



Part of the Greenwich  
Family Hubs Network



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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 6<sup>th</sup> page.**

# MONDAY

## BROOKHILL

### Migrant Mothers Dance Group

10.30am - 12.30pm

Starting Sep 15<sup>th</sup>

Email:

[Projects@theground.org.uk](mailto:Projects@theground.org.uk)

### Stay & Play

(Birth -5yrs)

Baby & Toddler

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

Sep 29<sup>th</sup>, Oct 28<sup>th</sup> & Nov 24<sup>th</sup>

12.30pm - 2.30pm

(Call to book)

### Autistic Inclusive Meets

4.00pm-5.30pm

Siblings welcome

£2.00 per family

## SLADE

### Baby Group

(Birth-18mths)

Messy Time

Starting Sep 8<sup>th</sup>

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 8<sup>th</sup>

1.30pm – 3.00pm

(Drop In)

(£1.00 donation per family)

## PLUMSTEAD

### Connecting From the Start

9.00am - 12.00pm

Sep 29<sup>th</sup> – Nov 24<sup>th</sup>

(Limited Crèche provided)



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Appointments only



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## TUESDAY

**For any health and midwife appointments  
please check the 6<sup>th</sup> page.**

### BROOKHILL

#### Tiny Feet Family Dance session

10.15am - 11.00am

Starting Sep 9<sup>th</sup>

(Drop In)

(£1.00 per session)

#### Tots Talking (2 yrs)

1.30pm-3.00pm

Sep 23<sup>rd</sup> - Oct 21<sup>st</sup>

(Call to book)

#### Well-being Welcome

Starting Sep 9<sup>th</sup>

1.00pm - 3.00pm

(Drop In)

#### Children's Theatre (7-15 yrs)

Starting Sept 9<sup>th</sup>

5.00pm-6.30pm

(Drop In)

#### Adult Course: Hair Braiding

Starting Sept 9<sup>th</sup>

5.00pm-6.30pm

(Drop In)

(Limited crèche provided)

### SLADE

#### Slade Library Rhyme Time

10.30am - 11.00am

(Drop In)

#### Baby Massage

(Birth - non crawlers)

Sep 9<sup>th</sup> - Oct 7<sup>th</sup>

1.45pm-2.30pm

(Call to book)

(£3.00 per session)

#### Bouncing Babies

(Birth - non crawlers)

4<sup>th</sup> Nov - 9<sup>th</sup> Dec

1.45pm - 2.30pm

(Call to book)

(£1.50 per session)

### EGLINTON

#### Speech & Language Group

##### Small Talk Group

(13-24mths)

9.30am -10.30am

&

##### Tiny Talk Group

(Birth-12 months)

11.00am -12.00pm

Sep 16<sup>th</sup> - Sep 23<sup>rd</sup>

Oct 14<sup>th</sup> & Oct 28<sup>th</sup>

(Call to book)

#### Stay & Play

(Birth-5yrs)

Starting Sep 9<sup>th</sup>

1.30pm - 3.00pm

(Drop In)

(£1.00 per session)

**SALT Drop In- Oct 7<sup>th</sup>**

### 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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GREENWICH

## WEDNESDAY

**For any health and midwife appointments  
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### **BROOKHILL**

#### **Being a Parent Autism:**

(Invitation only)

Starting Sep 24<sup>th</sup>

9.30am – 12.30pm

(Limited crèche provided)

#### **Baby Me Fit Exercise Class**

(6 weeks-16mths)

Starting Sep 3<sup>rd</sup>

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 10<sup>th</sup>

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 10<sup>th</sup>

10.00am - 12.00pm

(Call to book)

#### **Understanding your Child**

(Solihull Parenting Course)

Oct 1<sup>st</sup> - Oct 22<sup>nd</sup>

Nov 5<sup>th</sup> – Dec 3<sup>rd</sup>

12.30pm-2.30pm

(Call to book)



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Appointments only



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# THURSDAY

## BROOKHILL

### SENDSory Play Time

(Birth- 5+yrs)  
10.00am-11.30am  
Siblings are welcome  
(Drop In)

### Mindful Mums

#### Wellbeing Group for New Mums

Nov 6<sup>th</sup> - Dec 4<sup>th</sup>

10.00am-12.00pm

To book email:

[mindfulmums@selmind.org.uk](mailto:mindfulmums@selmind.org.uk)

### Laugh, Sing & Play

1<sup>st</sup> session at 12.45pm

(Birth-2yrs)

2<sup>nd</sup> session at 1.30pm

(2yrs-5 yrs)

Starting Sep 4<sup>th</sup>

(Call to book)

(£1.00 per session)

### Bobo's Book Club

(6-10 yrs)

4.00pm - 5.15pm

Starting Sep 4<sup>th</sup>

(Drop In)

(£1.00 per session)

## SLADE

### Big Hopes Big Futures

(18mths onwards)

Sep 18<sup>th</sup> - Nov 6<sup>th</sup>

10.00am – 11.30am

(Call to book)

(£5 contribution per course)

### Music Therapy

Starting Sep 11<sup>th</sup>

1<sup>st</sup> session 9.30am (Birth-1yrs)

2<sup>nd</sup> session 10.15am (1yrs -3 yrs)

(SEND Friendly)

(Call to book)

### Stay & Play

(Birth-5yrs)

Starting Sep 11<sup>th</sup>

Family Sensory Arts & Craft

1.30pm – 2.45pm

(Drop In)

(£1.00 per session)

