




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><u>BROOKHILL</u> <u>"WELCOME CAFE"</u></p> <p><u>Monday/Tuesday</u> <u>8.30am – 2.30pm</u> <u>Hot Drinks/Light Bites</u></p> <p><u>Weds/Thursday</u> <u>10.00am - 11.00am</u> <u>Hot Drinks/Light Bites</u></p> <p><u>12.00pm-2.00pm</u> <u>Cooked Lunch Service</u> <u>(Subsidised)</u></p> <p><u>Friday</u> <u>10.00am - 12.00am</u> <u>Hot Drinks/Light Bites</u></p> <p><u>COMMUNITY MEAL</u> <u>(Every Friday)</u> <u>12.30pm -1.30pm</u> <u>Menu Changes Weekly</u> <u>(Contributions welcome)</u></p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p><u>WELCOME CAFE</u> <u>8.30am-2.30pm</u> Hot Drinks/Light Bites <u>CAFE CLOSED ON</u> <u>MONDAY 2ND JUNE</u></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><u>NO SESSION RUNNING ON</u> <u>MONDAY 2ND JUNE</u> <u>(Last session 14th July)</u></p> <p>Baby Massage (Birth - non crawlers) (5 Week Course) Starting 9th June 1.45pm-2.30pm (Call to book)</p> <p>Sessions suitable for all abilities and disabilities (£3.00 per family, per session)</p> <p><u>BABY GROUP</u> <u>Messy Time</u> (Birth-18mths) 1.00pm-2.30pm (Drop In) Starting July 14th (£1.00 donation per family) (Term Time Only)</p>	<p>Best Beginnings Midwives Clinic (AM) Appointment only</p> <p><u>WELCOME CAFE</u> <u>8.30am-2.30pm</u> Hot Drinks/Light Bites</p> <p><u>Tiny Feet Family Dance Sessions</u> 10.15am - 11.00am (Walkers to 3 years) (£1.00 per family) (Call to book) (Hall)</p> <p>Term Time Only – last session Tuesday 22nd July</p> <p><u>ESOL CLASSES</u> <u>10.00am-12.00pm</u> Beginner's English Class for Women (Every Tuesday, term time only – last sessions Tuesday 15h July) (Call to book) (Family Room)</p> <p>Mum's Aid Counselling 12.30pm – 4.00pm Appointment only</p> <p><u>Tots Talking (2 year-olds)</u></p> <p>5 Week Training to support Parents and Carers whose children need extra help with their language development</p> <p>Starting 17th June – 15th July 1.30pm-3.00pm (Call to book)</p>	<p>Thames Midwives Clinic (All day) Appointment only</p> <p><u>WELCOME CAFE</u> <u>10.00am-11.00am</u> 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><u>Baby Me Fit Exercise Class</u> (Mothers with their Babies 6 weeks-16 months. Wear suitable clothing & shoes) (Term Time Only) <u>Session One: 1.00pm-1.45pm</u> <u>Session Two: 2.00pm-2.45pm</u> (Call to book) £1.00 per family) (Family Room)</p>	<p>Thames Midwives Clinic (All Day) Appointment only</p> <p><u>WELCOME CAFE</u> <u>10.00am-11.00am</u> 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) (Hall)</p> <p>Well Baby Clinic (Including weighing) 1.30pm – 3.30pm (Drop In) (Hall)</p> <p><u>BOBO'S BOOK CLUB (MINIS)</u> <u>AND LAUGH, SING & PLAY</u> <u>Interactive Play &</u> <u>Singing Session</u> (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><u>BOBO'S BOOK CLUB (MIDIS)</u> For 6-10 Years 4.00pm - 5.15pm (Drop In)</p>	<p> Blood Spots Clinics 9.30am – 12.00pm Appointment only</p> <p><u>WELCOME CAFE</u> <u>10.00am-12.00pm</u> Hot Drinks/Light Bites</p> <p><u>Music Therapy</u> 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><u>Monthly Nutrition</u> <u>Advice Workshop</u> 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)</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 30th June "Book Lovers" Craft & Cake 12.30pm - 2.30pm Monday 28th July Craft, Cake and Volunteer Talk 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>NO SESSION RUNNING ON MONDAY 2ND JUNE Last Session Monday 14th July – returning 1st September</p>	<p>(Limited crèche is provided)</p> <p>Well-being Welcome 1.00pm - 3.00pm Advice & support session (Term Time Only up to 22nd July – returns 9th September) (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 (Call to book – FREE) Term Time Only – last session Tuesday 15th July</p> <p>Adult Course: Hair Braiding for Beginners/Intermediate 5.30pm - 6.30pm Learn new skills and techniques (Call to book - FREE) Limited Creche spaces available Term Time Only – last session Tuesday 15th July</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)</p>		<p>(Term Time Only) (Family Room) FREE</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 (FREE) Term Time Only</p> <p>NEW: Family Dance Session (for all ages) 5.00pm - 6.00pm Get fit and active, whilst learning new dance routines. (FREE) Term Time Only – last session Thursday 17th July (please wear suitable clothing)</p>	<p>Appointment only</p> <p>COMMUNITY CAFE Community Meal 12.30-1.30pm (Contributions welcome)</p> <p>Stay & Play (Birth -5yrs) Baby & Toddler 1.30pm - 2.45pm (£1.00 per family, per session) (Drop In)</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) Last sessions \Friday 18th July</p> <p>FOOD PROVISION 3.00pm - 3.45pm</p> <p>POP-UP INFORMATION STAND Bromley Healthcare Team Advice on Oral Health (as part of National Smile Week) Friday 6th June 12.00-3.00 (Cafe)</p>

