.30am – 12.30pm Appointment only	Stay & Play (Birth-Syrs) Baby & Toddler Messy Play Starting Jan 8th 1.30pm - 3.00pm (Drop in) (£1.00 per family, per session) Akwaaba With Mum's Aid 1.00pm-3.00pm Sign Up or call 07758 763908	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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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 Image: Comparison of the second	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@homestartgre enwich.org.uk	BABY GROUP Rhymes (Birth-18mths) Starting Jan 17th 1.30pm – 3.00pm (Drop in) (£1.00 donation per family) NHS Dentist drop - in 24 th of Jan 2025 Please note : FRIDAY 24 TH NO – BABY GROUP
Eglinton Paget Rise Woolwich SE18 3PY	2 Year Development Reviews 9.30am – 11.30am Appointment only	Thames Midwives Clinic (All day) Appointment only	Best Beginnings Clinic (All day) Appointment only Flourish (Birth to 5)	Thames Midwives Clinic (All day) ppointment only	2 Year Development Reviews 9.30am – 12.30pm Appointment only
020 8331 0374	10-12 Months Development Reviews 1.00pm – 4.00pm Appointment only	BABY GROUP (Birth-12mths) & Stay & Play (Birth-5yrs) Suitable for babies and children 1.30pm - 3.00pm	10.00am - 12.00pm Interactive Music sessions for parents and children. Plus: New - One- to- One Flourish mother and child sessions available – by appointment, via the	Childminders Stay & Play 9.30am – 11.30am (This session is for foster carers, nannies & childminders) (£1.00 per family, per session)	Stay & Play (Birth-Syrs) Baby & Toddler 9.30am-11.30am (Drop in) (£1.00 per family, per session) <u>NHS Dentist drop - in</u>

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Centres	Monday	Tuesday	Wednesday	Thursday	Friday
		(Drop in) (£1.00 per family, per session)	Well Being Team Call for more information or speak to the Wellbeing Team. Starting on 8 th January 2025	Bouncing Babies (Birth – non crawlers) (5 Week Course) Starting Jan 16th 1.45pm – 2.30pm Sessions suitable for all abilities and disabilities (Call to book)	<u>10th of Jan 2025</u> Please note : FRIDAY 24 TH NO – STAY &PLAY
School House Whitworth Road Woolwich SE18 3QA 0330 057 6051		Extra Help for You (Young Parents Group) Every Tuesday for 4 weeks Starting 28 th Jan – 18 th Feb Supporting your wellbeing during pregnancy, childbirth and early childhood. For further details and to book email: <u>parenting@parentpower-ed.co.uk</u> (Limited Space) FREE			
Mulgrave Rectory Place Woolwich SE18 5DL 020 8854 7342	Baby Group (Birth-1yr) Starting 20 th Jan 9.30am – 11.30pm (Drop in) (£1.00 donation per family) Sessions suitable for all abilities and disabilities	Mum's Aid Counselling 11.00am – 2.00pm Appointment only	2 Year Developmental Reviews 1.00pm – 4.00pm Appointment only		
Slade Erindale Plumstead SE18 2QQ 020 8854 7900 opt 2.	Thames Midwives (All Day) Appointment Only Learning Through Play (Term-time only) Discover learning through fun	Poppy Team Midwife Clinic <u>AM</u> Appointment only Slade Library Rhyme Time 10.30am – 11.00am (Drop in)	Well Baby Clinic (Including weighing) 9.30am – 11.30am (Drop In) 9:30am -11.30am Best Beginnings Clinic Young Parents	BHBF Big Hopes Big Futures (Bookings only) Eight-week parent and child course (pre booking essential). Structured sessions planned around school readiness. Topics	10-12 Month Development Reviews 9.30am – 12.00pm Appointment only Slade Library Rhyme Time 10:30am – 11am
	activities with your child Age 2-4 years 10.00pm – 12.00pm (Drop in) Starting 13 th Jan (£1.00 per family, per sess0ion)	Infant Feeding Clinic 10.00am – 11.30am (Drop In) Baby Massage	Young Parents <u>PM</u> Appointment only Stay & Play (1 - 5yrs)	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 6th Feb – 03 rd April	(Drop in) Tiny Steps Soft Play (Birth-3yrs) 1:30pm – 2:45pm

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Part of the Greenwich Family Hubs Network



