



Part of the Greenwich
Family Hubs Network



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



https://www.instagram.com/homestart_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

**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

HSG Programme- April to June 2026



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)



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)

Baby Massage (Birth - non crawlers)

May 11th & 18th

Jun 8th, 15th & 22nd

1.45pm-2.30pm

(Call to book)

(£3.00 per session)

Stay & Play (Birth -5yrs)

Baby & Toddler

1.30pm - 2.45pm

(Drop In)

(£1.00 per session)

Speech & Language Drop In Jun 15th

Timeless Together

Monthly Group

For ages 60 and over and their Carers

Last Monday of every Month

12.30pm- 2.30pm

(Drop In)

Next Meeting in June TBC

Autistic Inclusive Meets

4.00pm - 5.30pm

Siblings welcome

£2.00 per family

(Drop In)

SLADE

Baby Group (Birth - 18mths)

Messy Time

1.15pm-2.30pm

(Drop In)

(£1.00 donation per session)

Slade Library Stay & Play

(Birth-5yrs)

3.00pm-3.30pm

(Drop In)

ATTENTION:

Bank Holiday- May 4th & 25th - Centre Close
Staff Development Day- Jun 1st - Centre Close

EGLINTON

Speech & Language Group

Small Talk Group (13-24mths)

9.30am -10.30am

&

Tiny Talk Group (Birth-12mths)

11.00am -12.00pm

May 11th

Jun 8th & 15th

(Call to Book)

Baby Group (Birth - Non-

Walkers)

1.30pm - 3.00pm

(Drop In)

(£1.00 donation per session)



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TUESDAY

For health and midwife appointments, please check Page 6

BROOKHILL

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

Bouncing Baby (Birth - non crawlers)
May 5th, 12th, 19th, 26th & Jun 9th
1.45pm - 2.30pm
(Call to book)
(£3.00 per session)

Toddlers Messy Stay & Play (Birth- 5yrs)
Starting Jun 16th
1.30pm - 2.45pm
(Drop In)
(£1.00 per session)

Well-being Welcome
1.00pm - 3.00pm
(Drop In)
(Term Time Only)

Children's Theatre (7-15 yrs)
5.00pm - 6.30pm
(Drop In)
(Term Time Only)

Adult Course: Hair Braiding
5.00pm - 6.30pm
(Drop In)
(Limited crèche provided)
(Term Time Only)

SLADE

Slade Library Rhyme Time
10.30am - 11.00am
(Drop In)

Baby Massage (Birth - non crawlers)
Apr 21st - May 19th
1.45pm - 2.30pm
(Call to book)
(£3.00 per session)

Bouncing Baby (Birth - non crawlers)
Jun 16th - Jul 21st
1.45pm - 2.30pm
(Call to book)
(£3.00 per session)

EGLINTON

Messy Stay & Play (Birth-5yrs)
1.30pm - 3.00pm
(Drop In)
(£1.00 per session)

SCHOOLHOUSE

Extra Help for You (Young Parents Group)
(Appointment only)
Email:
parenting@parentpower-ed.co.uk

BROOKHILL

Greenwich Elective Home Educated Network Meeting (Family Steal Pan workshop)
Jun 2nd
12.00pm - 2.00pm
(Drop In)

Generations Together (0yrs - 100yrs)
First Tuesday of every Month
4.00pm - 5.00pm
(Drop In)
(Term Time Only)
May 5th, Jun 2nd & Jul 7th

Family Law Outreach
1.00pm - 3.00pm
Last Tuesday of every month
(Call to book)

Dad's Forum
Every 2nd Tuesday of the Month
Email: parenting@parentpower-ed.co.uk
5.30pm - 6.30pm
(Booking only)



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WEDNESDAY

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check Page 6**

BROOKHILL

Being a Parent

Apr 22nd – Jul 1st

(Invitation only)

9.30am – 12.30pm

(Limited crèche provided)

(Term Time Only)

Soft Play Stay and Play (Birth- 4yrs)

10.00am – 11. 45am

(£1.50 per session)

(Drop In)

Speech & Language Drop In Jul 8th

New: Citizen Advice Greenwich

1.00pm – 4.00pm

(Drop In)

Laugh, Sing & Play

1st session at 12.45pm (Birth - 2yrs)

2nd session at 1.30pm (2yrs – 5yrs)

(Call to book- Limited spaces)

(£1.00 per session)

BOBO'S BOOK CLUB (6 yrs - 12 yrs)

4.00pm - 4.45pm

(Drop In)

