



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**

Page 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

**HOME
START**
Greenwich

**Mulgrave Children's
Centre**

Rectory Place,
Woolwich
SE18 5DL
Tel: 020 8319 5666
BUS 53 & 51 & 422

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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MONDAY

**For health and midwife appointments, please
check Page 6**

BROOKHILL

Migrant Mothers Dance Group

10.30am - 12.30pm

Email:

Projects@theground.org.uk

(Term Time Only)

Stay & Play

(Birth - 5yrs)

Baby & Toddler

1.30pm - 2.45pm

(Drop In)

(£1.00 per family)

Last session on Dec 15th

“Timeless Together”

Monthly Group

For ages 60 and over and their
Carers)

Last Monday of every month

Nov 24th & Dec 15th

12.30pm - 2.30pm

(Drop In)

Autistic Inclusive Meets

4.00pm - 5.30pm

Siblings welcome

£2.00 per family

(Drop In)

SLADE

Baby Group

(Birth - 18mths)

Messy Time

Starting Sep 8th

1.15pm - 2.30pm

(Drop In)

(£1.00 donation per family)

Last session on Dec 15th

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)

Last session on Dec 15th

PLUMSTEAD

Connecting From the Start

9.00am - 12.00pm

Sep 29th - Nov 24th

(Limited Crèche provided)



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TUESDAY

**For health and midwife appointments, please
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BROOKHILL

Little Crocs Football

(Walkers- 4yrs)
10.00am - 11.00am
(Drop In)
(£1.00 per session)

Toddlers Messy Stay & Play

(Birth- 5yrs)
Nov 18th – Dec 9th
1.30pm – 2.45pm
(Drop In)
(£1.00 per session)

Well-being Welcome

1.00pm - 3.00pm
(Drop In)
(Term Time Only)

Last session on Dec 16th

Children's Theatre (7–15 yrs)

Nov 4th – Dec 9th
5.00pm-6.30pm
(Drop In)
(Term Time Only)

No Session on Dec 16th

Adult Course: Hair Braiding

Nov 4th – Dec 16th
5.00pm-6.30pm
(Drop In)

(Limited crèche provided)
(Term Time Only)

Dad's Forum

Nov 18th

Thereafter, every 2nd Tuesday of the Month

Email: parenting@parentpower-ed.co.uk

(Drop In)

SLADE

Slade Library Rhyme Time

10.30am – 11.00am
(Drop In)

Bouncing Babies

(Birth – non crawlers)
4th Nov – 2nd Dec
1.45pm – 2.30pm
(Call to book)
(£1.50 per session)

Baby Massage

(Birth - non crawlers)
Jan 13th – Feb 10th 2026
1.45pm-2.30pm
(Call to book)
(£3.00 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
Nov 18th & Nov 25th

Stay & Play

(Birth-5yrs)

Starting Sep 9th

1.30pm - 3.00pm

(Drop In)

(£1.00 per session)

Last session on Dec 16th

SCHOOLHOUSE

**Extra Help for You
(Young Parents
Group)**

Appointment Only
11.00am-1.00pm

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)

9.30am – 12.30pm

(Limited crèche provided)

(Term Time Only)

Parenting Tips and Advice CAMHS

(Appointment only)

9.15am-12.30pm

Baby Me Fit Exercise Class

(6 weeks-16mths)

1.00pm-1.45pm

(Call to book)

(£1.00 per session)

(Term Time Only)

SLADE

Learning Through Play

TOTs Nature Space

(1yrs - 5yrs)

Sep 10th – Nov 26th

1.30pm – 2.45pm

(Drop In)

(£1.00 per session)

Last session on Dec 17th

Baby Steps Soft Play

(Birth - 18mths)

1.30pm – 2.45pm

(Drop In)

(£1.50 per session)

Last session on Dec 17th

EGLINTON

Flourish

(Birth to 5)

10.00am - 12.00pm

(Drop In)

(Term Time Only)

Last session Dec 17th

Understanding Your Child

(Solihull Parenting Course)

Oct 1st - Dec 3rd

12.30pm-2.30pm

(Call to book)

(Limited Creche available)

(Term Time Only)



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THURSDAY

BROOKHILL

SENDSory Play Time

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

Last session on Dec 18th

Mindful Mums

Wellbeing Group for New Mums

Nov 6th - Dec 4th

10.00am-12.00pm

To book email:

mindfulmums@selmind.org.uk

Laugh, Sing & Play

1st session at 12.45pm

(Birth - 2yrs)

