



Part of the Greenwich
Family Hubs Network



<https://www.facebook.com/homestartgreenwich/>



https://www.instagram.com/homestart_greenwich/

ROYAL *borough of*
GREENWICH

**Slade Children's
Centre**

Erindale, Plumstead
SE18 2QQ

Tel: 020 8854 7900

Option 2
BUS 53 & 51

**Eglinton Children's
Centre**

Paget Rise, Woolwich
SE18 3PY

Tel: 020 8331 0374

BUS 386

School House

Whitworth Road,
Woolwich
SE18 3QA

Tel: 0330 057 6051

BUS 386

Plumstead

6 Purrett Road,
Plumstead
SE18 1JW

Tel 020 8836 9252

BUS 177 & 180

**Brookhill Children's
Centre Community
Centre & Family Hub**

42 Brumwell,
Woolwich,
SE18 6BD

Tel: 020 8319 5320

BUS 53, 51, 161 & 472

**Mulgrave Children's
Centre**

Rectory Place,
Woolwich
SE18 5DL

Tel: 020 8319 5666

BUS 53 & 51 & 422

**HOME
START**
Greenwich



Programme September- December 2025

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.



Call each Centre to book onto some sessions



Appointments only



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





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**For any health and midwife appointments
please check the 6th page.**

MONDAY

BROOKHILL

Migrant Mothers Dance Group

10.30am - 12.30pm

Starting Sep 15th

Email: Projects@theground.org.uk

WELCOME CAFE

9.00am-2.30pm

Hot Drink/Light Bites

(Closed 1st September)

Stay & Play

(Birth -5yrs)

Starting Sep 8th

1.30pm - 2.45pm

(Drop In)

(£1.00 per family)

"Timeless Together"

Monthly Group

For ages 60 and over and their
Carers

Last Monday of every month

29th Sep – Nov 24th

12.30pm - 2.30pm

Autistic Inclusive Meets

4.00pm-5.30pm

Siblings welcome

£2.00 per family

SLADE

Baby Group

(Birth-18mths)

Messy Time

Starting Sep 8th

1.15pm-2.30pm

(Drop In)

(£1.00 donation per family)

Slade Library

Stay & Play

(Birth-5yrs)

3.00pm-3.30pm

(Drop In)

EGLINTON

Baby Group

(Birth-18mths)

Starting Sep 8th

1.30pm – 3.00pm

(Drop In)

(£1.00 donation per family)

PLUMSTEAD

Connecting From the Start

9.00am -12.00pm

Sep 29th – Nov 24th

(Limited Crèche provided)



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TUESDAY

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BROOKHILL

Tiny Feet Family Dance session

10.15am - 11.00am

Starting Sep 9th

(Drop In)

WELCOME CAFE

9.00am - 2.30pm

Hot Drink/Light Bites

(Closed Sep 2nd)

Tots Talking (2 yrs)

1.30pm-3.00pm

Sep 23rd - Oct 21st

(Call to book)

Well-being Welcome

Starting Sep 9th

1.00pm - 3.00pm

(Drop In)

Children's Theatre (7-15 yrs)

Starting Sept 9th

5.00pm -6.30pm

(Drop In)

Adult Course: Hair Braiding

Starting Sept 9th

5.30pm - 6.30pm

(Drop In)

(Limited crèche provided)

SLADE

Slade Library Rhyme Time

10:30am – 11.00am

(Drop In)

Baby Massage

(Birth - non crawlers)

Sep 9th – Oct 7th

1.45pm-2.30pm

(Call to book)

(£3.00 per session)

Bouncing Babies

(Birth – non crawlers)

Nov 4th - Dec 2nd

1.45pm – 2.30pm

(Call to book)

(£1.50 per session)

EGLINTON

Speech & Language Group

Small Talk Group

(13-24 mths)

9.30am -10.30am

Sep 16th - Sep 23rd

&

Tiny Talk Group

(Birth-12 months)

11.00am -12.00pm

Oct 14th - Oct 28th

(Call to book)

Stay & Play

(Birth-5yrs)

Starting Sep 9th

1.30pm - 3.00pm

(Drop In)

(£1.00 per session)

SCHOOLHOUSE

Extra Help for You (Young Parents Group)

email:

[parenting@parentpower-
ed.co.uk](mailto:parenting@parentpower-ed.co.uk)