(£1.00 per session)

SLADE

Parenting Tips and Advice CAMHS

9.15am-12.30pm

(Appointment only)

Parent Led Outdoor Stay and Play (1yrs - 5yrs)

10.00am - 2.30pm

(Drop In)

(£1.00 donation per session)

No Session May 13th

Baby Steps Soft Play (Birth - 18mths)

1.30pm – 2.45pm

(Drop In)

(£1.50 per session)

No Session May 13th

EGLINTON

Flourish (Birth – 5yrs)

Relaxing Music Session

10.00am - 12.00pm

(Drop In)

(Term Time Only)

PLUMSTEAD

Bonny Babies (Birth – 18mths)

Starting May 20th

1.30pm – 3.00pm

(Drop In)

(£1.00 donation per session)

Call 020 8331 0374 for
information



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THURSDAY

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BROOKHILL

SENDSory Play Time

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

Mama2Mama Baby Bank

1.00pm - 5.00pm
(Appointment only)

SLADE

**Save the date!!
Family Fun Day
May 28th**

SLADE

Music Therapy

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

Tots Talking (2 year-olds)

Apr 23rd – May 21st
9.45am- 11.30am
(Call to book)
(Term Time Only)

Big Hopes Big Futures (18mth onwards)

Jun 4th – Jul 9th
10.00am – 11.30am
(Call to book)
(£5 contribution per course)
(Term Time Only)

Stay & Play (Birth-5yrs)

1.30pm – 2.45pm
(Drop In)
(£1.00 per session)

Speech & Language Drop In May 21st

EGLINTON

Childminders Stay & Play

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

PLUMSTEAD

Connecting From the Start

Jun 4th, 11th, 18th, 25th
Jul 2nd, 9th, 16th

9.30am -12.00pm
(Limited Crèche provided)

Email:

Tamsin.Elfenbein@homestartgreenwich.org.uk



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Appointments only



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**For health and midwife appointments, please
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FRIDAY

BROOKHILL

Music Therapy

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

Mindful Mums

Wellbeing Group for New Mums

Apr 24th – May 22nd

11.00am-12.30pm
To book

Email: mindfulmums@selmind.org.uk

Baby Group (Birth - 18mths)

1.30pm – 2.45pm

(Drop In)

(£1.00 donation per session)

Mama2Mama

Baby Bank

1.00pm - 5.00pm

(Appointment only)

Feel Good Friday

Come and fill up your bags with
fresh food items.

(Please bring your own bags)

2.00pm onwards

SLADE

Slade Library Rhyme Time

10.30am – 11.00am

(Drop In)

SEND 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)

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

May 22nd & Jul 10th

1.00pm – 1.45pm

Pre-booked appointments

2.00 pm - 2.30pm

Drop In

For more information, speak to a
member of staff.

Bromley Healthcare Oral Health

May 22nd

1.00pm

(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

10-12 Months Development Reviews
1.00pm – 4.00pm
Appointment only

MULGRAVE
Best Beginnings Midwives Clinic
(All day)
Appointment only

TUESDAY

BROOKHILL
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

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

MULGRAVE
Best Beginnings Midwives Clinic
(AM)
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**

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

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Services Explained	Additional Information
 <p style="text-align: center;">All our Centres are Breastfeeding Friendly</p>  <p style="text-align: center;">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 style="text-align: center;">Plumstead Day Nursery</p> <p>Open 8am to 6pm Monday to Friday (51 weeks per year)</p> <p>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></p> <p style="text-align: center;">Eglinton Nursery</p> <p>Open 8.45am to 3.45pm Monday to Friday (Term-time only)</p> <p>Offering full or half day sessions: <u>8.45am to 11.45pm or 12.45pm to 3.45pm</u></p> <p>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 style="text-align: center;">Together for Twos</p>  <p>Offering full or half day sessions: <u>9.15am to 12.15pm or 12.30pm to 3.30pm</u></p> <p>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</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)**
- **Citizen Advice:** Benefit Entitlement/ Debt/ Housing/ Childcare/ Disability/ Immigration advice and referrals for Employment 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)**
- **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.
- **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).**

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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- **New: Generations Together:** A warm and welcoming space where children and older adults/the elderly will together to share time, stories and experiences, along with opportunities to learn new hobbies and participate in arts and craft activities.
- **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.
- **ESOL Classes:** Beginner's English classes for women only (**Term time only**)
- **Cookery Club:** Free 5-week course, face-to-face, learn about healthy eating and make a difference to your health and pocket.

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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