



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</b> <b>"WELCOME CAFE"</b></p> <p><b>Monday/Tuesday</b> <b>8.30am – 2.30pm</b> <b>Hot Drinks/Light Bites</b></p> <p><b>Weds/Thursday</b> <b>10.00am - 11.00am</b> <b>Hot Drinks/Light Bites</b></p> <p><b>12.00pm-2.00pm</b> <b>Cooked Lunch Service</b> <b>(Subsidised)</b></p> <p><b>Friday</b> <b>10.00am - 12.00am</b> <b>Hot Drinks/Light Bites</b></p>	<p><b>Thames Midwives Clinic</b> (All day) <b>Appointment only</b></p> <p><b>WELCOME CAFE</b> <b>8.30am-2.30pm</b> Hot Drink/Light Bites</p> <p><b>2 Year Development Reviews</b> 9.30am – 12.00pm <b>Appointment only</b> (Family Room)</p> <p><b>Migrant Mothers Dance Sessions</b> (Delivered by Creating Ground) <b>From 20<sup>th</sup> Jan onwards</b> (10.30am - 12.30pm) (Term Time Only) To register or for more information email: Projects@theground.org.uk (Hall)</p> <p><b>Baby Massage</b> (Birth - non crawlers) (5 Week Course) <b>Starting January 13<sup>th</sup></b> 1.45pm-2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£1.50 per family, per session)</p> <p><b>BABY GROUP</b> Rhymes Time Stay &amp; Play (Birth-18mths) <b>Starting Feb 17<sup>th</sup></b> 1.45pm-2.30pm (Drop in)</p>	<p><b>Best Beginnings Midwives Clinic</b>  (AM) <b>Appointment only</b></p> <p><b>WELCOME CAFE</b> <b>8.30am-2.30pm</b> Hot Drinks/Light Bites</p> <p><b>Tiny Feet Family Dance Sessions</b> From 7<sup>th</sup> Jan onwards 10.00am - 10.45am (Walkers to 3 years) (£1.00 per family) Call to book (Hall)</p> <p><b>Mum's Aid Counselling</b> 12.30pm – 4.00pm <b>Appointment only</b></p> <p><b>Well-being Welcome</b> 1.00pm - 3.00pm Meet the Well-being Team and discover available support for your family. (Term Time Only) <b>Starting 14<sup>th</sup> January onwards</b> (Drop In) (Family Room)</p> <p><b>Family Law Outreach</b> <b>National Legal Service</b> 1.00pm - 3.00pm <b>Child Protection/Social Services</b> <b>Domestic Abuse</b> <b>Children Disputes</b> Last Tuesday of every month (Starting Tuesday 28th Jan) (Term Time Only) (Drop In)</p>	<p><b>Thames Midwives Clinic</b> (All day)  <b>Appointment only</b></p> <p><b>WELCOME CAFE</b> <b>10.00am-11.00am</b> Hot Drinks/Light Bites</p> <p><b>12.00pm - 2.00pm</b> <b>Cooked Lunch Service</b> (Subsidised Meals to purchase) <b>See Cafe Board for Menu</b></p> <p><b>Being a Parent</b> <b>Starting 22nd January -- 2nd April</b> (Invitation only ) <b>9.30am – 12.30pm</b> <b>For more information email</b> <a href="mailto:volunteer@homestartgreenwich.org.uk">volunteer@homestartgreenwich.org.uk</a> (Limited crèche is provided) (Hall)</p> <p><b>Coming Soon!</b> <b>Being a Parent Autism:</b> (Invitation only) <b>Starting 23rd April -- 2nd July 2025</b> <b>9.30am – 12.30pm</b> <b>For more information email</b> <a href="mailto:volunteer@homestartgreenwich.org.uk">volunteer@homestartgreenwich.org.uk</a> (Limited crèche is provided) (Hall)</p> <p> <b>Infant Feeding Clinic</b> 1.00pm – 2.30pm (Drop in) (Hall)</p> <p><b>Baby Me Fit</b> <b>Exercise Class</b> (Mother's &amp; Babies 6 weeks - 16 months) (Delivered by Firefly Fitness)</p>	<p><b>Thames Midwives Clinic</b> (All Day) <b>Appointment only</b></p> <p><b>WELCOME CAFE</b> <b>10.00am-11.00am</b> Hot Drinks/Light Bites</p> <p><b>12.00pm - 2.00pm</b> <b>Cooked Lunch Service</b> (Subsidised Meals to purchase) <b>See Cafe Board for Menu</b></p> <p><b>SENDSory Group</b> <b>Starting Jan 9<sup>th</sup></b> <b>10.00am-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) <b>1.30pm – 3.30pm</b> (Drop in) (Hall)</p> <p><b>BOBO'S BOOK CLUB (MINIS) AND LAUGH, SING &amp; PLAY</b> <b>Interactive Play &amp; Singing Session</b> (Birth - 2 years) From 16<sup>th</sup> Jan onwards <b>12.45pm -1.30pm</b> (Call to book) (Term Time Only) (£1.00 per family) (Family Room)</p>	<p> <b>Blood Spots Clinics</b> 9.30am – 12.00pm <b>Appointment only</b></p> <p><b>WELCOME CAFE</b> <b>10.00am-12.00pm</b> Hot Drinks/Light Bites</p> <p><b>Music Therapy</b> <b>Starting Jan 10<sup>th</sup></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) (Term Time Only)</p> <p><b>Monthly Nutrition Advice Workshop</b> Information and advice for you and your child. <b>(First Friday of every month thereafter)</b> <b>12.00pm - 2.00pm</b> <b>Drop in</b> (Community Cafe)</p> <p> <b>Thames Midwives Clinic</b> (PM) <b>Appointment only</b></p> <p><b>COMMUNITY CAFE</b> <b>Free Community Meal</b> <b>1.00pm-2.00pm</b> (Contributions welcome) From 10<sup>th</sup> Jan onwards</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