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Centres	Monday	Tuesday	Wednesday	Thursday	Friday
	BABY GROUP (Birth-18mths) Messy Time Starting 13 th Jan 1.45pm-2.30pm (Drop in) (£1.00 donation per family) Slade Library Stay & Play (Birth-5yrs) 3.00pm-3.30pm (Drop in)	(Birth - non crawlers) (5 Week Course) Starting January 14 th 1.45pm-2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£1.50 per family, per session) Bouncing Babies (Birth - non crawlers) (5 Week Course) Starting Feb 25th 1.45pm - 2.30pm Sessions suitable for all abilities and disabilities (Call to book)	TOTs Nature Space 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) 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)	10.00am - 11.30am (Pre-registration required) Marie.Stephens@homestartgreen wich.org.uk For more information call centre Music Therapy Starting Jan 9th 1 st session @ 9:30am (Birth-1yr) 2 nd 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) BABY GROUP (Birth-1yr) Starting 9 th Jan 1.30pm-2.45pm Drop in (£1.00 donation per family) Stay & Play (Birth-5yrs) Baby & Toddler Family Sensory Arts & Craft Session Starting January 16 th 1.30pm - 2.45pm (Drop in) (£1.00 per family, per session)	Sessions suitable for all abilities and disabilities (Tube Feeding Friendly) (Drop in) (£1.50 per family, per session) Please note : FRIDAY 24 TH NO – SOFT PLAY

Services Explained	Additional Information
All our Centres are Breastfeeding Friendly	Plumstead Day Nursery Open 8am to 6pm Monday to Friday (51 weeks per year)

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Centres	Monday	Tuesday	Wednesday	Thursday	Friday
Baby Groups & Sof	t Play: Sessions provide stimulating activit	Offering full or half day sessions:			
friends.	they. Sessions provide sumulating detivit	8.00am to 1.00pm OR 1.00pm to 6.00pm			
	: A variety of activities for parents and ch	Plus 15 hour and 30-hour government funded session			
	<i>i</i>	To arrange a visit or for mor			
	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.				
0 0	nded play that allows children to explore of		curry icurring.	0208 8369 252 or alternatively get in touch via any of our Centres.	
	ctive Music sessions for children under 5.			Centi	e3.
•	Sessions: An opportunity for children to	develop their early literacy skills.		Eglinton	Nursery
	eets: A weekly group for families with Aut			Open 8.45am to 3.45p	
	Play: Ofsted Registered Childminders me			(Term-tim	
•	Needs and Disabilities (SEND) Baby & Too		sensory activities for babies with	Offering full or ha	
	ys or children with SEND.			8.45am to 11.45pm OR	•
	us for a session where you can find inform	ation and activities to help parents and	carers support their two-year-olds with	To arrange a visit or for mor	
•	•		peech & Language Therapists will provide	0208 331	
advice and ideas to s		,		alternatively get in touch via a	any of our Children Centres.
		vide children with opportunities to explo	re various instruments. These sessions will	, , ,	
	velop their core skills of listening, confide			Teertheed	
	Interactive play and singing session with b	•		Together f	
	oor Play): Provides freedom and space to				
	their actions and teamwork (please dress appropriately for the weather).				
 Migrant Women's DAN 	ICE Session: Dance Sessions for migrant wo	mon to ovaloro movement around diffe	rant themes in a relayed and inclusive	Offering full or ha	sev If day sessions:
-	ice session: Darice sessions for migrant wo	men to explore movement around diffe	lent themes in a relaxed and inclusive	9.15am to 12.15pm OR 12.30pm to 3.30pm	
space.	appointment only via the Midwifery Team	c for hoforo (antonatal) and after the hi	th of your haby	Are you eligi	
			ow more about parenting and how children	FREE 15-hour fur	
develop.	ciniu s benavior. The solinui approach is	Tor parents and carers who want to kno	ow more about parenting and now children	If you would like further information re	
	oup from Mums Aid offering counselling, r	parenting support and guidance for now	mums from Black Asian and Ethnic	to a member of staff or call any of our	
•	es – Sign up via their website or call 07758	5 5	munis nom black, Asian, and Etimic	morning and after	
			ng parents to engage in their children's early		
• • •	r children from 2 years upwards.	ined around school readiness. Supportin	ig parents to engage in their children's early	Vitam	ins
e e		love of reading from an early age (new	and old stories covered). Helping to plant	Did you know that you o	can pick up your FREE
	in each child, whilst building a strong foun		and old stones covered). Helping to plant	vitamins at your neares	st Children's Centre?
-		-	rent topics around fatherhood in a relaxed	Just bring your Healthy Start Card to co	•
sitting.	.,			to a member of staff or call a	ny of our Children Centres.
	p: Supporting the wellbeing of young pare	ents and parents to be during pregnance	y, childbirth and early childhood.		
-			and confidence whilst making new friends.	Volunte	0
=	ASSES (Hair Braiding/Keep Fit): - Early eve	0	0	Do you have what it takes to become	
meeting other paren		and help make a difference to the li			
0 1	se Classes designed for mums to attend w	information contact any o			
-	ss: Active Dance Classes for you and your			volunteer@homestar	rtgreenwich.org.uk
	8 years plus): Bringing people together th		5		
		o . o	f staff for further information or support.		

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We welcome feedback on ou	r services, please share your experient				
	<u>enquiries@hor</u>				

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