BROOKHILL

Family Law Outreach

1.00pm - 3.00pm

Last Tuesday of every month

(Call to book)

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WEDNESDAY

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BROOKHILL

Being a Parent Autism:

(Invitation only)

Starting Sep 24th

9.30am – 12.30pm

(Limited crèche provided)

WELCOME CAFE

10.00am - 11.00am

Hot Drinks/Light Bites

12.00pm - 2.00pm

Cooked Lunch Service

(Closed Sep 3rd)

Baby Me Fit Exercise Class

(6 weeks-16 mths)

Starting Sep 3rd

Session One: 1.00pm - 1.45pm

Session Two: 2.00pm - 2.45pm

(Call to book)

(£1.00 per session)

SLADE

Learning Through Play

TOTs Nature Space

(1yrs - 5yrs)

Starting Sep 10th

1.30pm – 2.45pm

(Drop In)

(£1.00 per session)

&

Baby Steps Soft Play

(Birth- 18mths)

1.30pm – 2.45pm

(Drop In)

(£1.50 per session)

EGLINTON

Flourish

(Birth to 5)

Starting Sept 10th

10.00am - 12.00pm

(Call to book)

Understanding your Child

(Solihull Parenting Course)

Oct 1st - Oct 22nd

Nov 5th – Dec 3rd

12.30pm - 2.30pm

(Call to book)



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THURSDAY

BROOKHILL

SENDSory Group

(Birth-12yrs)
10.00am - 11.30am
Siblings are welcome
(Drop In)

Mindful Mums

Nov 6th - Dec 4th
10.00am-12.00pm
email: mindfulmums@selmind.org.uk

WELCOME CAFE

10.00am - 11.00am
Hot Drinks/Light Bites

12.00pm - 2.00pm
Cooked Lunch Service
(Closed Sep 4th)

Laugh, Sing & Play

1st session at 12.45pm
(Birth-2 yrs)
2nd session at 1.30pm
(2yrs-5 yrs)
Starting Sep 4th
(Call to book)

Bobo's Book Club

(6-10 yrs)
4.00pm - 5.15pm
Starting Sep 4th
(Call to book)

SLADE

Big Hopes Big Futures

(2 yrs plus)
Sep 18th - Nov 6th
10.00am - 11.30am
(Call to book)
(£5 contribution per course)

Music Therapy

Starting Sep 11th
1st session 9.30am (Birth-1yrs)
2nd session 10.15am (1yrs -3 yrs)
(SEND Friendly)
(Call to book)

Stay & Play

(Birth-5yrs)
Starting Sep 11th
Family Sensory Arts & Craft
1.30pm - 2.45pm
(Drop In)
(£1.00 per session)
&

Forest School and Gardening session

2.30pm - 3.00pm
(Drop In)
(£1.00 contribution per session)

EGLINTON

Childminders Stay & Play

9.30am - 11.30am
(Foster carers, nannies &
childminders)
(£1.00 per session)

Parenting Tips and Advice

CAMHS
10-12PM
Appointment only

PLUMSTEAD

EPEC Parent Group Leader Training

(Invitation only)
Oct 2nd - Dec 18th
9.00am - 3.00pm



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FRIDAY

**For any health and midwife appointments,
please check the 6th page.**

BROOKHILL

Creating Ground Art Session

Starting October 10th

WELCOME CAFE

10.00am-12.00pm

Hot Drinks/Light Bites

(Closed Sep 5th)

Music Therapy

Starting Sep 5th

1st session 9.30am (Birth-1yrs)

2nd session 10.15am (1yrs -3yrs)

(SEND Friendly)

(Call to book)

COMMUNITY MEAL

1.00pm-2.00pm

(Contributions welcome)

(Closed Sep 5th)

Baby Group (Birth-12mths)

1.45pm - 2.30pm

Sep 5th - Oct 31st

(Drop In)

(£1.00 Contribution)

Employment & Benefit Advice

1.00pm - 4.00pm

(Drop In)

Food Provision

2.00pm onwards

SLADE

Slade Library Rhyme Time

10.30am – 11.00am

(Drop In)

Tiny Steps Soft Play

(Birth-3yrs)

1.30pm – 2.45pm

(Tube Feeding Friendly)

(Drop In)

(£1.50 per session)

EGLINTON

Stay & Play

(Birth-5yrs)