£ charges apply for certain sessions (cash/card optional)



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>COMMUNITY MEAL</b> (Every Friday) <b>1.00pm-2.00pm</b> Menu Changes Weekly (Contributions welcome)</p> <p><b>Food Provision</b> <b>3.00pm-3.45pm</b> (approximately)</p>	<p>(£1.00 donation per family) (Hall)</p> <p><b>“Timeless Together”</b> (Monthly Group) <b>For ages 60 and over.</b> Delivered by Marlborough Highways <b>Monday 24<sup>th</sup> Feb</b> <b>12.30pm - 3.00pm</b> “Love is in the Air” Valentines Arts &amp; Crafts <b>Monday 31<sup>st</sup> March</b> <b>12.30pm - 3.00pm</b> St Patrick’s Day Celebration Refreshments &amp; Snacks Provided <u>Call to book – FREE</u> (Family Room)</p> <p><b>Autistic Inclusive Meets</b> (Autistic led organisation) Every Monday from <b>4.00pm-5.30pm</b> No diagnosis is necessary Siblings welcome £2.00 per family (Refreshments included) (Hall)</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 21<sup>st</sup> Jan-18<sup>th</sup> Feb</b> <b>1.30pm - 2.30pm</b> (Call to book) <b>(Limited creche available)</b></p> <p><b>Children’s Theatre Performance Class</b> (Dancing, Singing and Drama) (7–15 years) <b>From Tuesday 14<sup>th</sup> Jan onwards</b> <b>5.30pm-6.30pm</b> (Term time only) Build self-confidence and 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/Intermediate</b> <b>From Tuesday 14<sup>th</sup> Jan onwards</b> <b>5.30pm - 6.30pm</b> (Term Time Only) Learn new skills and techniques. (Call to book - FREE) 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 <b>5.30pm-6.30pm</b> Drop In</p>	<p><b>From Wednesday 8<sup>th</sup> Jan</b> (Term Time Only) <b>(2.00pm-2.45pm)</b> (Call to book) £1.00 per family) (Family Room)</p>	<p><b>BOBO’S BOOK CLUB (MINIS)</b> <b>AND LAUGH, SING AND PLAY</b> <b>Interactive Play &amp; Singing Session</b> (2- 5 years) <b>From 16<sup>th</sup> Jan onwards</b> <b>1.30pm -2.15pm</b> (Call to book) (Term Time Only) <b>(£1.00 per family)</b> (Family Room)</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. <b>From 16<sup>th</sup> Jan onwards</b> <b>4.00pm - 5.15pm</b> (Drop in) (Term Time Only) (Family Room) <b>FREE</b></p> <p><b>NEW ADULT COURSE:</b> <b>: DAD’S HAIR BRAIDING</b> (Starting 27<sup>th</sup> Feb) <b>5.30pm-6.30pm</b> Learn new skills and techniques, whilst meeting other Dads. (FREE) <b>Term Time Only</b></p> <p><b>Adult Keep Fit Classes</b> <b>Indoor/Outdoor</b> (Weather Permitting) <b>Trim, Tone and Full Body</b> <b>Workouts</b> (for all levels of fitness) Delivered by No Shane, No Gain (Personal Fitness Instructor) <b>From 16<sup>th</sup> Jan onwards</b> <b>5.30pm -6.30pm</b> Call to book - (limited spaces) (Outdoors/Family Room) (Term Time Only)</p>	<p><b>Stay &amp; Play (Birth -5yrs)</b> <i>Baby &amp; Toddler</i> <b>Starting Jan 10<sup>th</sup></b> <b>1.30pm - 3.00pm</b> (£1.00 per family, per session) (Call to book)</p> <p><b>Employment &amp; Benefit Advice Session</b> Delivered by the Department for Work and Pensions (DWP) <b>From 10<sup>th</sup> Jan onwards</b> <b>1.00pm-4.00pm</b> Advice on Benefits, Employment and Childcare Support. <b>Drop in</b> (Family Room)</p> <p><b>FOOD PROVISION</b> <b>3.00pm - 3.45pm</b> (approximately)</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



