



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><u>Monday/Tuesday</u> 8.30am – 2.30pm Hot Drinks/Light Bites</p> <p><u>Weds/Thursday</u> 10.00am - 11.00am Hot Drinks/Light Bites</p> <p><u>12.00pm-2.00pm</u> Cooked Lunch Service (Subsidised)</p> <p><u>Friday</u> 10.00am - 12.00am Hot Drinks/Light Bites</p> <p><u>COMMUNITY MEAL</u> (Every Friday) 12.30pm - 1.30pm Menu Changes Weekly (Contributions welcome)</p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p><u>WELCOME CAFE</u> 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 Group (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>BABY GROUP (Birth-18mths) 1.30pm-2.30pm (Drop in) Starting 28th April - 19th May (£1.00 donation per family) <u>Speech & Language visit Monday</u> <u>28th April</u></p> <p>Baby Massage (Birth - non crawlers) (5 Week Course) Starting 2nd June 1.45pm-2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£3.00 per family, per session) (Call to book)</p>	<p>Best Beginnings Midwives Clinic (AM) Appointment only</p> <p><u>WELCOME CAFE</u> 8.30am-2.30pm Hot Drinks/Light Bites</p> <p>Tiny Feet Family Dance Sessions 10.15am - 11.00am (Walkers to 3 years) (£1.00 per family) Call to book (Hall)</p> <p>ESOL CLASSES 10.00am-12.00pm Beginner's English Class for Women Starting Tuesday 22nd April (Every Tuesday – term time only) Call to book (Family Room)</p> <p>Mum's Aid Counselling 12.30pm – 4.00pm Appointment only</p> <p>Tots Talking (2 year-olds)</p> <p>5 Week Training to support Parents and Carers whose children need extra help with their language development</p> <p>1.30pm-3.00pm</p> <p>Starting 29th April – 27th May</p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p><u>WELCOME CAFE</u> 10.00am-11.00am Hot Drinks/Light Bites</p> <p><u>12.00pm - 2.00pm</u> Cooked Lunch Service (Subsidised Meals to purchase) <u>See Cafe Board for Menu</u></p> <p>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) (Term Time Only) Session One: 1.00pm-1.45pm Session Two: 2.00pm-2.45pm (Call to book) £1.00 per family) (Family Room)</p>	<p>Thames Midwives Clinic (All Day) Appointment only</p> <p><u>WELCOME CAFE</u> 10.00am-11.00am Hot Drinks/Light Bites</p> <p><u>12.00pm - 2.00pm</u> Cooked Lunch Service (Subsidised Meals to purchase) <u>See Cafe Board for Menu</u></p> <p><u>SENDSory Group</u> 10.00am-11.30am (Drop in) Suitable for babies and children with abilities and disabilities (Siblings are welcome) (£1.00 donation per family) PLEASE NOTE THERE WILL BE NO SESSIONS RUNNING ON THE 1st and 8th OF MAY (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) 12.45pm - 1.30pm (2- 5 years) 1.30pm - 2.15pm (Call to book) (Term Time Only) (£1.00 per family) (Family Room)</p>	<p> Blood Spots Clinics 9.30am – 12.00pm Appointment only</p> <p><u>WELCOME CAFE</u> 10.00am-12.00pm Hot Drinks/Light Bites</p> <p>Music Therapy Starting 25th April 1st session @ 9.30am (1yr -3yrs) 2nd session @ 10.15am (Birth-1yr) 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 13th June – 11th July A Wellbeing Group for new mums Please book by email mindfulmums@selmind.org.uk (Family Room)</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>