9.45am - 11.45am

(Drop In)

(£1.00 per session)

Baby Massage

(Birth - non crawlers)

(5 Week Course)

Sept 26th – Oct 24th

1.45pm - 2.30pm

(Call to book)

(£3.00 per session)

SCHOOLHOUSE

Parent Coaching

(One-to-One Sessions)

Appointment Only

10.00am - 1.00pm

email:

[parenting@parentpower-
ed.co.uk](mailto:parenting@parentpower-ed.co.uk)



BROOKHILL

Monthly Nutrition Advice

(First Friday of every
month)

12.00pm - 2.00pm

(Drop In)

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HEALTH SERVICE:

MONDAY

BROOKHILL

Thames Midwives
(All Day)
Appointment Only

**2 Year Development
Reviews**
9.30am – 11.30am
Appointment only

SLADE

Thames Midwives
(All Day)
Appointment Only

EGLINTON

**2 Year Development
Reviews**
9.30am – 11.30am
Appointment only

TUESDAY

BROOKHILL

**Best Beginnings
Midwives Clinic**
(AM)
Appointment only

SLADE

**Poppy Team Midwife
Clinic**
AM
Appointment only



Infant Feeding Clinic
10.00am – 11.30am
(Drop In)

EGLINTON

Thames Midwives
(All Day)
Appointment Only

MULGRAVE

Mum's Aid Counselling
11.00am – 2.00pm
Appointment only

WEDNESDAY

BROOKHILL

Thames Midwives Clinic
(All day)
Appointment only



Infant Feeding Clinic
1.00pm – 2.30pm
(Drop In)

SLADE

Well Baby Clinic
(Including weighing)
9.30am – 11.30am
(Drop In)

Best Beginnings Clinic
Young Parents
PM
Appointment only

EGLINTON

Best Beginnings Clinic
(All day)
Appointment only

THURSDAY

BROOKHILL

Thames Midwives Clinic
(All day)
Appointment only

Well Baby Clinic
(Including weighing)
1.30pm – 3.30pm
(Drop In)

EGLINTON

Thames Midwives Clinic
(All day)
Appointment only



FRIDAY

BROOKHILL

Blood Spots Clinics
9.30am – 12.00pm
Appointment only

BROOKHILL

Thames Midwives Clinic
(PM)
Appointment only

EGLINTON

**2 Year Development
Reviews**
9.30am – 12.30pm
Appointment only

SLADE

**10-12 Month
Development Reviews**
9.30am – 12.00pm
Appointment only

Bromley Health Visiting & Breastfeeding Support Services
are appointment only: 0300 330 5777 option 3, then option 2,
then option 3
Midwife Team: 0208 836 5946

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Services Explained	Additional Information
 All our Centres are Breastfeeding Friendly  Educational and Social Support • 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) • Understanding your child's behaviour: The Solihull approach is for parents and carers who want to know more about sensitive parenting. • Big Hopes Big Futures: 8-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. • Flourish: 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. (Term time only). EPEC: Being a Parent: helping with tips and advice, and training to understand your child's needs.	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: <u>07960575034</u> or alternatively, call 0208 8369 252, get in touch via any of our Children's Centres. 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: 07563 373767 or 0208 331 0374 alternatively get in touch via any of our Children Centres. 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?

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Support & Health

- **Well-being Welcome:** Come and meet the Well Being team and Families Information Service to get general support and signposting as well as help with childcare/funding. **(Term time only)**
- **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 – Sign up via their website or call 07758763908
- **Young Parents Group:** Supporting the wellbeing of young parents and parents to be during pregnancy, childbirth and early childhood.
- **Development Review:** By appointment only via the health visitor team for the child's development.
- **Family Law National Legal Service:** Help with Child Protection, Social Services, Domestic Abuse and Children Disputes.
- **Monthly Nutrition Advice Workshop:** Information and advice for you and your child.
- **Employment & Benefit Advice Session:** Advice on Benefits, Employment and Childcare Support.

Family Hub and Community

- **Laugh, Sing & Play:** Interactive play and singing session with bubbles, twirlers & parachute games £1 per family
- **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. Please wear suitable clothing and trainers **(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.

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.

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.

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

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• **Timeless Together Elderly Group:** Monthly meet up for the over 60' (Carers welcome) - refreshments and themed craft activities.

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



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