



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"</p> <p>Monday/Tuesday 8.30am – 2.30pm Hot Drinks/Light Bites</p> <p>Weds/Thursday 10.00am - 11.00am Hot Drinks/Light Bites</p> <p>12.00pm-2.00pm Cooked Lunch Service (Subsidised)</p> <p>Friday 10.00am - 12.00am Hot Drinks/Light Bites</p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p>WELCOME CAFE 8.30am-2.30pm Hot Drink/Light Bites</p> <p>2 Year Development Reviews 9.30am – 12.00pm Appointment only (Family Room)</p> <p>Migrant Mothers Dance Sessions (Delivered by Creating Ground) (10.30am - 12.30pm) (Term Time Only) To register or for more information email: Projects@theground.org.uk (Hall)</p> <p>ADULT: Jewellery Making Workshop Monday 10th March 12.00pm - 2.00pm Design and create a unique piece of Jewellery whilst celebrating International Women's Day. Call to book Limited Creche Spaces Community Cafe FREE</p> <p>Bouncing Babies (Birth – non crawlers) (5 Week Course) Starting Feb 24th-24th Mar 1.45pm – 2.30pm</p>	<p>Best Beginnings Midwives Clinic (AM) Appointment only</p> <p>WELCOME CAFE 8.30am-2.30pm Hot Drinks/Light Bites</p> <p>Tots Talking (2-year-olds)</p> <p>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. New Course starting in April</p> <p>Tiny Feet Family Dance Sessions 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 the Well-being Team and discover available support for your family. (Term Time Only) (Drop In) (Family Room)</p> <p>Family Law Outreach National Legal Service 1.00pm - 3.00pm</p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p>WELCOME CAFE 10.00am-11.00am Hot Drinks/Light Bites</p> <p>12.00pm - 2.00pm Cooked Lunch Service (Subsidised Meals to purchase) See Cafe Board for Menu</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)</p>	<p>Thames Midwives Clinic (All Day) Appointment only</p> <p>WELCOME CAFE 10.00am-11.00am Hot Drinks/Light Bites</p> <p>12.00pm - 2.00pm Cooked Lunch Service (Subsidised Meals to purchase) See Cafe Board for Menu</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 LAUGH, 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 LAUGH, SING AND PLAY</p>	<p> Blood Spots Clinics 9.30am – 12.00pm Appointment only</p> <p>WELCOME CAFE 10.00am-12.00pm Hot Drinks/Light Bites</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. (First Friday of every month) 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)</p>

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<p>COMMUNITY MEAL (Every Friday) 1.00pm-2.00pm Menu Changes Weekly (Contributions welcome)</p> <p>Food Provision 3.00pm-3.45pm (approximately)</p>	<p>Sessions suitable for all abilities and disabilities (Call to book) (£1.00 donation per family) (Hall)</p> <p>“Timeless Together” (Monthly Group) For ages 60 and over. Delivered by Marlborough Highways Monday 24th Feb 12.30pm - 3.00pm “Love is in the Air” Valentines Arts & Crafts Monday 31st March 12.30pm - 3.00pm St Patrick’s Day Celebration Refreshments & Snacks Provided <u>Call to book – FREE</u> (Family Room)</p> <p>Autistic Inclusive Meets (Autistic led organisation) Every Monday from 4.00pm-5.30pm No diagnosis is necessary Siblings welcome £2.00 per family (Refreshments included) (Hall)</p>	<p>Child Protection/Social Services/ Domestic Abuse/Children Disputes Last Tuesday of every month (Term Time Only) (Drop In)</p> <p>Children’s Theatre Performance Class (Dancing, Singing and Drama) (7–15 years) 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>Dad’s Forum (Delivered by Parent Power) Monthly meet up for new and expectant dads. Every 2nd Tuesday of the Month 5.30pm-6.30pm Drop In (Free) Refreshments provided</p> <p>Thamesmead Community Choir (for 18 years plus) No previous experience necessary (open to all 18+ year olds) (Term time only) 5.30pm-6.30 pm (Family Room)</p>	<p>(Term Time Only) (2.00pm-2.45pm) (Call to book) £1.00 per family (Family Ro om)</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>NEW ADULT COURSE: : DAD’S HAIR BRAIDING (Starting 27th Feb) 5.30pm-6.30pm Learn new skills and techniques, whilst meeting other Dads. (FREE) Term Time Only</p> <p>Adult Keep Fit Classes Indoor/Outdoor (Weather Permitting) Trim, Tone and Full Body Workouts for all levels of fitness. 5.30pm -6.30pm Call to book - (limited spaces) (Outdoors/Family Room) (Term Time Only) FREE</p>	<p>Stay & Play (Birth -5yrs) <i>Baby & Toddler</i> 1.30pm - 3.00pm (£1.00 per family, per session) (Call to book)</p> <p>INTERNATIONAL WOMENS DAY EVENT Creative Family Session Friday 14th March (forming part of Stay & Play) 1.00pm-3.00pm (Call to book)</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)</p> <p>FOOD PROVISION 3.00pm - 3.45pm (approximately)</p>