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Appointments only



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Centres	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Food Provision 3.00pm-3.45pm</p> <p>Home-Start Greenwich Pop Up Shop (see staff for details)</p>	<p>"Timeless Together" (Monthly Group) For ages 60 and over. Monday 28th April Easter Craft & Cake 12.30pm - 2.30pm Monday 19th May Craft & Cake 12.30pm - 2.30pm Monday 30th June "Book Lovers" Craft & Cake 12.30pm - 2.30pm Monday 28th July "Under the Sea" Craft & Cake Refreshments & Snacks Provided Call to book – FREE (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>BANK HOLIDAY MONDAY 5TH MAY CENTRE CLOSED</p>	<p>(Call to book)</p> <p>(Limited crèche is provided)</p> <p>Well-being Welcome 1.00pm - 3.00pm Meet the Well-being Team and discover the support available for you and your family (Term Time Only) (Drop In) (Family Room)</p> <p>Family Law Outreach National Legal Service 1.00pm - 3.00pm Child Protection/Social Services/ Domestic Abuse/Children Disputes <u>Last Tuesday of every month</u> (Term Time Only) (Drop In)</p> <p>Children's Theatre Performance Club (Dancing, Singing and Drama) (7-15 years) 5.30pm-6.30pm (Term time only) (Call to book – FREE) (Hall)</p> <p>NO SESSION RUNNING ON TUESDAY 13TH MAY</p> <p>Adult Course: Hair Braiding for Beginners/Intermediate 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)</p>		<p>NO SESSION RUNNING THURSDAY 1ST MAY</p> <p>BOBO'S BOOK CLUB (MIDIS) For 6-10 Years 4.00pm - 5.15pm (Drop in) (Term Time Only) (Family Room) FREE</p> <p>NO SESSION RUNNING THURSDAY 1ST MAY</p> <p>NEW: Parents Creative Group "Connect, Chat and Create" 5.30pm-6.30pm Learn a new craft/hobby each week and meet other parents Starting Thursday 24th April (FREE) Term Time Only NO SESSION RUNNING THURSDAY 1ST MAY</p> <p>NEW: Family Dance Session (for all ages) Thursday 8th May – 12th June 5.00pm - 6.00pm (please wear suitable clothing)</p>	<p> Thames Midwives Clinic (PM) Appointment only</p> <p>COMMUNITY CAFE Free Community Meal 12.30-1.30pm (Contributions welcome)</p> <p>Stay & Play (Birth -5yrs) <i>Baby & Toddler</i> 1.30pm - 2.45pm (£1.00 per family, per session) (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</p>

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		<p>Monthly meet up for new and expectant dads Every 2nd Tuesday of the Month 5.30pm-6.30pm Drop In (Free)</p> <p>Thamesmead Community Choir (for 18 years plus) No previous experience necessary (open to all 18+ year olds) (Term time only) 5.30pm-7.00pm (Family Room)</p>			
<p>Cardwell 118 Frances Street Woolwich SE18 5LP</p>	<p>Davonport Midwives Clinic (AM) Appointment only</p> <p>BANK HOLIDAY MONDAY 5TH MAY CENTRE CLOSED</p>	<p>Young Mum's Aid Counselling 9.30am – 12.30pm Appointment only</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 12.00pm – 4.00pm Appointment Only BANK HOLIDAY MONDAY 5TH MAY CENTRE CLOSED	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	Connecting From the Start 9.00am -12.00pm Starting Mar 6 th – May 8 th For more information email (Limited Crèche is provided) Tamsin.elfenbein@homestartgreenwich.org.uk <u>NO SESSION RUNNING THURSDAY 1ST MAY</u>	
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 BABY GROUP (Birth-18mths) (Term-time only) Starting April 28th 1.30pm – 3.00pm (Drop in) (£1.00 donation per family) BANK HOLIDAY MONDAY 5TH MAY CENTRE CLOSED	Thames Midwives Clinic (All day) Appointment only Baby & Toddler Speech and Language Group Small Talk Group (13-24 months) 9:30am -10:30am Tuesday 29th April and Tuesday 6th May & Tiny Talk Group (Birth-12 months) 11:00am -12:00pm Tuesday 10th June and Tuesday 17th June 6 families max per session. (Call to Book 020 8319 5320) 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 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 23rd April 2025 Understanding your Child (Solihull Parenting Course) Find out more about sensitive and effective parenting (8 week course) 12.30pm-2.30pm Limited Crèche available To book a place call 020 8331 0374 STARTS 14 TH MAY 2025	Thames Midwives Clinic (All day) Appointment only CAMHS 10.00am-12.00pm Appointment only (No Crèche available, term time only) Childminders Stay & Play 9.30am – 11.30am (This session is for foster carers, nannies & childminders) (£1.00 per family, per session) NO SESSION RUNNING THURSDAY 1ST MAY Baby Massage (Birth - non crawlers) (5 Week Course) 24th April/8th May/15th May 1.45pm-2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£3.00 per family, per session) NO SESSION RUNNING THURSDAY 1ST MAY	2 Year Development Reviews 9.30am – 12.30pm Appointment only Stay & Play (Birth-5yrs) Baby & Toddler 9.45 am-11.45am (Drop in) (£1.00 per family, per session)

