



Centres	Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th
<p>Brookhill Children's Centre, Community Centre and Family Hub</p> <p>42 Brumwell Avenue Woolwich SE18 6BD 020 8319 5320</p> <p>BROOKHILL "WELCOME CAFE"</p> <p><u>Monday/Tuesday</u> <u>9.00am-2.30pm</u> <u>Drinks & Light Bites</u></p> <p><u>Weds/Thursday</u> <u>CLOSED</u></p> <p><u>COMMUNITY MEAL</u> <u>Every Friday</u> <u>1.00pm-2.00pm</u> <u>Menu Changes Weekly</u> <u>(Contributions welcome)</u></p> <p><u>Food Provision</u> <u>3.00pm-3.45pm</u> <u>(approximately)</u></p>	<p>BANK HOLIDAY CENTRE CLOSED</p>	<p> Best Beginnings Midwives Clinic (AM) Appointment only</p> <p><u>WELCOME CAFE</u> <u>9.00am-2.30pm</u> <u>Hot Drinks/Light Bites</u></p> <p>Mum's Aid Counselling 12.30pm – 4.00pm Appointment only</p> <p>Junior Chef Pizza Making Workshop (for 8 years and over) 10.30am-12.00pm Create your own pizza with a trained Chef and Nutritionist Call to register (FREE)</p> <p>Children's Slime Making Workshop (for 8-15 year olds) (Learn Slime making techniques and take your pots home) 2.00pm - 4.00pm Call to book (Family Room) FREE</p>	<p> Thames Midwives Clinic (All day) Appointment only</p> <p><u>WELCOME CAFE CLOSED</u></p> <p>May Laugh, Sing & Play Session Play, Singing, Bubbles and Parachute Games 10.00am - 10.45am (Call to book) (Hall)</p> <p>Children's Hair Braiding/ Styling Workshop (for 8-15 year olds) Learn new techniques and hair styles 2.00pm - 4.00pm Call to book (Family Room) FREE</p> <p> Infant Feeding Clinic 1.00pm – 2.30pm (Drop in) (Hall)</p>	<p> Thames Midwives Clinic (All day) Appointment only</p> <p><u>WELCOME CAFE CLOSED</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) (Hall)</p> <p>Well Baby Clinic (Including weighing) 1.30pm – 3.30pm (Drop in) (Hall)</p>	<p> Blood Spots Clinics 9.30am – 12.00pm Appointment only</p> <p><u>WELCOME CAFE - CLOSED</u></p> <p> Thames Midwives Clinic (PM) Appointment only</p> <p>Mini Musicians Play & Explore for all ages 9.30am – 10.15am (Babies) 10.30am - 11.15am (2-5 years) Call to book FREE HALL</p> <p><u>COMMUNITY CAFE</u> <u>Free Community Meal</u> <u>12.30-1.30pm</u> (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><u>Employment & Benefit</u> <u>Advice Session</u> 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><u>FOOD PROVISION</u> <u>3.00pm - 3.45pm</u></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)



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Cardwell 118 Frances Street Woolwich SE18 5LP	BANK HOLIDAY CENTRE CLOSED	10-12 Months Development Reviews 9.30am – 12.00pm Appointment only Young Mum's Aid Counselling 9.30am – 12.30pm Appointment only	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
Plumstead 6 Purrett Road Plumstead SE18 1JW 020 8836 9252	BANK HOLIDAY 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		

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Eglinton Paget Rise Woolwich SE18 3PY 020 8331 0374	BANK HOLIDAY CENTRE CLOSED	Thames Midwives Clinic (All day) Appointment only Family Craft Stay & Play (Birth-5yrs) <i>Baby & Toddler</i> 1.30pm - 2.45pm (Drop in) (£1.00 per family, per session)	Best Beginnings Clinic (All day) Appointment only	Thames Midwives Clinic (All day) Appointment only	2 Year Development Reviews 9.30am – 12.30pm Appointment only
School House Whitworth Road Woolwich SE18 3QA 0330 057 6051	BANK HOLIDAY SCHOOL HOUSE CLOSED	Extra Help for You (Young Parents Group) Every Tuesday 11.00am-12.30pm Supporting your wellbeing during pregnancy, childbirth and early childhood. For further details and to book email: parenting@parentpower-ed.co.uk (Limited Space) FREE			
Mulgrave Rectory Place Woolwich SE18 5DL 020 8319 5666	BANK HOLIDAY CENTRE CLOSED	Mum's Aid Counselling 11.00am – 2.00pm Appointment only	2 Year Developmental Reviews 1.00pm – 4.00pm Appointment only		

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<p>Slade Erindale Plumstead SE18 2QQ</p> <p>020 8854 7900 opt 2.</p>	<p>BANK HOLIDAY CENTRE CLOSED</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>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>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>Stay & Play (Birth-5yrs) Baby & Toddler Family Sensory Arts & Craft Session 1.30pm – 2.00pm (Drop in) (£1.00 per family, per session)</p> <p>FAMILY FUN & FUNDRAISING DAY SLADE CHILDREN'S CENTRE THURSDAY 29TH MAY 2025 11.00AM - 2.00PM Bring the whole family for a day filled with laughter, excitement, and unforgettable memories Join Us at Slade Children's Centre Erindale SE18 2QQ 020 8854 7900 Opt 2 TABLE TOP SALE SOFT PLAY FOOD POTTS ARTS & CRAFTS FACE PAINTING</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>

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 making 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. 	<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:</p>

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<ul style="list-style-type: none"> • 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> • 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. • Mini Musicians: A fun interactive music session where children can sing, play instruments and explore • 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>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> <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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