**Dentist Drop In- Oct 9<sup>th</sup>**

## 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 2<sup>nd</sup> - Dec 18<sup>th</sup>

9.00am-3.00pm



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# FRIDAY

## BROOKHILL

### Creating Ground Art Session

Starting October 10<sup>th</sup>

Email: [Projects@theground.org.uk](mailto:Projects@theground.org.uk)

### Music Therapy

Starting Sep 5<sup>th</sup>

1<sup>st</sup> session 9.30am (Birth-1yrs)

2<sup>nd</sup> session 10.15am (1yrs -3yrs)

(SEND Friendly)

(Call to book)

### Baby Group (Birth-12mths)

1.45pm-2.30pm

Sep 5<sup>th</sup> - Oct 31<sup>st</sup>

(Drop In)

(£1.00 Contribution)

### Employment & Benefit Advice

1.00pm-4.00pm

(Drop In)

### Pop-Up Information Stand, Bromley

Health Care Team Advice on Oral

Health

Sep 31<sup>st</sup>

1.30pm -2.45pm

(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

(SEND & Tube Feeding Friendly)

(Drop In)

(£1.50 per session)

## EGLINTON

### Stay & Play

(Birth-5yrs)

9.45am - 11.45am

(Drop In)

(£1.00 per session)

**Dentist Drop In- Oct 10<sup>th</sup>**

### Baby Massage

(Birth - non crawlers)

(5 Week Course)

Sep 26<sup>th</sup> – Oct 24<sup>th</sup>

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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Appointments only



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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

### BROOKHIL

Best Beginnings  
Midwives Clinic  
(AM)  
Appointment only

Mum's Aid Counselling  
12.30pm – 4.00pm  
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

## WEDNESDAY

### BROOKHIL

Thames Midwives Clinic  
(All day)  
Appointment only



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

### SLADE

Best Beginnings Clinic  
Young Parents  
PM  
Appointment only

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

### EGLINTON

Best Beginnings Clinic  
(All day)  
Appointment only

## THURSDAY

### BROOKHIL

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

### BROOKHIL

Blood Spots Clinics  
9.30am – 12.00pm  
Appointment only

### BROOKHIL

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
 <p style="text-align: center;"><b>All our Centres are Breastfeeding Friendly</b></p>  <p style="text-align: center;"><b>Educational and Social Support</b></p> <ul style="list-style-type: none"> <li>• <b>Baby Groups &amp; Soft Play:</b> Sessions provide stimulating activities, including signing songs, opportunities to bond with your baby and make new friends.</li> <li>• <b>Stay &amp; Play Sessions:</b> 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)</li> <li>• <b>Learning Through Play &amp; Sticky Fingers:</b> 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.</li> <li>• <b>Rhyme Time:</b> Interactive Music sessions for children under 5.</li> <li>• <b>Creative Storytelling Sessions:</b> An opportunity for children to develop their early literacy skills</li> <li>• <b>Autistic Inclusive Meets:</b> A weekly group for families with Autistic Children (no age limit).</li> <li>• <b>Childminders Stay &amp; Play:</b> Ofsted Registered Childminders meet with the children in their care.</li> <li>• <b>Special Educational Needs and Disabilities (SEND) Baby &amp; Toddler Support Groups:</b> Music, singing &amp; sensory activities for babies with developmental delays or children with SEND.</li> <li>• <b>Nature Space (Outdoor Play):</b> 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).</li> <li>• <b>Tots Talking:</b> 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 &amp; Language Therapists will provide advice and ideas to support you.</li> <li>• <b>Music Therapy:</b> 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. <b>(Term time only)</b></li> <li>• <b>Understanding your child's behaviour:</b> The Solihull approach is for parents and carers who want to know more about parenting and how children develop.</li> <li>• <b>Big Hopes Big Futures:</b> 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.</li> <li>• <b>Flourish:</b> 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. <b>(Term time only).</b></li> </ul> <p><b>EPEC: Being a Parent:</b> helping with tips and advice, and training to understand your child's needs.</p>	<p style="text-align: center;"><b>Plumstead Day Nursery</b></p> <p>Open 8am to 6pm Monday to Friday (51 weeks per year)</p> <p style="text-align: center;"><b>Offering full or half day sessions:</b> 8.00am to 1.00pm OR 1.00pm to 6.00pm</p> <p>Plus 15 hour and 30-hour government funded sessions.</p> <p style="text-align: center;"><b>To arrange a visit or for more information call: <u>07960575034</u></b> <b>or alternatively, call 0208 8369 252, get in touch via any of our Children's Centres.</b></p> <p style="text-align: center;"><b>Eglinton Nursery</b></p> <p>Open 8.45am to 3.45pm Monday to Friday <b>(Term-time only)</b></p> <p style="text-align: center;"><b>Offering full or half day sessions:</b> <u>8.45am to 11.45pm or 12.45pm to 3.45pm</u></p> <p>To arrange a visit or for more information call: <b>07563 373767</b> or <b>0208 331 0374</b> alternatively get in touch via any of our Children Centres.</p> <p style="text-align: center;"><b>Together for Twos</b></p>  <p>Offering full or half day sessions: <u>9.15am to 12.15pm or 12.30pm to 3.30pm</u></p> <p style="text-align: center;">Are you eligible for the <b>FREE 15-hour funded sessions?</b></p>



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### Support & Health

- **Well-being Welcome:** Meet the Well-being Team and discover the support available for you and your family **(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 your 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 dads 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](mailto: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](mailto:enquiries@homestartgreenwich.org.uk)



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