£ charges apply for certain sessions (cash/card optional)



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
		<p>(Free) Refreshments provided <b>NEW: Thamesmead Community Choir (for 18 years plus)</b> No previous experience necessary (open to all 18+ year olds regardless of musical ability or religion) (Starting 28<sup>th</sup> Jan) (Term time only) <b>5.30pm-6.30 pm</b> (Hall)</p> <p><b>NO CHOIR SESSION RUNNING ON TUESDAY 4<sup>TH</sup> FEBRUARY</b></p>		<p>FREE</p> <p><b>Skate Club</b> <b>Brought to you by Vibe-on-Vibes Community Outreach</b> <b>From 16<sup>th</sup> Jan onwards</b> <b>5.30pm-6.30pm</b> For 12-15 year olds Limited Spaces <b>Booking required</b> (Hall) FREE</p>	
<p><b>Cardwell</b> 118 Frances Street Woolwich SE18 5LP</p> <p><b>020 8854 7342</b></p>	<p>Davonport Midwives Clinic (AM)  Appointment only</p> <p><b>BABY GROUP (Birth-1yr)</b> (Term-time only) <b>Starting Jan 13th</b> <b>1.30pm – 3.00pm</b> (Drop in) (£1.00 donation per family)</p>	<p><b>10-12 Months Development Reviews</b>  9.30am – 12.00pm Appointment only</p> <p><b>Young Mum's Aid Counselling</b>  9.30am – 12.30pm Appointment only</p>	<p><b>Stay &amp; Play (Birth-5yrs)</b> <i>Baby &amp; Toddler</i> <b>Messy Play</b> <b>Starting Jan 8th</b> <b>1.30pm - 3.00pm</b> (Drop in) (£1.00 per family, per session)</p> <p><b>Akwaaba</b> <b>With Mum's Aid</b> 1.00pm-3.00pm <b>Sign Up or call 07758 763908</b></p>	<p><b>Best Beginnings Clinic</b> (All day)  Appointment only</p> <p><b>Restore with Mum's Aid</b>  10.00am – 4.00pm Appointment only</p>	<p>Davonport Midwives Clinic (All day)  Appointment only</p>
<p><b>Plumstead</b> 6 Purrett Road Plumstead SE18 1JW</p> <p><b>020 8836 9252</b></p>	<p><b>Mums Aid Counselling</b> <b>12 .00 – 4.00 pm</b>  Appointment Only</p>	<p><b>Oxleas Perinatal Team</b> <b>Journey through Motherhood Group</b>  10.00am – 12.00pm Appointment only</p> <p><b>Oxleas Perinatal Therapy</b> <b>10 – 12.30am</b>  Appointment Only</p> <p><b>2 Year Developmental Reviews</b>  1.00pm – 4.00pm Appointment only</p>	<p><b>10-12 Month Developmental Reviews</b>  1.00pm – 4.00pm Appointment Only</p> <p><b>Mum's Aid Counselling</b>  12.30pm – 4.00pm Appointment only</p>	<p><b>Coming Soon!</b> <b>Connecting From the Start</b> <b>9.00am -12.00pm</b> <b>Starting Mar 6<sup>th</sup> – May 1st, 2025</b> 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 Rhymes (Birth-18mths)</b> <b>Starting Jan 17th</b> <b>1.30pm – 3.00pm</b> (Drop in) (£1.00 donation per family) <b>Please note : FRIDAY 24<sup>TH</sup> NO – BABY GROUP</b></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