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				<p>Skate Club Brought to you by Vibe-on-Vibes Community Outreach 5.30pm-6.30pm For 12-15 year olds Limited Spaces Booking required (Hall) FREE</p>	
<p>Cardwell 118 Frances Street Woolwich SE18 5LP 020 8854 7342</p>	<p>Davonport Midwives Clinic (AM) Appointment only</p> <p>BABY GROUP (Birth-1yr) (Term-time only) Starting Jan 13th-31st Mar 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) Baby & Toddler Messy Play Starting Jan 8th-19th Mar 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>
<p>Plumstead 6 Purrett Road Plumstead SE18 1JW 020 8836 9252</p>	<p>Mums Aid Counselling 12.00 – 4.00 pm Appointment Only</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 Mar 6th – May 1st, 2025 For more information email (Limited Crèche is provided) Tamsin.elfenbein@homestartgreenwich.org.uk</p>	<p>Baby Massage (Birth - non crawlers) (5 Week Course) Starting 7th Mar 1.45pm-2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£3.00 per family, per session)</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 Tuesday 4th Feb and Tuesday 11th Feb. Tuesday 11th March and Tuesday 18th March 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) 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 Well Being Team Call for more information or speak to the Wellbeing Team. Starting on 8th January 2025</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>Babies Rhymes/Mess (Birth – non crawlers) Starting feb 27th & mar 6th 1.45pm – 2.30pm Sessions suitable for all abilities and disabilities (Drop in)</p> <p>Baby Massage (Birth - non crawlers) (5 Week Course) Starting 20th Mar 1.45pm-2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£3.00 per family, per session)</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)</p> <p>Bonding & Attachment workshop Suitable for babies and children under 10 years 1-3pm Friday 7th March 2025 6 families max per session. (Call to Book)</p>
<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 – 25th March 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>			

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<p>Mulgrave Rectory Place Woolwich SE18 5DL</p> <p>020 8854 7342</p>	<p>Baby Group (Birth-1yr) Starting 20th Jan 9.30am – 11.30pm (Drop in) (Term-time only) (£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>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 (Term-time only) 10.00pm – 12.00pm (Drop in) Starting 3rd Mar (£1.00 per family, per session)</p> <p>BABY GROUP (Birth-18mths) Messy Time 1.45pm-2.30pm (Drop in) Starting 3rd Mar (£1.00 donation per family)</p> <p>Slade Library Stay & Play (Birth-5yrs) 3.00pm-3.30pm (Drop in)</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 Feb 25th 1.45pm – 2.30pm Sessions suitable for all abilities and disabilities (Call to book) (£1.00 donation per family)</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 (£1.00 per family, per session)</p> <p>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>BHBF 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 6th Feb – 03rd April 10.00am – 11.30am (Pre-registration required) Marie.Stephens@homestartgreenwich.org.uk For more information call centre</p> <p>Music Therapy Starting Jan 9th 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>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>

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				<p>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 style="text-align: center;">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. 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> 	<p style="text-align: center;">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 style="text-align: center;">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 style="text-align: center;">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? 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>

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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. 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>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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