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Cardwell 118 Frances Street Woolwich SE18 5LP	Davenport Midwives Clinic (AM)  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	Davenport Midwives Clinic (All day)  Appointment only
Plumstead 6 Purrett Road Plumstead SE18 1JW 020 8836 9252	Mums Aid Counselling 12.00pm – 4.00pm  Appointment Only STAFF DEVELOPMENT DAY MONDAY 2ND JUNE 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 (on hold)	10-12 Month Developmental Reviews  1.00pm – 4.00pm Appointment Only (on hold) Mum's Aid Counselling  12.30pm – 4.00pm Appointment only	Connecting From the Start 9.00am -12.00pm Starting Jun 5th For more information email (Limited Crèche is provided) Tamsin.elfenbein@homestartgreenwich.org.uk	

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Eglinton Paget Rise Woolwich SE18 3PY 020 8331 0374	<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>BABY GROUP (Birth-18mths) (Term-time only) 1.30pm – 3.00pm (Drop In) (£1.00 donation per family (Term Time Only)</p> <p>STAFF DEVELOPMENT DAY MONDAY 2ND JUNE CENTRE CLOSED</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 <u>Tuesday 8th July and Tuesday 15th July</u> 6 families max per session. (Call to Book 020 8319 5320)</p> <p>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) Interactive Music sessions 10.00am - 12.00pm One- to- One Flourish sessions available by appointment, via the Well-Being Team (Call to book)</p> <p>Understanding your Child (Solihull Parenting Course) (8 week course) Find out more about sensitive and effective parenting 12.30pm-2.30pm Limited Creche available Call to book 020 8331 0374 STARTS 14TH MAY 2025</p>	<p> Thames Midwives Clinic (All day) Appointment only</p> <p>CAMHS 10.00am-12.00pm Appointment only (No Creche available, (Term time 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>Bouncing Babies (Birth – non crawlers) (5 Week Course) Starting September 1.45pm – 2.30pm (Call to book) (£1.50 per family, per session)</p>	<p> 2 Year Development Reviews 9.30am – 12.30pm Appointment only</p> <p>Stay & Play <i>Baby & Toddler</i> (Birth-5yrs) 9.45am-11.45am (Drop In) (£1.00 per family, per session)</p>
School House Whitworth Road Woolwich SE18 3QA 0330 057 6051		<p>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 FREE</p>			