£ charges apply for certain sessions (cash/card optional)



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
<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  Appointment only</p> <p><b>10-12 Months Development Reviews</b> 1.00pm – 4.00pm  Appointment only</p>	<p><b>Thames Midwives Clinic</b> (All day)  Appointment only</p> <p><b>Baby &amp; Toddler Speech and Language Group Small Talk Group</b> (13-24 months) 9:30am - 10:30am &amp; <b>Tiny Talk Group</b> (Birth-12 months) 11:00am - 12:00pm Tuesday 4th Feb and Tuesday 11th Feb. Tuesday 11th March and Tuesday 18th March 6 families max per session. <b>(Call to Book 020 8319 5320)</b></p> <p><b>BABY GROUP</b> (Birth-12mths) &amp; <b>Stay &amp; Play (Birth-5yrs)</b> Suitable for babies and children 1.30pm - 3.00pm (Drop in) (£1.00 per family, per session)</p>	<p><b>Best Beginnings Clinic</b> (All day)  Appointment only</p> <p><b>Flourish (Birth to 5)</b> 10.00am - 12.00pm Interactive Music sessions for parents and children. <b>Plus: New - One - to - One Flourish</b> mother and child sessions available – by appointment, via the Well Being Team <b>Call for more information or speak to the Wellbeing Team.</b> <b>Starting on 8<sup>th</sup> January 2025</b></p>	<p><b>Thames Midwives Clinic</b> (All day)  Appointment only</p> <p><b>Childminders Stay &amp; Play</b> 9.30am – 11.30am (This session is for foster carers, nannies &amp; childminders) <b>(£1.00 per family, per session)</b></p> <p><b>Bouncing Babies (Birth – non crawlers)</b> (5 Week Course) <b>Starting Jan 16th</b> 1.45pm – 2.30pm Sessions suitable for all abilities and disabilities (Call to book)</p>	<p><b>2 Year Development Reviews</b> 9.30am – 12.30pm  Appointment only</p> <p><b>Stay &amp; Play (Birth-5yrs)</b> <i>Baby &amp; Toddler</i> 9.30am-11.30am (Drop in) <b>(£1.00 per family, per session)</b></p> <p><b>Please note : FRIDAY 24<sup>TH</sup> NO – STAY &amp; PLAY</b></p>
<p><b>School House</b> Whitworth Road Woolwich SE18 3QA</p> <p><b>0330 057 6051</b></p>		<p><b>Extra Help for You (Young Parents Group)</b> Every Tuesday for 4 weeks Starting 28<sup>th</sup> Jan – 18<sup>th</sup> Feb Supporting your wellbeing during pregnancy, childbirth and early childhood. For further details and to book email: <a href="mailto:parenting@parentpower-ed.co.uk">parenting@parentpower-ed.co.uk</a> (Limited Space) FREE</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



£ charges apply for certain sessions (cash/card optional)