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		Speech & Language visit Tuesday 22nd April @Eglinton Stay and Play			
School House Whitworth Road Woolwich SE18 3QA 0330 057 6051		Extra Help for You (Young Parents Group) Every Tuesday for 4 weeks Starting 29th April – 20th May Supporting your wellbeing during pregnancy, childbirth and early childhood. For further details and to book email: parenting@parentpower-ed.co.uk FREE			
Mulgrave Rectory Place Woolwich SE18 5DL 020 8319 5666	Baby Group (Birth-1yr) 9.30am – 11.30pm (Drop in) (Term-time only) (£1.00 donation per family) Sessions suitable for all abilities and disabilities BANK HOLIDAY MONDAY 5TH MAY CENTRE CLOSED	Mum's Aid Counselling 11.00am – 2.00pm Appointment only	2 Year Developmental Reviews 1.00pm – 4.00pm Appointment only	Infant Feeding Clinic 9.30am - 12.30pm Appointment only	Infant Feeding Clinic 9.30pm – 12.30pm Appointment only
Slade Erindale Plumstead SE18 2QQ 020 8854 7900 opt 2.	Thames Midwives (All Day) Appointment Only BABY GROUP (Birth-18mths) Messy Time	Poppy Team Midwife Clinic AM Appointment only Slade Library Rhyme Time 10.30am – 11.00am (Drop in)	Well Baby Clinic (Including weighing) 9.30am – 11.30am (Drop In) Best Beginnings Clinic Young Parents PM Appointment only	Fundraising Activities Coming Soon (Further details to follow) BHBF Big Hopes Big Futures (Bookings only)	10-12 Month Development Reviews 9.30am – 12.00pm Appointment only Slade Library Rhyme Time 10:30am – 11am (Drop in)

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	<p>1.00pm-2.30pm (Drop in) Starting April 28th (£1.00 donation per family)</p> <p>Slade Library Stay & Play (Birth-5yrs) 3.00pm-3.30pm (Drop in)</p> <p>BANK HOLIDAY MONDAY 5TH MAY CENTRE CLOSED</p>	<p>Infant Feeding Clinic 10.00am – 11.30am (Drop In)</p> <p>CHIT CHAT COFFEE/TEATIME (Birth-18mths) April 22nd & 29th 1.00pm- 3.00pm (Call to book) Sessions suitable for all abilities and disabilities (£3.00 per family, per session)</p> <p>Baby Massage (Birth - non crawlers) (5 Week Course) Starting May 6th -10th June 1.45pm-2.30pm (Call to book) Sessions suitable for all abilities and disabilities (£3.00 per family, per session)</p>	 <p>Learning Through Play TOTs Nature Space (1 - 5yrs) Starting 30th April Outdoor Messy Play with Rhymes & Games 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>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 22nd May – 10th July 10.00am – 11.30am (Pre-registration required) (£5 voluntary contribution per family for whole course upfront) Marie.Stephens@homestartgreenwich.org.uk For more information call centre</p> <p>Music Therapy Starting 24th April 1st session @ 9:30am (1yr -3yrs) 2nd session @ 10:15am (Birth-1yr) <u>NO SESSION RUNNING ON THURSDAY 1ST MAY</u> Sessions suitable for all abilities and disabilities Delivered by Oxleas NHS Specialist Music Therapist (SEND Friendly) (Call to book) (Term Time only)</p> <p>Stay & Play (Birth-5yrs) Baby & Toddler Family Sensory Arts & Craft Session 1.30pm – 2.45pm (Drop in) (£1.00 per family, per session) <u>NO SESSION RUNNING ON THURSDAY 1ST MAY</u></p>	<p><u>Volunteer Training</u> Starting April 25th – June 6th 9.30am-2.30pm For more information email volunteer@homestartgreenwich.org.uk</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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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. 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 (term time only). Midwife Clinics: By appointment only via the Midwifery Teams for before (antenatal) and after the birth of your baby. Understanding your child's behaviour: 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 (term time only). 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 setting. Young Parents Group: Supporting the wellbeing of young parents and parents to be during pregnancy, childbirth and early childhood. 	<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) 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</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>

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<ul style="list-style-type: none"> Theatre Performance Groups: After-school Club for older children to gain new skills and confidence whilst making new friends (8-15 years). Adult Hair Braiding Workshop: Early evening sessions for parents /learn new skills/ and develop interests whilst meeting other parents. Parents Creative Group: A place for parents to connect and socialise, whilst learning whilst learning new crafts and creative activities. 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. Little Crocs Football Fun: Fun engaging football sessions focus on developing coordination, confidence and teamwork. Family Dance Class: Get fit and have fun with the whole family, whilst learning new dance routines (suitable for all ages). <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.</p> <p>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>Volunteering</p> <p>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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