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Mulgrave Rectory Place Woolwich SE18 5DL 020 8319 5666	Baby Group (Birth-1yr) 1.00pm – 2.30pm (Drop In) (£1.00 donation per family) Sessions suitable for all abilities and disabilities (Term-Time Only) STAFF DEVELOPMENT DAY MONDAY 2ND JUNE CENTRE CLOSED	Mum's Aid Counselling 11.00am – 2.00pm  Appointment only	2 Year Developmental Reviews 1.00pm – 4.00pm  Appointment only (on hold)	 Infant Feeding Clinic 9.30am – 12.30pm Appointment only (on hold)	 Infant Feeding Clinic 9.30pm – 12.30pm Appointment only (on hold)
Slade Erindale Plumstead SE18 2QQ 020 8854 7900 opt 2.	Thames Midwives (All Day)  Appointment Only BABY GROUP Messy Time (Birth-18mths) 1.00pm-2.30pm (Drop In) (£1.00 donation per family) Slade Library Stay & Play (Birth-5yrs) 3.00pm-3.30pm (Drop In) STAFF DEVELOPMENT DAY MONDAY 2ND JUNE CENTRE CLOSED	Poppy Team Midwife Clinic AM  Appointment only Slade Library Rhyme Time 10.30am – 11.00am (Drop In)  Infant Feeding Clinic 10.00am – 11.30am (Drop In) 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) Bouncing Babies (Birth – non crawlers) (5 Week Course) Starting June 17th -July 15th 1.45pm – 2.30pm (Call to book) (£1.50 per family, per session)	Well Baby Clinic (Including weighing) 9.30am – 11.30am (Drop In) Best Beginnings Clinic Young Parents PM  Appointment only  Learning Through Play in TOTs Nature Space (Walkers - 5yrs) Outdoor Messy Play with Rhymes & Games 1.00pm – 2.30pm NO NUTS PLEASE (Drop In) Starting June 11th (Term Time Only) Please come with your packed lunch and dress appropriately for the weather. (£1.00 per family, per session) Baby Steps Soft Play (Birth- 18mths) 1:30pm – 2:45pm	BHBF Big Hopes Big Futures (Bookings only) Eight-week school readiness parent course (Suitable for children from 2yrs and onwards) Starting September 10.15am – 12.15pm (£5 voluntary contribution per family for whole course upfront) For more information call centre Music Therapy 1 st session @ 9:30am (1yr -3yrs) 2 nd 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) Stay & Play Baby & Toddler Family Sensory Arts & Craft Session (Birth-5yrs) 1.30pm – 2.45pm (Drop In)	10-12 Month Development Reviews 9.30am – 12.00pm  Appointment only Slade Library Rhyme Time (Birth-5yrs) 10:30am – 11am (Drop In) Volunteer Training Starting April 25th – June 6th 9.30am-2.30pm For more information email volunteer@homestartgreenwich.org.uk 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)

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			Sessions suitable for all abilities and disabilities (Drop In) (£1.50 per family, per session)	(£1.00 per family, per session)	

Services Explained	Additional Information
<p>All our Centres are Breastfeeding Friendly</p> <p><u>Educational and Social Support</u></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. 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). 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). Understanding your child's behaviour: The Solihull approach is for parents and carers who want to know more about parenting and how children develop. 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. <p><u>Support & Health</u></p> <ul style="list-style-type: none"> Well-being Welcome: Meet the Well-being Team and discover the support available for you and your family Midwife Clinics: By appointment only via the Midwifery Teams for before (antenatal) and after the birth of your baby. 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> 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  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?</p>

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	<ul style="list-style-type: none"> Development Review: By appointment only via the health visitor team for child's development. <u>Family Hub and Community</u> Theatre Performance Groups: After-school Club for 8-15 year olds to gain new skills and confidence whilst making friends (term time only). Adult Hair Braiding Workshop: Early evening sessions for parents to learn new skills and develop interests whilst meeting other parents (term time only). 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). Dad's Forum: Monthly meet up for new Dad's and Dad's-to-be, opportunities to meet and discuss different topics around fatherhood in a relaxed setting. 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). Parents Creative Group: A place for parents to connect and socialise, whilst learning whilst learning new crafts and creative activities (term time only). Baby-Me-Fit: Exercise Classes designed for mums to attend with their babies, to help improve fitness levels and bond with their babies (term time only). Tiny Feet Dance Class: Active Dance Classes for you and your new walkers/toddlers to engage, develop skills and confidence whilst having fun (term time only). Little Crocs Football: Fun engaging football sessions focus on developing coordination, confidence and teamwork (term time only). Family Dance Class: Get fit and have fun with the whole family, whilst learning new dance routines, suitable for all ages (term time only). Timeless Together Elderly Group: Monthly meet up for the over 60' (Carers welcome) - refreshments and themed craft activities. <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>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</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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