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mulgrave</b> Rectory Place Woolwich SE18 5DL</p> <p><b>020 8854 7342</b></p>	<p><b>Baby Group (Birth-1yr)</b> Starting 20<sup>th</sup> Jan 9.30am – 11.30pm (Drop in) (£1.00 donation per family) Sessions suitable for all abilities and disabilities</p>	<p><b>Mum's Aid Counselling</b> 11.00am – 2.00pm Appointment only</p>	<p><b>2 Year Developmental Reviews</b> 1.00pm – 4.00pm Appointment only</p>		
<p><b>Slade</b> Erindale Plumstead SE18 2QQ</p> <p><b>020 8854 7900 opt 2.</b></p>	<p><b>Thames Midwives (All Day)</b> Appointment Only</p> <p><b>Learning Through Play (Term-time only)</b> Discover learning through fun activities with your child Age 2-4 years 10.00pm – 12.00pm (Drop in) Starting 13<sup>th</sup> Jan (£1.00 per family, per session)</p> <p><b>BABY GROUP (Birth-18mths) Messy Time</b> Starting 13<sup>th</sup> Jan 1.45pm-2.30pm (Drop in) (£1.00 donation per family)</p> <p><b>Slade Library Stay &amp; Play (Birth-5yrs)</b> 3.00pm-3.30pm (Drop in)</p>	<p><b>Poppy Team Midwife Clinic AM</b> Appointment only</p> <p><b>Slade Library Rhyme Time</b> 10.30am – 11.00am (Drop in)</p> <p><b>Infant Feeding Clinic</b> 10.00am – 11.30am (Drop In)</p> <p><b>Baby Massage (Birth - non crawlers) (5 Week Course)</b> Starting January 14<sup>th</sup> 1.45pm-2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£1.50 per family, per session)</p> <p><b>Bouncing Babies (Birth – non crawlers) (5 Week Course)</b> Starting Feb 25<sup>th</sup> 1.45pm – 2.30pm Sessions suitable for all abilities and disabilities (Call to book)</p>	<p><b>Well Baby Clinic (Including weighing)</b> 9.30am – 11.30am (Drop In) 9:30am -11.30am</p> <p><b>Best Beginnings Clinic Young Parents PM</b> Appointment only</p> <p><b>Stay &amp; Play (1 - 5yrs) TOTs Nature Space</b></p> <p><b>Outdoor Messy Play with Rhymes &amp; Games</b> 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>Baby Steps Soft Play (Birth- 18mths)</b> 1:30pm – 2:45pm Sessions suitable for all abilities and disabilities (Drop in) (£1.50 per family, per session)</p>	<p><b>BHBF</b> Big Hopes Big Futures (Bookings only) Eight-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 6<sup>th</sup> Feb – 03<sup>rd</sup> April 10.00am – 11.30am (Pre-registration required) <a href="mailto:Marie.Stephens@homestartgreenwich.org.uk">Marie.Stephens@homestartgreenwich.org.uk</a> For more information call centre</p> <p><b>Music Therapy Starting Jan 9<sup>th</sup></b> 1<sup>st</sup> session @ 9:30am (Birth-1yr) 2<sup>nd</sup> 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><b>10-12 Month Development Reviews</b> 9.30am – 12.00pm Appointment only</p> <p><b>Slade Library Rhyme Time</b> 10:30am – 11am (Drop in)</p> <p><b>Tiny Steps Soft Play (Birth-3yrs)</b> 1:30pm – 2:45pm Sessions suitable for all abilities and disabilities (Tube Feeding Friendly) (Drop in) (£1.50 per family, per session)</p> <p><b>Please note : FRIDAY 24<sup>TH</sup> NO – SOFT PLAY</b></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



£ charges apply for certain sessions (cash/card optional)



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
				<p><b>BABY GROUP</b> (Birth-1yr) Starting 9<sup>th</sup> Jan 1.30pm-2.45pm Drop in (£1.00 donation per family)</p> <p>Stay &amp; Play (Birth-5yrs) Baby &amp; Toddler Family Sensory Arts &amp; Craft Session Starting January 16<sup>th</sup> 1.30pm – 2.45pm (Drop in) (£1.00 per family, per session)</p>	

Services Explained	Additional Information
<p style="text-align: center;"><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> <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> </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> <b>0208 331 0374 or</b> <b>alternatively get in touch via any of our Children Centres.</b></p> <p><b>Together for Twos</b></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



£ charges apply for certain sessions (cash/card optional)



Centres	Monday	Tuesday	Wednesday	Thursday	Friday
				<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>	
	<ul style="list-style-type: none"> <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>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>Tiny Feet Dance Class:</b> Active Dance Classes for you and your new walkers/toddlers engage, develop skills and confidence whilst having fun.</li> <li>● <b>Community Choir (18 years plus):</b> Bringing people together through the power of song and connection.</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>				

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



£ charges apply for certain sessions (cash/card optional)