2nd session at 1.30pm

(2yrs-5 yrs)

(Call to book- spaces are limited)

(£1.00 per session)

NEW: Wellness Warrior

(6 - 10 yrs)

4.00pm - 5.00pm

Starting Nov 6th

(Drop In)

(£1.00 per session)

SLADE

Sounds and Movements

(18mths onwards)

Nov 13th – Dec 11th

10.30am- 11.30am

(Drop In)

(Siblings are welcome)

(Term Time Only)

Music Therapy

1st session 9.30am (Birth-1yrs)

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

(SEND Friendly)

(Call to book)

Last session on Dec 18th

Stay & Play

(Birth-5yrs)

Family Sensory Arts & Craft

1.30pm – 2.45pm

(Drop In)

(£1.00 per session)

Last session on Dec 18th

EGLINTON

Childminders Stay & Play

9.30am – 11.30am

(Foster carers, nannies &
childminders)

(£1.00 per session)

Last session on Dec 18th

PLUMSTEAD

EPEC Parent Group Leader Training

(Invitation only)

Oct 2nd - Dec 18th

9.00am-3.00pm

BROOKHILL

Mama2Mama Baby Bank

(Appointment only)

1.00pm - 5.00pm



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FRIDAY

**For health and midwife appointments, please
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BROOKHILL

Creating Ground Art Session

Nov 14th - Dec 5th

10.30am - 12.30pm

Email: Projects@theground.org.uk

Music Therapy

1st session 9.30am (Birth - 1yrs)

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

(SEND Friendly)

(Call to book)

Last session on Dec 19th

Bouncing Babies

(Birth - non crawlers)

(5 Week Course)

Starting Nov 14th - Dec 12th

1.45pm - 2.30pm

(Call to book)

(£1.50 per family, per session)

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

(SEND & Tube Feeding Friendly)

(Drop In)

(£1.50 per session)

No session running on Dec 5th

Last session on Dec 19th

EGLINTON

Stay & Play

(Birth - 5yrs)

9.45am - 11.45am

(Drop In)

(£1.00 per session)

Last session on Dec 19th

SCHOOLHOUSE

Parent Coaching

(One-to-One Sessions)

(Appointment Only)

3.00pm - 5.00pm

email:

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



BROOKHILL

Monthly Nutrition Advice

**(New dates to be
announced soon)**

Mama2Mama

Baby Bank

(Appointment only)

1.00pm - 5.00pm

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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

10-12 Months Development Reviews

1.00pm – 4.00pm
Appointment only

MULGRAVE

Best Beginnings Midwives
Clinic
(All Day)
Appointment only
From Nov 17th

TUESDAY

BROOKHILL

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
Appointment only

WEDNESDAY

BROOKHILL

Thames Midwives Clinic
(All day)
Appointment only

Well Baby Clinic (Including weighing)

1.30pm – 3.30pm
(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

MULGRAVE

Devonport Midwives
(AM)
Appointment Only
9.00am-12.00pm
From Nov 19th

THURSDAY

BROOKHILL

Thames Midwives Clinic
(All day)
Appointment only



Infant Feeding Clinic

1.00pm – 2.30pm
(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

MULGRAVE

Devonport Midwives
(All Day)
Appointment Only
From Nov 21st

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>All our Centres are Breastfeeding Friendly</p>  <p>Educational and Social Support</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). • Sounds and Movements: Active sounds and movements for you and your child to engage, develop skills and confidence whilst having fun. (Term time only) • 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 parenting and how children develop. (Term time only) • 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). <p>EPEC: Being a Parent: helping with tips and advice, and training to understand your child's needs.</p>	<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.</p> <p>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.</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: 07563 373767 or 0208 331 0374 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?</p>

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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 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.
- **Mama2Mama Baby Bank:** Extra support for low-income families with clothes and essential items.
- **CAMHS:** Emotional and behavioral support for **families (Appointments only)**

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)**
- **Creating Grounds Arts Session:** Yoga, movement, drama arts and crafts: reflecting on values and qualities of motherhood, wellbeing and maintaining healthy boundaries with your child. **(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.
- **Wellness Warrior:** Aims for children of all ages to discuss emotions, regulations, growth mindset, positive self-talk and resilience. **(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).**

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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- **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**).
- **Little Crocs Football:** Fun, engaging football sessions focus on developing coordination, confidence and teamwork.
- **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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